



DAY CAMP FAMILY INFORMATION PACKAGE

SUMMER 2023

WELCOME TO THE CAMP COUCHICHIING SUMMER DAY CAMP!

We are very excited to have you join us this summer at Day Camp! Please review this information with your camper to ensure your family's best success with us this year! If you still have further questions, please email daycamp@campcouchiching.com.

Please be sure to go over the Parent Checklist at the end of this handbook before the start date of your camper's program!

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SUMMER DATES

- Week 1: Wednesday, July 5 – Friday, July 7
- Week 2: Monday July 10 – Friday, July 14
- Week 3: Monday, July 17 – Friday, July 21
- Week 4: Monday, July 24 – Friday, July 28
- Week 5: Monday, July 31 – Friday, August 4



DIETARY

During our Summer Day Camps, we provide snacks and lunches. We will work with your family and food service to ensure that your child's dietary allergies and restrictions are met. However, we cannot always meet all the *preferences* that your camper may have. There will always be something for your child to eat that is suitable for their specialized diet.

We can accommodate the following dietary restrictions without supplementary food from parents/guardians: lactose intolerance, gluten allergies/intolerances, no red meat, vegetarian, no pork, food allergies.

NUT-SENSITIVE POLICY

Camp Couchiching is home to many individuals who have life threatening allergies to peanuts and nuts. For this reason, we are very cautious and take several measures to ensure we remain nut-free:

- The food service staff oversee all preparation of in-camp meals.
- All food items that contain nuts or traces of nuts will be confiscated by the camp staff. Items are disposed of and not returned to campers at the end of the session.
- We do not allow homemade snacks to remain onsite whether or not they have nuts in them due to the risk of cross contamination.

HEAD LICE

Due to the potential threat of spreading lice within a camp setting, please check your child for head lice before you send them to camp to prevent the spread of this pest using the public health website. Campers found with live lice that has been untreated before or at camp will not be able to attend our day camp programs and will be sent home.

MEDICATIONS

All medications brought to camp must be in original packaging and handed over to a staff member at the bus or at camp upon arrival. If your camper takes a daily over the counter or requires occasional medication (e.g. Reactine) then please send a supply along with your camper. All pharmacy prescribed/prepared medications should be sent along with one extra dose than the camper would require in case a dose is compromised (e.g. falls on the ground during administration).

Ideally, medications are given by parents before and after camp hours.

The camper will not administer the medication themselves but instead staff will assist the camper in taking the medication, and give reminders to take the medications.

INCLUSIVITY

We feel diversity and inclusion are a central part to our Camp. Camp is a great place for youth to feel supported being their truest self and we work towards creating an environment that supports each person. Camp Couchiching is grateful for our long-standing historical relationship with the Anglican Church however, we do not have any kind of religious expectations or education as part of our programming. We will work hard to ensure we are set up for success for each camper which is why we have families apply to camp.

PARENTAL/CAREGIVER CONTACT

Parents/Guardians Calling Camp

When Summer Day Camp is in session (July & August), we have limited office hours for our camp staff for returning calls or providing updates/insight. To be professional and in tune with the needs of our campers, we need to be out with the staff and campers ensuring excellence is occurring.

Our priority for returning calls and emails (daycamp@campcouchiching.com) will be to families who currently have children at camp and the priority within those calls will be based on severity. Our second priority will be to camp families who have an upcoming camp session booked (the closer your arrival date is to the current date then the higher priority your communication is to us). Our third priority is to families who have had campers who have completed their time at camp. After all the family calls, we will be able to return communication that is not in direct relation to a camper's experience at camp.

When your child is at camp and you'll be late, reporting an absence, or there is an urgent situation, text or call the Day Camp Cell Phone at: [705-330-1617](tel:705-330-1617).

For all other reasons (lost and found, registration questions, upcoming or past sessions), call the main camp line at: 705-325-3428 or email daycamp@campcouchiching.com.

CAMP CONTACTING PARENTS/CAREGIVERS

We will always attempt to reach you through the listed 'Parent One' and then 'Parent Two' phone numbers before we call any emergency contact numbers. If we have to leave a message, we will let you know whether there is an urgent situation. If your child needs to be seen by medical personnel off the camp property, we will inform you via a phone conversation or a voicemail before they go and then when they are back again at camp.

