



Tips for Campers and Parents (2009)

Contact Us

Summer 705 645 4963

Fall/Winter/Spring 416 722 3625

e-mail: registrar@campbigcanoe.on.ca

Please keep this booklet for future reference.

THE PURPOSE OF THIS BOOKLET

This booklet has been prepared to help campers get the most out of their camping experience. We have tried to anticipate many of the questions most frequently asked by campers and parents. Hopefully, this will help campers prepare for camp so that many things are not left until the last minute resulting in harassed parents and campers.

Parents, please take time to sit down and read this booklet with your camper. Each year, it is reviewed and revised according to our experiences of the previous summer. We have tried to cover everything a camper might wonder about and we suggest that you put this booklet where you will be able to find it closer to camp time and use it as a reference when packing for camp.

We need some important information from you before camp opens. Please read all sections carefully and help the camp operation run smoothly by responding promptly.

TRANSPORTATION to and from the camp is by modern chartered highway coach with departure and arrival at the southeast corner of the parking lot of Hillcrest Mall, Richmond Hill. On the bus will be a minimum of 2 staff who are specially prepared to ensure safe bus behaviour and who arrange suitable activities en route.

INFORMATION ABOUT CAMP SESSIONS AND THE BUS SCHEDULE

Check the bus schedule below for the appropriate session. Be at Hillcrest Mall ½ hour before departure time in order to check in and get a nametag from the attending staff person and to load luggage into the buses.

Camp Session	Dates	Bus Departure from Richmond Hill	Bus Arrival at Richmond Hill
Session # 1	Mon July 6 - Fri July 17	Mon July 6 at 10.00 am	July 17 between noon & 12.30
Session # 2	Mon July 20 – Fri July 31	Mon July 20 at 10.00 am	July 31 between noon & 12.30
Session # 3	Tues Aug 4 – Sat Aug 15	Tues Aug 4 at 1.30 pm	Aug 15 between noon & 12.30
Session # 4	Tues Aug 18 – Sat Aug 29	Tues Aug 18 at 10.00 am	Aug 29 between noon & 12.30
One week # 5 (8 – 11 yrs)	Tues Aug 4 – Sun Aug 9	Tues Aug 4 at 1.30 pm (<i>see note below</i>)	Sun Aug 9 – No bus (<i>see note below</i>)
One week # 6 (11 – 14 yrs)	Sun Aug 9 – Sat Aug 15	Sun Aug 9- No bus (<i>see note below</i>)	Aug 15 between noon & 12.30 (<i>see note below</i>)
One week # 7 (8 – 11 yrs)	Tues Aug 18 – Sun Aug 23	Tues Aug 18 at 10.00 am (<i>see note below</i>)	Sun Aug 23 – No bus (<i>see note below</i>)
One week # 8 (11 – 14 yrs)	Sun Aug 23 – Sat Aug 29	Sun Aug 23 - No bus (<i>see note below</i>)	Aug 29 between noon & 12.30 (<i>see note below</i>)
Pee Wee (6 – 9 yrs)	Fri July 31 – Tues Aug 4	Fri July 31 at 1.30 pm	Aug 4 between noon & 12.30
Out Skills # 1	Mon July 6 – Fri July 31	See Camp # 1 & # 2 (2 day break: July 11 – 14)	See Camp # 1 & # 2
Out Skills # 2	Tues Aug 4 – Fri Aug 29	See Camp # 3 & # 4 (2 day break: Aug 9 – 12)	See Camp # 3 & # 4
Leaders in Training # 1	Mon July 6 – Fri July 31	See Camp # 1 & # 2 (2 day break: July 11 – 14)	See Camp # 1 & # 2
Leaders in Training # 2	Tues Aug 4 – Fri Aug 29	See Camp # 3 & # 4 (2 day break: Aug 9 – 12)	See Camp # 3 & # 4
Teen Camp (13 – 16 yrs)	Mon Aug 31 – Fri Sept 4	Mon Aug 31 at 10.00 am	Sep 4 between noon & 12.30

EXCEPTIONS RE TRANSPORTATION TO AND FROM WEEK-LONG CAMPS

Camp # 5 & 7 Transportation **TO** the camp is available by using the Camp #3 bus on August 4 or Camp # 4 bus on August 18. There is however no bus **FROM** the camp on Sun Aug 9 and Sun Aug 23 so campers should be picked up at 11.00 a.m.

