



## **WELCOME TO FAMILY RETREATS AT LAKE ALLATOONA!**

At the Y, it is our goal to provide an amazing and safe experience during your family's visit to the YMCA's beautiful camp facility at Lake Allatoona. Please read the following information so that you are prepared for your visit.

For additional information, please contact Drew Hullinger: [DrewH@ymcaatlanta.org](mailto:DrewH@ymcaatlanta.org) or 770.532.2267

## **FREQUENTLY ASKED QUESTIONS**

### **What is a Family Retreat Weekend?**

A YMCA Family Retreat is an opportunity for your family to enjoy and experience one of our premier overnight outdoor camping facilities together. Families can participate in traditional camp activities, enjoy a menu of classic camp food, disconnect from technology and reconnect with each other in the great outdoors.

### **What is the cost of a Family Retreat Weekend?**

- YMCA Facility Members: \$387 for a family of four; \$77 each additional person
- YMCA Program Members: \$462 for a family of four; \$87 each additional person
- Ages 3 and under are Free

### **What is included in the cost of the weekend?**

Each family will have an overnight stay in one of our traditional cabins on Saturday night. All meals and activities are included in the weekend price.

### **What is minimum and/or maximum number of family members in a cabin?**

The base charge to rent a cabin for the family retreat covers up to the first four attendees. Each additional participant is a per person cost. No more than 10 participants will be allowed in a single cabin.

### **Can we bring friends along on our family retreat?**

At your Family Retreat, each family will have their own cabin for their time at camp. We recognize that there is not a single definition of family and allow participants to define family however they would like. We will be limiting the number of participants in a single cabin to 10 people and will require that families in different cabins maintain safe physical distance (minimum six feet).

### **What can we expect for our cabin?**

Each cabin will be professionally cleaned upon your arrival. Cabins will have three main rooms and two private bathrooms equipped with full showers, vanity, sink and toilet. All beds are twin size bunk beds and every cabin has a porch overlooking the lake. Depending on the season, all cabins have central heat and air conditioning.

### **What is the weekend retreat schedule?**

While your schedule may vary based on the activities you choose, a typical retreat weekend will look something like this:

#### **Saturday**

|                   |   |
|-------------------|---|
| 8:00am – 9:00am   | Check-In  |
| 9:00am – 9:45am   | Welcome To Camp Breakfast and Activity Sign-Ups |
| 10:00am – 12:30pm | Activity Time                                   |
| 1:00pm – 1:45pm   | Lunch and Activity Sign-Ups                     |
| 2:00pm – 5:00pm   | Activity Time                                   |
| 5:00pm – 6:00pm   | Free time and get ready for Dinner              |
| 6:00pm – 7:00pm   | Dinner and Camp Store                           |
| 7:30pm – 9:00pm   | Night Program                                   |
| 9:00pm – 10:00pm  | Bonfire with S'mores                            |
| 10:00pm           | Quiet Time                                      |
| 11:00pm           | Lights Out                                      |

#### **Sunday**

|                  |                             |
|------------------|-----------------------------|
| 7:00am           | Sunrise Devotion (Optional) |
| 8:00am           | Family Exercise (Optional)  |
| 8:30am – 9:30am  | Breakfast                   |
| 9:30am – 10:00am | Check Out                   |

### **What activities will be available on our retreat weekend?**

Activities include, but are not limited to:

- Paddleboards/Kayaks
- Blob
- Swimming
- Climbing Tower
- Giant Swing
- Arts and Crafts
- Team Sports - Field, Basketball Court, Sand Volleyball Court
- Archery and Slingshot
- Frisbee Golf
- Gaga Ball
- Fishing (Bring Your Own Gear, Adults need a current fishing license)
- Board/Card Games

### **How do we sign up for activities?**

During check in and/or orientation we will have specific time slots for your family to sign up for activities. Think of this as your own family "first class pass" so you will not have to wait in line at the activities. Your family will have a Saturday activity plan before the activities start.

### **Will equipment and staff be at the activities?**

Yes, most activities such as archery, climbing tower, arts and crafts and anything at the waterfront will have staff to assist you with safety and using the equipment. A few activities are available at your leisure such as the

basketball court, Frisbee golf and more. We will have all equipment needed for these activities as well. If you would like to fish, please bring your own gear and we will have an area designated for families wanting to fish.

### **What if there is bad weather?**

Don't worry we have a plan for everything here at the retreat facility. If it is light rain we will plan to continue as many activities outdoor as possible. If weather is not safe, we will have indoor activities planned while still maintaining strict Covid-19 Safety procedures.

### **How will Meals work for my family?**

We have used the same local catering service for 10 years here at camp. While our caterer is well-known for their delicious camp cooking, they also regularly cater weddings, events, and work with us for retreats. So, you can rest assured knowing the food is high quality, professional, and safely prepared. In an effort to minimize gathering in interior spaces, meals will be eaten at picnic tables outside the Dining Hall or near your cabin. Breakfast will be individually packaged servings during a mealtime window so you can grab and go as your family chooses. Lunch and Dinner will be served picnic style so you can enjoy as much of the outdoors and lake view as possible. We have many shaded tables and pavilions so families can spread out and eat comfortably.

### **Special Dietary Needs?**

We are used to working with many special dietary needs. If you have any allergies or dietary needs, please let us know when you register so that we can accommodate.