TRANSPORTATION OVERVIEW (SEE DETAILS ON NEXT PAGE)

BUS

- Transportation costs are included in your camp fees if you choose to use the transportation or not. You must let the camp know if using the bus.
- Bus trips are available for pick up/drop off at **Orillia Secondary School: 250 Collegiate Dr, Orillia, ON L3V 7S5**
- Morning Drop Off: 8:45 to 8:55 a.m. (bus leaves at 9:00 a.m. and cannot wait for other campers to keep program on schedule).
- Afternoon Pick Up: 5:00 - 5:15 p.m. (latest pick up is 5:30). The bus will aim for 5 PM arrival but might not arrive until 5:15 p.m.

CAR

- The Camp Couchiching Community Hub at 6536 Rama Road is our location for Day Camp drop off and pick ups. Parents should ideally stay in the car, but can step out of their cars to sign in their campers, and a staff will bring them into the space.
- Drop off will be at the South End Farm Gate of the parking lot on sunny days, and at the Hub Entrance on Rainy Days. Look for a staff member.
- Morning Drop Off (At the Hub): 8:45 to 9:00 a.m.
- Afternoon Pick Up (At the Hub): 5:00 p.m.

Notes on Transportation:

- We will assume that the way your camper arrives at camp is the way they'll go home (e.g. if your camper got on the bus at Orillia at the beginning of the day, we are going to drop them off there at the end of the day as well). You need to inform us of any different plans.
- Parents/Guardians must notify staff of any changes in pick up or drop off details at least 24 hours in advance by email, text to 705-330-1617 or as a last resort, verbally by phone.
- A specific email with bus pick-up and drop-off times will be sent to Parent #1 prior to the first day of camp.

MORNING ARRIVAL CAR/BUS ROUTINE INFORMATION

Morning Arrival to 250 Collegiate Dr. to Get On The **Bus** To Camp:

- The bus staff arrive will arrive with the bus to 250 Collegiate Dr.
- Please check in with your camper(s) with the camp staff using the clipboard
- Staff will greet you, review your name and the camper's name(s), and ask for any pertinent information or change in wellness prior to getting on the bus. Please given any medications to the bus staff who will store and label the medications.
- Campers are not allowed to eat or drink while on the bus and are not able switch seats.

Morning Arrival to 6536 Rama Road to Get To Camp By **Car**:

- We are not able to accept your camper into the program before 8:45 a.m.
- The person dropping off your camper should ideally stay in the car, but can get out to sign in the camper with the greeting staff.
- Vehicles should enter at the north end of our semi circle driveway. This is the end closest to the Longford Mills Post Office. Do not drive into the main camp.
- Drop Off will be at the South End Farm Gate of the parking lot on sunny days, and at the Hub Entrance on Rainy Days. Please look for a staff member.
- Staff will greet you, review your name and the camper's name(s), and ask for any pertinent information or change in wellness prior to getting on the bus. Please given any medications to the staff who will store and label the medications.

AFTERNOON PICK UP CAR/BUS ROUTINE INFORMATION

Afternoon **Bus** Departure arriving at 250 Collegiate Dr.:

- As each camper leaves the bus, we will ask you to sign them out with the staff using the clipboard. Please do not leave with your camper without signing them out for safety reasons.

Afternoon Pick Up at 6536 Rama Road by **Car**:

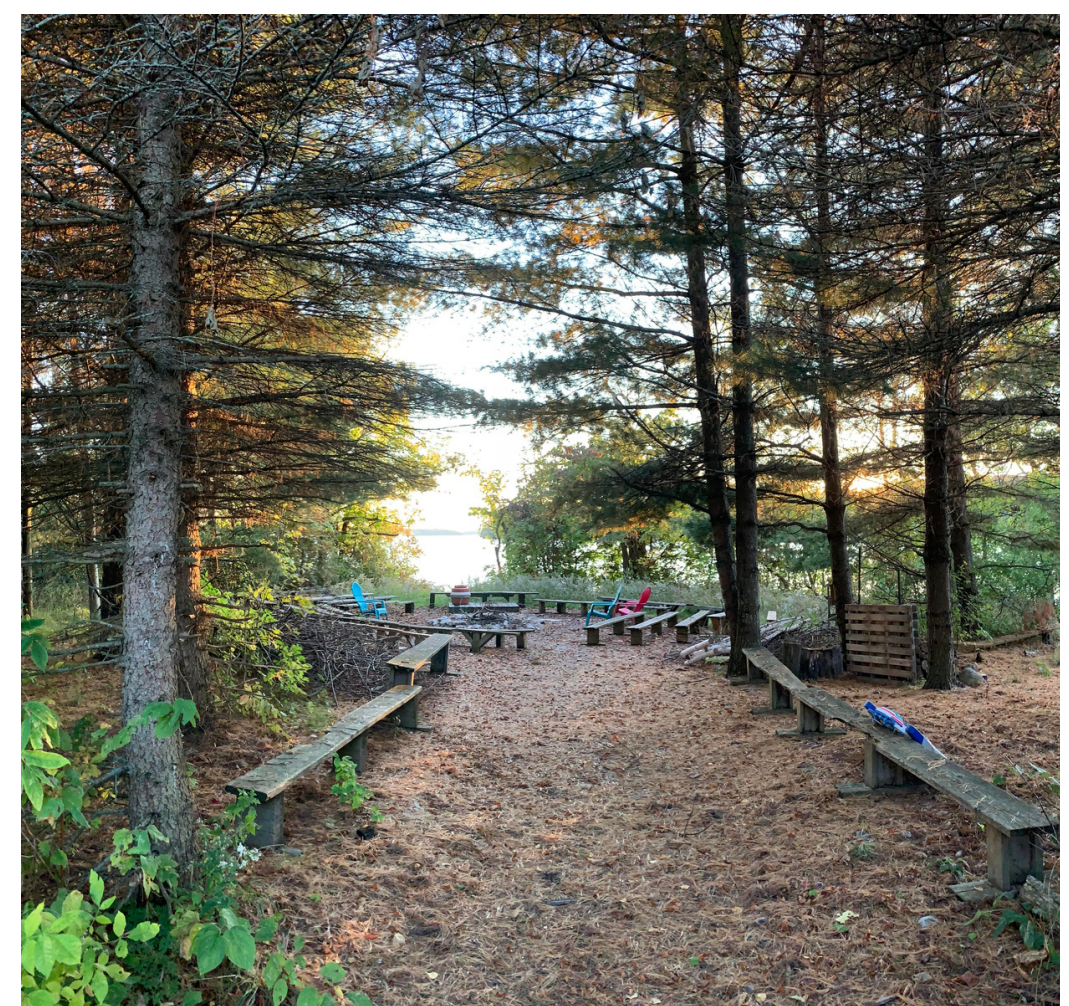
- Vehicles should enter at the north end of our semi circle drive. This is the end closest to the Longford Mills Post Office. Staff members will be available on the first afternoon to help you understand this process.
- Pick Up will be at the South End Farm Gate of the parking lot on sunny days, and at the Hub Entrance on Rainy Days. Please look for the staff member.
- The person dropping off your camper should ideally stay in the car, but can get out to sign out the camper with the staff member using the clipboard.
- You will depart by the south end of our semi circle drive. Please leave space for some vehicles to turn in each direction, the exit is wide enough to allow this.

LOOK FOR THIS BUILDING ON RAMA ROAD!



PROGRAM EXPULSION POLICY

Intentional participant behavior that puts the camper or others at physical or emotional risk may result in the immediate suspension and/or dismissal from the program. In addition, consumption or possession of alcohol, tobacco products, weapons, illegal or harmful substances will result in immediate dismissal from the program. Camp Couchiching reserves the right to check baggage. Any expenses incurred because of program dismissal will be the responsibility of the participant/parent/guardian. No refund will be given to campers leaving camp prior to the end of the session due to disciplinary action.



PROPERTY DAMAGE LOST OR THEFT

Camp Couchiching is not responsible for any loss or theft of camper's belongings or money. Please do not send money, there is no need for it at Day Camp.

Parents/Guardians will be responsible for any reimbursement of any willful destruction to site and/or equipment, including graffiti, incurred because of their camper's actions.



PROMOTIONAL MATERIALS

Camp Couchiching reserves the right to use photos, videos, or digital images of your children in our promotions. If you do not want your child's image to be used in this manner, please submit a document in writing (email accepted) expressing this concern during the application process.

WELLNESS

One of the risks of coming to Camp is "catching" something from someone and/or "passing" illness to someone. If we all try to do our best from sending persons with illness to Camp, then that is the best thing we can do for our community. However, we know that despite the best of efforts, illness does come into our community each year. This may include Covid-19 but is not limited to that.

When we have more than a few persons with the same signs and symptoms of illness, we are required by Public Health to record and inform them. Simcoe Muskoka Public Health then guides us with what to do and we work to do what is required of us along with considering the capacity of the Camp at the time of the issue.