Camp # 6 & 8 There is no bus **TO** the camp on Sun Aug 9 and Sun Aug 23, so campers should arrive at 11.00 a.m. Transportation **FROM** the camp is available by using the Camp #3 bus on August 15 or Camp # 4 bus on August 29

PLEASE NOTE THE FOLLOWING:

- If a camper is not using the bus, the Registrar must be notified 2 weeks ahead of the camp date.
- Telephone: 416-722-3625 or Email: registrar@campbigcanoe.ca.
- If you are driving your child to camp, **do not** arrive at the camp before 12.00 noon (except for Pee Wee and Camp #3, when you should be there **at 3:30 p.m.**). The staff is preparing for the camp session and are not available to supervise campers.
- If you are planning to pick up your child after a session, you will need to be prepared to arrive at the campsite at **9:30 a.m.**
- Sunday departure & arrival times are different for the one week sessions – see exceptions just above
- **Please be sure that you stay with your camper(s) at the camp until the buses have arrived and you have turned your child over to a staff member!**
- Soft luggage rather than a trunk is more easily managed on the buses. Do not tie paddles and PFDs to luggage. All items **must** be clearly marked with the camper's name.
- Transportation of campers to and from out trips and for occasional visits to other camps is by the camp bus with our qualified driver.

WHAT TO BRING TO CAMP

Clothing

shorts – include 1 pair nylon swim type
jeans/track pants
long-sleeved shirts – at least 1 hooded sweatshirt
T-shirts
underwear
socks – 3 pair wool or cotton work type
hat
bandanna
polyester fleece jacket or warm wool sweater
pajamas
swim suits (2) & cover up
rainsuit

Footwear

rubber boots/duckies
“wet” shoes – inexpensive running shoes or
aquasocks for canoeing, swimming
“dry” shoes – running shoes with laces or Velcro
for campsite
sandals (see “Comments...” (e) on next page)

Personal Items

pillow with pillowcase
extra blanket
sleeping bag 3 lb. maximum
towels (2)
washcloth
insect repellent, non-aerosol
sunblock , SPF 15 – 30 or more
lipblock as needed
toothbrush/paste
hairbrush/comb
sanitary products (as needed)
environmentally friendly soap/shampoo
writing materials/stamps
flashlight/extra batteries
sunglasses
drinking water bottle (1 litre)
drawstring bag for toiletries

Optional

zany hats/ clothes
long underwear
nylon wind jacket
nylon wind pants

Optional

light hiking boots for 10 years & older

Optional

small chamois type camp towel
books
T-shirt for tie-dying
camera - inexpensive
musical instrument
favourite toy (1)
PFD or lifejacket government approved
dry bag (30 litres)
small day pack
bug hat
bug jacket

PLEASE NOTE: There are no laundry facilities for campers to use at the camp, so please make sure you pack enough clothing for your camper for his/her camp session.

COMMENTS ON “WHAT TO BRING TO CAMP”

Hats

Because of the danger of ultra-violet light from the sun, hats should protect the back of the neck, the tops of the ears and the forehead. Hats are normally worn in camp and are always worn by all participants on an out trip or a hike to the store. Baseball caps do not provide adequate protection from the sun.

Sunglasses

We strongly encourage packing sunglasses for eye protection. Mirror-type sunglasses may reflect sun and cause burning on the skin or the nose.

Skin Protection

For those with sun-sensitive skin, we recommend long-sleeved T-shirts of thin, polyester fabric to be worn while swimming along with a protective hat.

Track Pants and Jeans

It is suggested that at least 1 pair of track pants be sent for each camp. These dry more quickly than jeans. This is especially important on out trips.