## **REGISTRATION, PAYMENT, REFUNDS, CANCELLATIONS**

### **When can my family register and how?**

Registration is open now on a first come basis. All Atlanta YMCA members will receive an email with a link to register for a weekend. You can also visit [ymcaatlanta.org/familyretreats](http://ymcaatlanta.org/familyretreats) to register. When you select the weekend of your choice, you should then select just the name of the person making the reservation from among your household members in order to add just one family cabin to your registration.

### **When is payment due?**

All payments will be due at the time of reservation.

### **What is the cancellation policy?**

When a cancellation occurs, we may not have the opportunity to fill the vacant cabin. Therefore, if a reservation is canceled...

- 7-14 days in advance, 50% refund will be issued unless the cabin is able to be filled, then a full refund would be issued minus a \$100 non-refundable administration fee
- Less than 7 days in advance no refund will be issued unless the cabin is able to be filled, then a full refund would be issued minus a \$100 non-refundable administration fee
- If your reservation is cancelled more than two weeks prior to your retreat, a full refund would be issued minus a \$100 non-refundable administration fee

**PLEASE NOTE:** If you're sick/exposed to COVID-19 and need to cancel your enrollment, we'll do our best to shift your enrollment to another week. If you aren't able to reschedule, you'll receive a full refund upon receipt of a doctor's note.

## **CAMP SAFETY PROCEDURES**

### **COVID-19 Safety Guidelines and Procedures**

- Masks are required for everyone ages three and up at check-in and in all indoor common areas and when social distancing of a minimum of six feet cannot be maintained. When moving around in your family group outdoors, six feet or more from other family groups or staff, masks are recommended but not required. At all times, masks are optional for two-year-olds and the CDC does not recommend masks for children under the age of two.
- Temperature checks along with a pre-screening form for all participants will be required at check-in.
- In order to prohibit the spread of germs between groups, it is important to know that you will be moving around camp as a family group. All activities including mealtimes will be with your family group and you will not be participating in activities in close proximity to any other family groups.
- All activity stations will have hand sanitizer available and participants will be required to use when entering and exiting each activity
- All shared equipment will be cleaned and/or sanitized between each group use; we ask each family to help us with these cleaning procedures after each activity
- A professional cleaning crew will clean and sanitize all common areas on Saturday evening and all cabins will be cleaned in between usage.
- Staff will rotate throughout common areas during the day to ensure high touchpoints are cleaned and sanitized frequently. All staff will wear masks at all times.
- During mealtimes or meeting times such as orientation or morning devotion we will have families social distanced from each other and masks will be required at these times.

### **Standard Safety Guidelines**

- YMCA Camp High Harbour is a drug and alcohol-free camp. Alcohol, tobacco, drugs, animals, and weapons are prohibited.
- No smoking, e-cigarettes, or vape pens of any kind are permitted on YMCA property.
- Participants are not allowed on the docks, boats or in the water at any part of camp unless a YMCA staff lifeguard is on duty.
- No throwing rocks.
- Campfires should only be built by YMCA staff. If you would like a fire that is not on the schedule, please arrange with retreat director.
- All personal vehicles must remain parked in the designated parking areas.
- All activity areas and program supplies are to be used only under the direct supervision of YMCA staff unless otherwise noted.
- Quiet Hours will be enforced from 10pm-8am. Please be courteous to all families.
- Thank you in advance for keeping our camp and retreat facility family friendly for all.

## **ADDITIONAL INFORMATION**

### **Items to bring: (Use this as a checklist!)**

#### **CLOTHING**

- \_\_ Clothes for all appropriate weather
- \_\_ Tennis Shoes
- \_\_ Flip Flops or Sandals for waterfront
- \_\_ Swimsuit and towel
- \_\_ Raincoat

**BEDDING:**

- Twin Size** Sheet Set w/ Blanket or Sleeping Bag
- Pillow

**OTHER ITEMS:**

- Bath Towel
- Soap, Shampoo and other toiletries (Toilet Paper is provided)
- Bug Spray
- Sunscreen
- Water Bottle
- Flashlight
- Cash for the Camp Store

**PLEASE DO NOT BRING:**

- Drugs and/or Alcohol
- Weapons
- Animals
- Fireworks
- Valuables (Jewelry, Electronics, etc.)

*YMCA Camp High Harbour is not responsible for lost or stolen items.*

**Clean Up Responsibilities**

Prior to your departure, we ask that you perform a walk-through of the cabin to ensure that the following tasks have been completed:

- Please place all trash into trash cans
- Clean up any leftover food or spills.
- Check all beds and bathrooms to make sure you take all of your personal items.
- Turn off all lights and make sure the porch and all outside doors are closed.
- Please let the YMCA staff know if there is any damage or problems in the cabin.

**Damages**

The retreat director will perform a walk-through of the cabins at the end of the retreat. Damages are defined as anything that is beyond normal use of the facility or cabin. This includes graffiti which is considered vandalism. Damages will be billed at a minimum of \$150, per incident.

**Address & Directions**

Camp Address:  
40 Old Sandtown Rd SE  
Cartersville, GA 30121

For this retreat make sure you use this address for YMCA Camp High Harbor at Lake Allatoona in Cartersville, and you do not use the YMCA Camp High Harbour at Lake Burton address in Clayton, Georgia.

**Directions from Atlanta:**

1. 75 N to exit 283.
2. Turn right onto Emerson-Allatoona Rd (will become Old Allatoona Rd) Go 2.7 miles to Old Sandtown Rd SE
4. Turn left, go one block and bear left into camp.