Here are a few preventions and outcomes of illness that could affect your camper and/or your family:

1. Pre-screen your camper to help keep camp healthy. If persons cannot pass the wellness screening, which includes screening for COVID-like symptoms, prior to arrival to Camp, please don't come. Contact us, we will be very flexible with new dates, late arrivals and refunds for families who help us keep illness out of Camp. We request you to use this link in the days prior to arrival, and each morning before arrival <https://covid-19.ontario.ca/school-screening/>
2. If your camper gets ill at Camp then we will request the camper goes home to recuperate. Return will be a case by case basis.
3. If the Camp's capacity is lowered due to an outbreak type situation, then we may have to cancel part of the program. Camper supervision and safety is paramount, and we could not meet safe ratios if an outbreak occurs. Examples of this include things like a norovirus or stomach bug.
4. If a camper has hurt themselves and requires assistive devices to get around, the program might not be the best fit for them. We will accommodate the best we can to give the camper a good experience.

5. Anytime a camper has a suspected or real head injury after first response at camp, we will start with calling Parent 1 to inform them, and then follow next best steps based on a cse by case situation.

We have to rely on resources and advice of our local Public Health Unit and resources from Ontario's Ministry of Health for guidance.

DAY CAMP STAFF

We have a wonderful team of staff excited to play with and lead your camper(s) this summer! Our team consists of staff with a wide range of talents and interests, but with a common factor that they all love to work with children. Additional camp staff from the overnight camp will support the meaningful and safe delivery of this program.



Sarah MacGregor, Day Camp Coordinator

Sarah is enthusiastic about camp and giving campers the opportunity to have fun, try new things and make new connections in nature! Sarah holds a BA in Child and Family studies and a B.Ed from Nipissing University. She has worked as an Educator at the Camp Couchiching Learning Centre since January 2023 and was the Day Camp Director at both Camp Menesetung and Five Oaks. Sarah is so excited to connect with you and your camper(s) for an awesome Camp Couchiching adventure!



Hilary Villneff, Director of Learning

Hilary has spent most of her career providing meaningful outdoor experiences for kids and youth through outdoor education, wilderness expeditions and summer camps. Hilary holds an MA in Applied Health Sciences from Brock University, and is a Contract Lecturer in the Faculty of Education at Lakehead University teaching Environmental Education. She works year round at Camp directing the Learning Centre and overseeing Day Camp. 11

DAILY SCHEDULE

There will be a daily routine that we strive to keep consistent everyday. The day might look a little different each day depending on the weather or if there is a special event.

Sample Routine:

- 9:00 AM ARRIVAL @ HUB, GAMES & ACTIVITIES**

- 9:30 AM HEAD INTO CAMP WITH GROUP AND BACKPACK**

- 9:45 AM IN-CAMP ACTIVITIES (ARCHERY, CLIMBING
- 12 PM WALL, SUP, BASKETBALL, ETC.) AND SNACK**

- 12:00 PM LUNCH**

- 1:00 PM IN-CAMP ACTIVITIES (KAYAK, LOW ROPES, DRAMA
- 4:00 PM SWIM, OUTDOOR LIVING SKILLS) AND SNACK**

- 4:15 PM BACK TO HUB FOR GAMES & ACTIVITIES**

- 5:00 PM PARENT PICK UP @ HUB AND BUS DEPARTURE**

WHAT TO BRING/WHAT TO WEAR

'There's no such thing as bad weather, only unsuitable clothing.'

- Alfred Wainwright

Please label EVERYTHING. It is important that everything is labelled, and that your child can recognize their own clothing. Camp Couching staff are not responsible for any lost or stolen items while on site.



WHAT TO WEAR

- Shorts or pants (depending on the weather)
- Shirt
- *Sandals or running shoes (**pack the opposite into your backpack of what you wear**)
- Sun Hat
- Bathing suit under clothes for start of say (optional)

*Running shoes are required for certain activities, like climbing wall. Your camper will not participate without the required footwear.