Footwear

Sturdy, flexible footwear can help avoid accidents and injuries at camp. Sneaker-type shoes with laces or Velcro closings are advised since they protect the feet, dry quickly on out-trips, and have flexible soles. Shoes with inflexible soles have been found to cause accidents at camp. Because of numerous foot injuries that have occurred in the past few years, we discourage sandals. **Sandals may only be worn on site during quiet activities (not on out trips).**

Rainwear

We recommend a waterproof jacket and pants. These are less bulky on out trips and safer than coats and ponchos around the campfire.

Drawstring Bag

In the interest of good personal hygiene, it is important to have a sturdy net drawstring bag that will hang on a hook. This should be big enough to hold toothbrush, toothpaste, shampoo, soap, etc.

Old clothes are Best

In general, we recommend bringing old familiar clothing to camp. New clothing in a new setting can be confusing and disturbing to a "first-timer" and camp life can be hard on clothing.

LABEL EVERYTHING! (Including sleeping bags)

Please use indelible pen or sew-on labels. This makes a huge difference in the incidence of lost clothing and equipment. You will be contacted about any major labelled item, which has been left at camp or on the bus, concerning its return to you at your expense. Unlabelled items will be sent to a suitable charitable agency.

CAMP BIG CANOE CLOTHING

Through POSITIVE IDENTITY (1 800 265 1991), campers have an opportunity to order a variety of clothing suitable for camp. T-shirts, sweatshirts, sweatpants, shorts and bucket hats are available. The hats are designed to protect the neck, ears and forehead. The Camp Big Camp logo will be printed on each piece of clothing. To order, complete the clothing order form enclosed. Payment for clothing is by Visa, MasterCard or Cheque, **Fax (519 452 1329) or mail, orders to Positive Identity, 501 Nightingale Ave., London, ON N5W 4C4. Cheques should be made payable to POSITIVE IDENTITY.** Camp clothing is not available for purchase at the bus pick up/drop off point at Hillcrest Mall.

PERSONAL FLOTATION DEVICES and LIFE JACKETS

Federal Government regulations require that each occupant of a water craft have, for safety and protection, a Personal Flotation Device or Life Jacket. A Personal Flotation Device will keep a conscious person's head out of the water in calm conditions and assist the person to stay afloat in rough water. It will not turn a person from face down to face up. A Life Jacket will turn an unconscious person from a face down position to a face up position. Each camper and staff member using a canoe at Camp Big Canoe must wear a PFD or life jacket. The camp has a supply of PFDs but if you wish to send a one of these devices with your camper, please ensure that it fits well, is government approved and is clearly identified with the camper's name.

HEALTH AND SAFETY

The Health Record

Camp Big Canoe requests parents to complete the accompanying Camp Health Form in order to give the health staff a detailed medical history of their child(ren). The more information you provide to us, the better we will be able to ensure a great camping experience for your child(ren). Health information may be shared with Camp staff (Director, cook, counsellors) on a “need-to-know” basis. Camp health care is given by a resident Registered Nurse, or a Registered Practical Nurse, and a local physician who is on call. If necessary, please attach to the health form a detailed note of any special medical, behavioural or dietary need of your camper. Please review the contents of the completed Health form with your camper and instruct him/her about the medications depending on age and maturity.

Special Note About the Health Record

There must be a new Health record for each camper each year, even if there has been no change in information. The immunization record must have the correct date beside each specific injection; in an emergency, it is very important for the physician to know exactly when the immunization was given.

Provincial Health Card

A photocopy, front and back, of the Provincial Health Card must be presented before healthcare will be given to any individual by physicians or the local hospitals. Please include this copy with the Health Record; the number alone is no longer acceptable.

Medic Alert Bracelets

The use of Medic Alert bracelets are advised for those campers with emergency type conditions.

Skin/ Eye Problems

Please check your child for such conditions as Athlete’s foot, warts on feet, itchy rashes, pink eye(conjunctivitis) and, if required, have them cleared before coming to camp.

Head Lice

Please have head lice cleared up before the child comes to camp. If a camper is found to have head lice, the nurse will treat the condition with the over-the- counter product, NIX, following the instructions carefully. If there is any problem in clearing the condition, parents will be notified.

Sunblock and Insect Repellent

The use and application of sunblock and insect repellent should be explained and practised before camp.

