

Claremont Nature Centre

2019 Overnight Camp Parent Handbook

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Welcome

Thank you for joining our community at the Claremont Nature Centre. We believe each child deserves the opportunity to spend their summer days learning, exploring and playing outdoors. During their one-week overnight camp experience, the forests, streams, and meadows of Claremont will become your camper's backyard.

Our camps focus on the individual while helping develop a deep connection with nature and prioritizing skill-based learning. With the support of our experienced camp counselors, campers will learn how to build shelters and fires, practice their identification skills and search for wild edibles in the forest.



Camp Activities

Our instructors will be working with campers to identify areas of interest for the group, but we still follow routines to provide campers with necessary structure during their days at camp. We have set meal and snack times each day, and fresh fruit is always available!

During their morning and afternoon programs campers will be exploring the site. They will be learning a variety of skills, such as how to build forts and tend to a fire, how to identify signs of different animals in the forest, how to work as a team during our low-ropes challenges, and how to use a GPS device to lead them to geocaches! They will have organized games, friendly competitions, and knowledge-based scavenger hunts, as well as downtime splashing in the stream, catching frogs by the pond, or creating nature art under a favourite tree.

Typical Day

Activities will vary but our daily structure will remain the same. Campers will eat and have down time at the same times each day!

Time	Activity
7:30 am	Wake-up and Shower Time
8:00 am	Breakfast Time in the Dining Hall
8:45 am	Dorm Clean Up
9:00 am	Morning Program (Building Forts, Exploring the Stream etc.)
12:00 pm	Lunch in the Dining Hall (or a pack lunch for exploring days!)
1:00 pm	Free Time (games and activities in the lounge)
2:00 pm	Afternoon Program (Nature Photography, Archery etc.)
5:00 pm	Dinner in the Dining Hall
6:00 pm	Evening Program (Campfire, songs and stories etc.)
8:00 pm	Evening snack
8:30	Group Activity in the lounge
9:30-10:30 pm	Lights Out



What to Bring

<p>Clothing:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Three pairs of light pants and/or shorts (at least one pair of long pants) <input type="checkbox"/> Three shirts <input type="checkbox"/> One warm sweater or sweatshirt (for chilly nights!) <input type="checkbox"/> One pair of outdoor shoes <input type="checkbox"/> One pair of indoor footwear (slippers are great, but socks work too!) <input type="checkbox"/> One pair of rubber boots <input type="checkbox"/> At least one pair of socks per day <input type="checkbox"/> Change of underwear for each day <input type="checkbox"/> One pair of pajamas and/or lounge wear for evenings <input type="checkbox"/> One waterproof jacket or raincoat <input type="checkbox"/> Wide-brimmed hat <input type="checkbox"/> Bathing suit/Towel <p>Sleeping Equipment:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pillow and pillow case <input type="checkbox"/> Sleeping bag or sheets/linens for a twin sized bed 	<p>Toiletries:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sunscreen (SPF 30 or greater) <input type="checkbox"/> Insect repellent <input type="checkbox"/> Reusable water bottle <input type="checkbox"/> Toothbrush <input type="checkbox"/> Toothpaste <input type="checkbox"/> Comb <input type="checkbox"/> Soap and shampoo (biodegradable if possible) <input type="checkbox"/> Facecloth <input type="checkbox"/> Bath towel <p>Optional Extras:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Art supplies or journal <input type="checkbox"/> Books for bedtime reading <input type="checkbox"/> Board games <input type="checkbox"/> Guitar, ukulele or other instrument <input type="checkbox"/> Flashlight <input type="checkbox"/> Quarters for the payphone (\$0.50 per call)
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Please note: Claremont Nature Centre is not responsible for lost or stolen items.

Please do NOT bring:

- Any food/candy/gum/beverages
- Knives, hand axes or weapons of any kind

Packing Tips:

- Please ensure all clothing and equipment is clearly labelled.
- To avoid disappointment of returning home without a favorite (and costly) shirt or pair of jeans we strongly recommend that you leave those at home and pack clothing that can get dirty!
- Our dorms are cozy! Keep packing as simple as possible and try not to over pack. Ideally, all personal belongings can fit into either one or two pieces of luggage.
- We will announce a laundry day mid-week so your camper can add any clothes that need to be washed at this time. In cases of extreme muddiness, we may add an additional wash day.
- Parents, please pack WITH your camper. This helps reduce lost and found items because your child can recognize what was packed, and it also helps to prepare your camper for the camp experience.
- Soft-sided suitcases and duffel bags work better than hard suitcases.

Getting Ready for Camp Step-by-Step

8 weeks before camp

- ☐ Fill out your camper registration form: This includes lots of information that will help us create a great experience for your child. The earlier you can fill it out the better!
- ☐ Dorm mates: Submit your dorm mate requests on your registration form.
- ☐ Accessibility: Indicate accessibility accommodations on your camper registration form and the camp director will follow up with you over email

2 weeks before camp

- ☐ Sign up for the Remind app: We will share information and pictures on camp with you through an app called Remind. This is a great way to see what your campers are up to during the week!