WHAT TO PACK IN THE BACKPACK



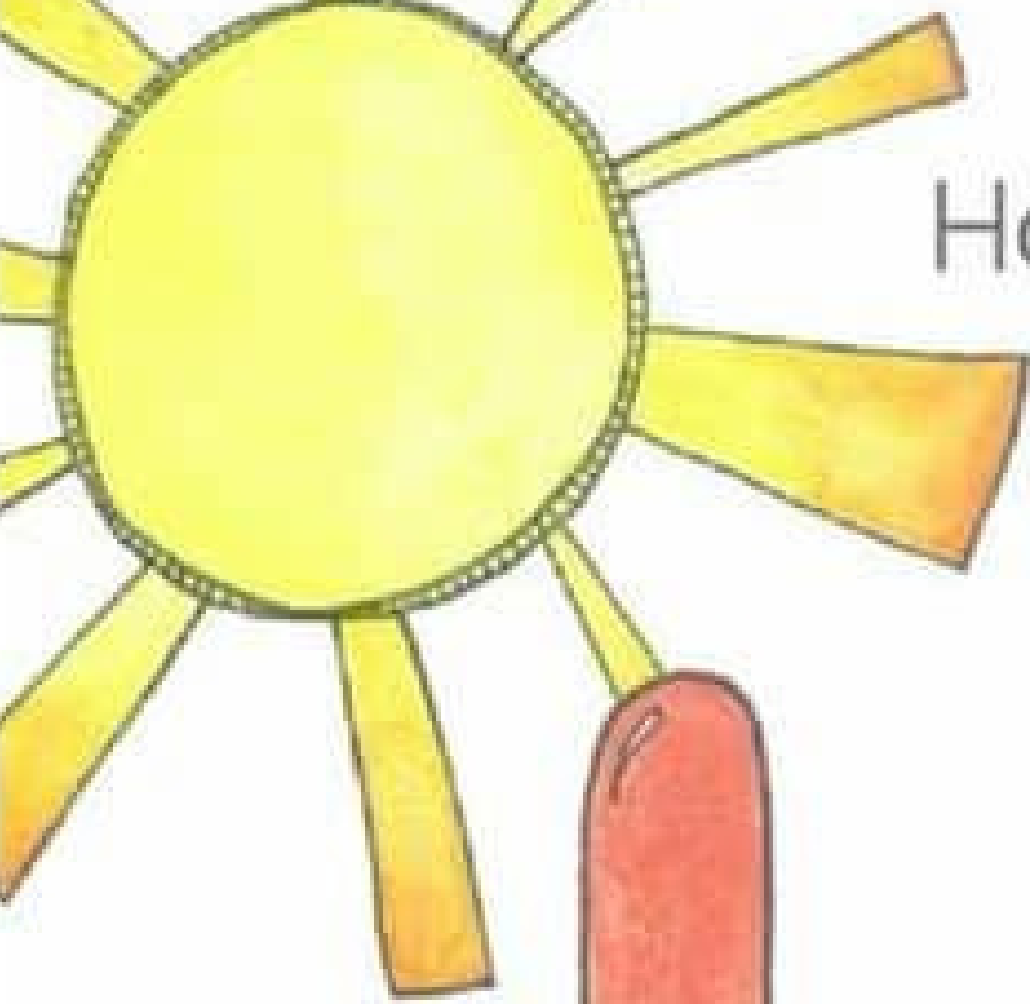
- Swim suit
- Towel
- Personally labelled sunscreen
- *Sandals or running shoes (**whatever you didn't arrive to camp in**)
- Socks
- Full waterbottle
- Ziplock with a full set of extra clothes (socks, shorts, shirts, underwear)
- Rain Coat
- Rubber Boots (if weather looks rainy!)

*Running shoes are required for certain activities, like climbing wall. Your camper will not participate without the required footwear.



WHAT TO NOT TO BRING TO CAMP

- Cell phones/electronics
- Items for pranks or dangerous items
- Valuable or irreplaceable items (ie money, special jewellery)
- Unlabelled items



How to Dress for the Weather Guide

Outdoor play is a great way to support healthy growth and development. Opening the doors to outdoor play in all kinds of weather provides children and adults with opportunities to spark their curiosity, leading to wonder, exploration and learning. When children have the right clothing for the season it contributes to them having positive, rich outdoor play experiences that just can't happen indoors. Get outside, be curious, let children lead and have fun!



Supporting Outdoor Play Year Round



www.getoutsideandplay.ca



www.befitforlife.ca



THANK YOU FOR THE GRAPHIC



PARENT CHECKLIST



Ensure that you have read through the entire Summer Day Camp Family Information Package.



All forms and registration fees are submitted prior to program start date.



Your student is well equipped with the appropriate and required clothing for them to be outside for the majority of the day, including having a backpack. Do this with your camper!



You have reviewed the arrival/departure information for either bus/car depending on what mode of transportation your camper is using.



Ensure that all items are clearly labelled.



You have communicated with the Directors and staff about anything that might help us ensure the success of your child at camp. Please update us with any changes or developments.

WE ARE LOOKING FORWARD TO YOUR CAMPER(S) JOINING US!