SENDING MEDICATIONS TO CAMP

- Please do not send over-the-counter (non-prescription) medications to camp. There is an appropriate stock of non-prescription medications in the Health Centre approved by Dr. Terry Bridle, the camp physician. These medications may be prescribed and administered by the nurse.
- All prescription medications must be sent in the original container with the name of the medication, dosage information and the name of the camper clearly visible on the label. Medications must **not** be sent in an envelope or mechanical aid for self-administration such as a pill organizer. Please include a small extra supply of medications in case of an emergency.
- On trips out of camp; personal medications are administered by staff who have been instructed by the nurse
- For the camper with **anaphylaxis** who requires an auto-injector (epinephrine), please ensure equipment is labeled with the camper’s name and the expiry date covers the total camp period. This medication should be carried in a waist pouch.

- If a camper requires a prescription medication while at camp, the camp will invoice the parents for the cost at the end of the session. A receipt will be forwarded when payment is received.
- For the camper with **asthma**, we recommend that puffers and auto-injectors be carried in a waist pouch.
- If alternative or complementary remedies have been prescribed, please send them in the original container with the name visible and include the purpose, action and anticipated effects of the substance.
- All medications brought by campers and staff as well as those stocked by the camp are stored in a locked cupboard in the Health Centre. The medications required for emergency situations, such as Auto-injectors and Puffers, are carried by the individuals who require them.
- Please keep the camp updated if there are any changes in the camper's health status and/or medications between the time the Health Form is submitted and the start of the camp session.

POLICY RE: TOBACCO, ALCOHOL AND RECREATIONAL DRUGS, CHEMICALS. It is Camp Big Canoe policy to prohibit campers (including LIT and Outdoor skills) and staff from using: tobacco in any form; alcohol; or recreational (non-prescription) drugs and chemicals. Any violation of the policy results in immediate dismissal from camp.

POLICY re: HEALTH and SAFETY.

The health and safety of our campers is foremost in our planning. All our staff have been prepared in first aid. Waterfront staff have NLS certification from either The Lifesaving Society or the YMCA. It is camp policy to require the use of PFDs/life jackets in all boats in camp and on out trips. A “Buddy System” is in effect at all times on the waterfront.

COSTUMES, GAMES, PUZZLES

The camp can make great use of discarded clothing such as shoes, hats, old coats and dresses. These are used for skit nights and other special programs. Quiet table games are welcome on rainy days and in the Health Centre.

THINGS TO LEAVE AT HOME

For safety and security reasons and because they are not needed at camp, we request that the following items be left at home: cell phones, watches, jewellery, valuable keepsakes, digital and expensive cameras, radios, tape recorders, stereo equipment, Walkmans, hatchets, hunting knives, lighters, curling irons (especially butane) hair dryers or any substance in an aerosol spray can. The camp cannot be responsible for lost items and has no way of securing valuable property.

TUCK MONEY

When campers arrive at camp, the counsellor will collect tuck money and place it in safe keeping in the Camp office. What ever money is not spent will be returned to the camper before leaving camp. \$5.00 is ample for treats and the spending is limited for each session. It would help greatly if you send change, i.e. two amounts of \$ 2.50. For Pee Wee campers, please send \$2.50 for tuck money.

FOOD PARCELS AND BIRTHDAYS

Please do not send food packages. Campers have nutritionally balanced meals and an evening snack. Food taken into the tents may attract insects and animals. The use of chewing gum is discouraged. For campers celebrating a birthday at camp, a birthday cake is served for their unit at lunch or dinner on the anniversary of their birthday.

PARENTS' VACATION ADDRESS

During camp sessions, if you change your address temporarily, we require your vacation address on file.