1 week before camp

- ☐ Pack: Make sure you have all the items on your packing list. Don't forget to collect some quarters if you think your child will want to call home in the evenings!

First day of camp (Sunday)

- ☐ Plan to arrive at camp between 3:00 and 4:00p.m. on Sunday

During camp

- ☐ Check the Remind app for updates and pics, share an excited phone call home, and enjoy the week

Last day of camp (Saturday)

- ☐ Pick up on Saturday between 10 and 11 a.m.



Arrival and Departure

Arrival Day is exciting for both parents and campers! We hope to make it as smooth as possible and ensure your camper(s) are ready for a week of fun!

- Please arrive at the Centre between 3:00 p.m. and 4:00 p.m.
- When you arrive, you can park your car and bring your child in to the Centre for check-in. Leave luggage in the car until after check-in.
- Check in at the welcome table. At this time, we will take a few minutes to ensure we have all the correct information for your child and prepare your medical information form with you if your child(ren) are taking any prescriptions or have other special needs while they are at camp.
- Once you've checked-in, please return to your vehicle to retrieve your camper's baggage.
- Camp staff will assist in guiding you to your camper's assigned dorm. Parents are welcome to help their campers unpack and set up their bed.
- When campers are settled, we will gather them for our welcome and introductions.
- We ask parents to depart camp by 4:00 p.m. so your camper can begin their week of Summer Camp!

Saturday is departure day. All campers are to be signed out between 10:00 and 11:00.

Upon Your Arrival on Departure Day:

- Bring your photo ID with you
- Sign your camper out with their counsellors and collect any medication.
- Say goodbye to your counsellors!
- Take your luggage to your car for departure. Campers will have packed their luggage before you arrive.

If your camper is being picked up early, please let us know at least 7 days prior to the start of camp.



The A-B-C's of Camp

- **Allergies:** All allergy and special dietary needs should have been included on your original on-line registration form that you fill out 8 weeks in advance. Any changes or new developments can be added on arrival day. Children with anaphylactic allergies must carry an Epi-Pen with them in a fanny pack during camp and bring an extra Epi-Pen in their luggage. The Centre is a nut-sensitive environment. We do not serve nuts on site.
- **Birthdays:** If your child is celebrating their birthday while at camp, our team is happy to help make it a special one! We sing a birthday song, and have a treat prepared to honour the special day. We suggest keeping gifts at home – that way special items won't go missing at camp and campers will have something fun to look forward at home!
- **Bullying:** If anyone bullies or deliberately endangers the well-being of any camper or staff (physical, emotional, or verbal bullying) or if behaviours or actions occur that diminish the positive experience of others while at camp, our trained staff will take immediate action to quickly resolve the problem or conflict. Parents or guardians will be contacted to ensure they are aware of any potential concerns. The goal is to ensure all parties are left feeling safe, and that they will remain comfortable in our community. Disciplinary action as a result of bullying is at the discretion of the Supervisor and can include dismissal from camp. Please see the Camper Code of Conduct within this handbook.
- **Candy:** Please do not send outside food, candy, gum or snacks. Extra snacks are not necessary- we will have lots of kid-friendly food and snacks for the duration of your child's visit.
- **Cash:** Your camper only needs change for the payphone. Please do not send your camper with additional cash, as it is not needed. We do not have a store, and all your camper's needs will be taken care of during their visit.
- **Curfew:** Bedtime at camp varies depending on age group and evening programming but is generally between 9:30 and 10:30pm. Campers are not permitted to leave the dorm area after curfew. Any camper found outside of the dorm after curfew may be subject to disciplinary action up to and including dismissal from camp.
- **Dietary Needs:** We can accommodate a wide variety of dietary needs. Please ensure you have filled out all dietary information on your registration form.
- **Electronics:** We do not allow cameras, smart phones or other electronic devices with wireless capability at camp. We will take photographs of the campers throughout the visit. If you are on our 'Remind' group you will get photo updates daily!
- **Head Lice:** We encourage all families to check their campers for head lice prior to arrival at camp and take precautions to remove lice.
- **Homesickness:** In case of homesickness, we empathize with the camper, help them understand that what they are feeling is normal and we keep them busy by encouraging participation in activities and the fostering of new friendships. A staff member will be assigned to keep an extra close eye on new campers and will connect with parents/guardians as needed.
- **Infectious Diseases:** Parents who are aware of any possible exposure their camper may have had to an infectious disease, such as chicken pox, cold, or flu virus are requested to advise staff of such exposure before he/she arrives at camp.
- **Laundry:** Laundry day is mid week. We will add additional laundry days if needed.

