

SUMMER CAMPS

Things you need to know about camp...

What to Bring

In order to make the most of your child's experience at camp, it is important to send all the appropriate items that will enhance your child's camp experience. Signing up for our e-newsletter gives you all the info you need each week. Please remember to bring the following items with your child each day and remember to clearly label the items sent to camp:

- Nutritious lunch
- Healthy snacks
- Plenty of drinks
- Sunscreen
- Hat
- Appropriate footwear (closed-toed running shoes)
- Swimsuit & towel
- Rain gear
- Water bottle with child's name
- 2 Face masks
- Hand sanitizer

What NOT to bring:

Personal items such as hand held electronics, games, cell phones, iPads / iPods and any other item of value are to be left at home. Campers are not permitted to make purchases at camp.

Swimming

Swimming will take place at the Bracebridge Sportsplex pool on Tuesdays and Thursdays, and every Friday at a local beach. Each camper will be tested to determine level of swimming ability. Qualified lifeguards are always on duty during these times.

Toileting

Children must be fully toilet-trained to attend all programs that do not require parent / guardian participation. Programs have washroom routines, although it would be helpful if parents take their child to the washroom prior to the start of the program. Please pack additional clothing.

Concussion Training

Staff are trained on the basics of con-cussions and how to respond to

ensure the safety and wellbeing of your child.

Sunscreen Policy

The sun can get hot and is potentially dangerous to your child's health. Every child should be sent with sunscreen already applied, have a large brimmed hat and wear a long-sleeved shirt. Staff will check periodically to ensure that children are wearing their sunscreen / reapply. Please send extra sunscreen **with your child's name on the bottle.**

Daily Hello's -

Signing In and Out

It is our goal to ensure a safe daily arrival / departure for all campers with parent sign in / out. For the older campers who have written permission from a parent / guardian to come and go on their own, they will be greeted at the front entrance by a camp staff and their arrival / departure time recorded. At the end of the day children will only be released to people indicated on the registration form. **Photo ID will be required.**



Safe Arrival Program

705-645-3037

Please note if your child is NOT attending camp or is going to be late please call 705-645-3037 before 9:30 am and speak to reception staff or ext. 139 to leave a message. Our staff will call your home/work if your child is registered and we have not heard from you by that time.

Subsidies

Families covered by subsidies must register in person. Approval documentation can be submitted to Catherine prior to registration date at charris@bracebridge.ca

Day Camp Cancellations & Transfers

Participants will receive a full refund less a \$30.00/child per week administration fee for cancellations received prior to the start of the program. Cancellations during the week registered, will not receive a refund. Transfers can be made at no charge based on availability.

Drop Off And Pick Up

Pick up and drop off locations for your child will be at the Bracebridge Sportsplex, unless otherwise communicated. Daily Sign In and Sign Out will occur outside whenever possible. Please do not drop off prior to 8:30 am or pick up later than 5:00 pm.

When Your Child is ill

Should your child show signs of illness while participating in our program, the leaders will ensure they are monitored and kept comfortable until our office can reach a parent or guardian to advise of the child's condition and arrange for their pick up.

If a child is exhibiting any sign or symptom of COVID-19, they will be separated from the group and must be picked up within an hour of a parent being contacted.

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Medical Information / Special Needs

Please inform the reception staff at the Bracebridge Sportsplex of any special instructions (i.e. medications, behaviour etc.) prior to registering your child. Please fill out a camper intake form to assist with ensuring a positive camp experience.

If your child requires additional support from an inclusion worker. (example: they have an EA at school) please contact dwiber@bracebridge.ca to assist with this request.

Our goal at summer camp is to ensure the safety of your children. If your child requires medications on a regular basis, please note the following procedures for sending medication to camp:

1) You must read, fill out and sign the Authorization Form and the Administration of Medication Form stating the type of medication, dosage, and optimum time to dispense. Forms are available at Reception, and on our website in "looking for a form?" at bracebridge.ca/Recreation FAQs.

2) Please send the medication in the original prescribed container.

3) Only send the prescribed dosage for the day.

Safety & Emergency Procedures

Your child's safety is our number one priority. Each camp location has a fully stocked first aid kit and access to a telephone. Each staff member is certified in Standard First Aid and is required to carry a fanny pack loaded with first aid supplies as part of their uniform. In addition, staff are trained to inspect program sites for potential hazards. All activities are planned with participants safety in mind. In the unlikely event of a serious

injury to your child, emergency services will be contacted immediately to respond to the situation; a senior staff will contact you immediately with information regarding your child and the incident.

Behaviour Management

The Recreation Department makes every effort to ensure staff are appropriately trained in behaviour management. Our staff will use positive, supportive, consistent approaches based on logical consequences, so campers will learn to take responsibility for their own actions. Please read the expectations of campers on page 27.

Racism, Bullying, Sexual Harassment & Disrespectful Behaviour Policy

All children, staff and parents who participate in our programs and facilities are expected to treat others in a respectful manner. This organization is committed to zero tolerance for bullying, racism, sexual harassment, substance abuse and disrespectful behaviour. Cases that cannot be resolved may result in removal of a non-compliant participant from a program or facility.

Lunch / Snacks

Lunch break for campers is between 11:45 am and 1:00 pm. In addition to lunch, campers will have 3 snack times; mid-morning, mid-afternoon and extended care. Be sure to pack ample lunch, healthy snacks and water to account for your child's increased physical activity level. The children will NOT be permitted to share or trade food, to prevent problems with food allergies. Please ensure that your child is eating the food that you sent. Campers are NOT permitted to purchase snacks or lunch at the Sportsplex.

Nutrition Policy

The Recreation Department promotes a healthy, nutritious and physically active environment by providing daily physical activity to help contribute to the prevention of chronic disease.

Practices that support a Healthy Nutrition Environment in Day Camps are listed below:

- 1) Campers are encouraged to bring a nutritious lunch and snacks to keep their bodies fueled for the day.
- 2) A water promotion plan that makes drinking water freely available and accessible throughout the camp day will be in place. Children must bring a water bottle to camp.
- 3) Day Camp Leaders are expected to practice healthy eating and refrain from eating / drinking foods / beverages of minimal nutritional value when campers are present.

Food Allergies

Please note that our facility is NOT a peanut-free environment and therefore we CANNOT guarantee a peanut-free surrounding for your child. If your child has a nut-allergy we urge you to be aware of this when enrolling your child in any camp programs at the Bracebridge Sportsplex. Advise camp staff of allergies by completing the Medication Form

Volunteers

Interested in volunteering with our camps? Contact Christine Cousins for more information: ccousins@bracebridge.ca 705-645-1921 ext.137.