MAIL

Mail is delivered to camp daily and campers are extremely happy to receive letters from home while they are at camp. Cheerful news from home can add to a camper's enjoyment. Please, however, avoid mentioning how much your child is missed or that the dog has not eaten since they left. Although this type of news is natural and well-intended, it often aggravates or triggers feelings of loneliness or homesickness, making the camp experience less enjoyable. Camper mail should be addressed:

[Camper's Name]
c/o Camp Big Canoe
1012 Sherwood Forest Road, RR # 5
Bracebridge ON P1L 1X3

CAMPER PHONE CALLS

Campers are not permitted to use the camp phone unless there is no alternative method of conveying information. On those occasions, the call will probably be made by a Camp Big Canoe staff person. It is very difficult to arrange incoming calls to campers and we ask your cooperation in not phoning your camper unless it is absolutely necessary.

VISITS FROM PARENTS

Parents are asked to contact the Camp several days before wanting to visit. The Camp telephone number is 1-705-645-4963. Generally, visits are discouraged as this may trigger homesickness and may interrupt daily programming. If parents want to see the Camp, they are encouraged to do so when delivering or picking up their camper(s).

PREPARING YOUR CHILD FOR CAMP

If your child is leaving home for the first time, there are several things you can do to help him/her have an easy adjustment to camp life:

- Arrange with friends or relatives for your child to have the experience of going to bed away from home.
 - Prepare your child for independent living by allowing choice of clothing each day and being responsible for his/her own personal hygiene.
 - Problem solve with your child, i.e., "What if you don't feel too well one day?", "What if you lost your swim suit?"
 - Role-play with your child; i.e. go for a walk in the park with a flashlight.
 - Practice letter writing. Not all children know how. Postcards are great for camp. Parents should send paper, envelopes and stamps.
 - Explain the camp's telephone policy.
 - When talking or writing to your child assume they will enjoy it. Do not say, "I miss you". Assure them that they will have a good time at camp and that the family at home will be fine while they are away.
 - As a member of a small tent group, campers are expected to share housekeeping duties. Parents can impress campers with the values of these duties and the importance of taking a cheerful and willing attitude toward them.
- Campers soon make new friends and will get along just fine. We will make every attempt to put your camper with **one** specially designated friend, if it is requested **three weeks prior to his/her camping session**. If you have any doubts or concerns, talk to the camp director about them.
(PLEASE NOTE: Tent units are made up by the Director or his designate. Campers will find out who their counsellors and tentmates are when they get to the campsite.)

A TYPICAL CAMP DAY

7:00 Wake up
8:00 Morning watch
Breakfast and camp clean up
9:15 to 10:00 Unit Activity-Session #1
10:15 to 11:00 Unit Activity-Session #2
11:15 to 12:00 Unit Activity-Session #3
12:30 Lunch/Singsong
1:15 to 2:15 Rest Hour
2:30 to 3:15 Unit Activity-Session #4
3:30 to 4:15 Individual Interest-Session #5
4:30 to 5:00 Free Time (supervised in a program area)
5:30 Supper
6:15 All camp activity/Staff Development
7:45 Vespers/Singsong
8:00 Snack/Unit Time
9:00 Lights Out

SWIMMING INFORMATION

For reasons of safety, each camper's swimming ability is evaluated on the first full day of each camp session. From these evaluations, it is determined to what extent campers may participate in programs in the water and in the boats. During the remainder of the camp period, campers have the opportunity to improve their swimming qualifications. Campers may want to practice swimming before arriving at camp in order to be well prepared for the first day swimming evaluations.

PERSONAL FITNESS

In addition to preparing for the swimming evaluations on the first day, it is a good idea to work on physical preparation for the active life at camp. The vigorous outdoor activities are usually a departure from a camper's normal routine at home. It is advisable to "get into shape" for camp.

FINALLY

Thank you for choosing Camp Big Canoe for your camper. We appreciate your trust and support. The summer program is planned to encourage campers' physical, emotional and spiritual growth and we will do our utmost to provide a worthwhile camping experience along with lots of fun.

LAST MINUTE CHECK-OFF –BY MAY 15

- a. Balance of fees owing*
- b. Completed Camp Health form*
- c. Photocopy of Provincial Health Care (front and back)*
- d. Completed camp clothing order(optional)*
- e. Campers, bring any new swimming awards received during the winter.*

REGISTRATION:

Camp Big Canoe Phone: **(416) 722 - 3625**
P.O. Box 518
Port Perry ON L9L 1A5