- **Lost & Found:** Please label personal items to help us get your child's items back to them at the end of camp. At the end of each week we will put clothing on display in a last effort to unite campers with their belongings. Socks and underwear are thrown out. Families are encouraged to check the lost and found before departure.
- **Medication:** Please have all your camper's medications easily accessible in your camper's luggage so we can review with our staff upon arrival. Ensure all medications are packed in a sealed, transparent bag, and remain in their original packaging. All medications must be clearly labelled with your camper's name, and dosage instructions. Prescription or over the counter medications not in original packaging will not be dispensed.
- **Pests:** We regularly check our dorms for pests including bed bugs and use preventative techniques to ensure we are aware of any potential infestations. You can help us avoid bed bugs by running all belongings through the dryer for 30 minutes that are going to camp, including the bag, bedding and sleeping bags, on high heat and do the same thing with all the items when you return home. Campers will regularly check themselves for pests including ticks after being outdoors. If ticks are found, staff are trained to remove them and have them sent to public health for testing.
- **Phone calls:** Calls home start Tuesday! This will help campers get used to camp. Campers will have an opportunity to make a call before bedtime on the Centre's payphone. Each call costs \$0.50. Please send your campers with enough quarters, as we do not always have extra on site. Parents can reach the camp at the main office line but we ask that parents not use our main line to converse with their child(ren), only to contact them in case of emergency. In the case of an emergency at camp, staff will contact you and/or emergency contacts listed on your registration form.
- **Room arrangements:** Dorm groups are comprised of campers of the same gender who are close in age. Campers sleep in bunk beds in dorms with between 2 and 6 campers per room. Counsellor rooms are separate but adjacent to the campers so that they are immediately available for any camper's needs.
- **Room-mate requests:** We do our best to honour all room-mate requests. If we are unable to accommodate your request we will contact you by phone in the days leading up to camp to discuss options.
- **Sun Protection:** Our staff is vigilant about encouraging campers to wear a hat, wear loose fitting, light coloured clothing, and to apply and re-apply sunscreen regularly. For the health and safety of your camper, please discuss with him or her, the importance of remembering sunscreen, and wearing hats and protective clothing.
- **Theft:** Any camper caught stealing will be subject to disciplinary action including dismissal possible from camp. No refund will be provided. Items of great sentimental or financial value are best left at home.
- **Tobacco, Narcotics, and Alcohol:** There will be no use of or involvement with marijuana, narcotics, controlled substances, or any accompanying drug equipment. Use of any of these substances will result in disciplinary action including possible dismissal from camp. No refund will be provided. Abuse of prescription or non-prescription drugs will result in similar disciplinary action.

Camper Code of Conduct

All campers agree to:

- Respect themselves
- Respect fellow campers
 - Respect staff
- Respect the environment
 - Respect the facility

Emergency Health Care

Location: Claremont Field Centre

Centre Address:

4290 Westney Road North, Pickering, ON, L1Y 1A2

Centre Telephone: 905-649-2208

Nearest Hospital:

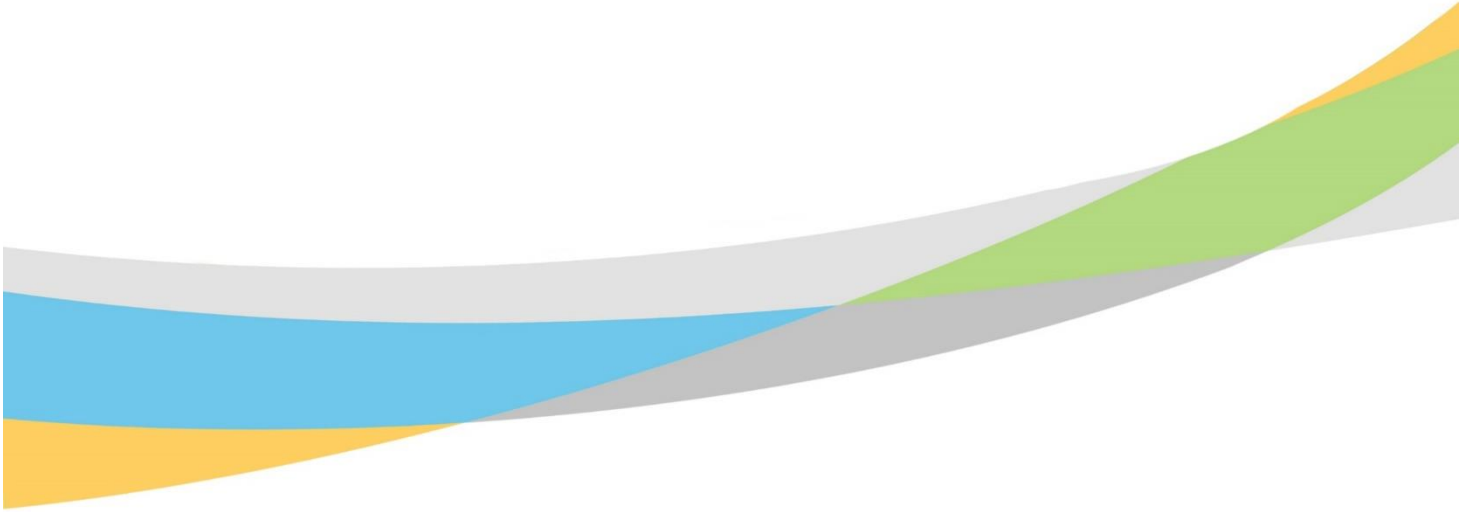
Rouge Valley Ajax-Pickering Hospital

580 Harwood Avenue, Ajax

905-683-2320

Emergency Response Time: 10-15 minutes

First Aid: All our staff are First Aid certified, level C, AED



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