



Parent Handbook **Adventure Away at Claremont Nature Centre**

Summer Camp

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, half week, or even one night 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.

Our camp is an opportunity for your child to disconnect from electronic devices and immerse themselves in nature. We are an electronics-free camp for participants (no cameras, cell phones, ipads, etc), but we do have a camera sign-out available for campers who would like to take pictures during appropriate times (i.e. not in the dorm areas, or during running games), as well as phones available to campers to call home after Wednesday (to help them settle in – our Intro to Overnight campers will not be calling home during their stay). Our staff will also be taking pictures during the week for campers and guardians to view on the last day of camp.



Claremont Nature Centre Building

TYPICAL DAY

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

Time	Activity
7:30 am	Wake-up and Shower
8:00 am	Breakfast in the Dining Hall
8:45 am	Dorm Clean-Up
9:00 am	Morning Program
12:00 pm	Lunch in the Dining Hall (<i>or a packed lunch for exploring days!</i>)
1:00 pm	Free Time (<i>games and activities in the lounge</i>)
2:00 pm	Afternoon Program
5:00 pm	Dinner in the Dining Hall
6:00 pm	Evening Program
8:00 pm	Evening Snack
8:30 pm	Group Activity
9:00 – 10:30 pm	Lights Out

During the morning and afternoon programs campers will be exploring the site. They will be learning a variety of skills, such as how to identify signs of different animals in the forest, wilderness survival skills, how to work as a team during our low-ropes challenges, or 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.



Duffin's Creek, Walking Through the Meadow

What to Pack

Clothing:

- Four pairs of light pants and/or shorts (at least one pair of long pants)
- Seven shirts
- Two warm sweaters or sweatshirts (for chilly nights!)
- If possible, something purple (to wear on Spirit Day!)
- One pair of outdoor shoes
- One pair of indoor footwear (slippers, indoor shoes, or even socks work!)
- One pair of rubber boots or closed-toe water shoes
- At least one pair of socks per day, +2 extra
- Change of underwear for each day, +1 extra
- One pair of pajamas and/or lounge wear for evenings
- One waterproof jacket or raincoat, Bathing Suit/Towel optional
- Wide-brimmed hat

**please note, "Intro to Overnight" campers should adjust the quantity in half where applicable*

Toiletries:

- Sunscreen (SPF 30 or greater)
- Insect repellent
- Reusable water bottle
- Toothbrush
- Toothpaste
- Comb
- Soap and shampoo (biodegradable if possible)
- Facecloth/hand towel
- Bath towel

Sleeping Equipment:

- Pillow and pillow case
- Sleeping bag or sheets/linens for a twin sized bed

Optional Extras:

- Art supplies or journal
- Books for bedtime reading
- Board games
- Guitar, ukulele or other instrument
- Flashlight/nightlight

Please do NOT bring:

- Any kind of scents, spray products or aerosol cans (if possible cream sunscreen/insect repellent)
- No Electronics, please!
- Any food/candy/gum/beverages
- Knives, hand axes or weapons of any kind

Please note: Claremont Nature Centre is not responsible for lost or stolen items.

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.
- Grown-ups, 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.
- Luggage is stored in dorm rooms that are not locked. Again, electronics are not permitted.
- Soft-sided suitcases and duffel bags work better than hard suitcases.



Adventure Away!

Getting Ready for Camp

Step by Step:

8 Weeks before Camp:

- o 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!
- o Cabin mates: Submit your cabin mate requests on your registration form.
- o Accessibility: Indicate accessibility accommodations on your camper registration form.

1 Week before Camp:

- o Pack: Make sure you have all the items on your packing list. Remind your camper that we will not be phoning home until Wednesday evening (or at all, Intro to Overnight campers!), and you'll be so excited to talk to them then!

First Day of Camp:

(Camp dependent – please check schedule):

- o Plan to arrive at camp between 3:00 and 4:00p.m. on Sunday, or Monday at 9:00 am for Intro to Overnight Campers.

Monday, July 6- Friday, July 10 Intro to Overnights	Monday: Drop Off 9:00 – Pick Up 4:00 Tuesday: Drop Off 9:00 – Pick Up 4:00 Wednesday: Drop Off 9:00, Sleepover at Claremont Thursday – Sleepover at Claremont Friday – Pick up 4:00pm
Sunday, July 12 – Friday, July 17 Adventure Away!	Arrival Sunday between 3:00 - 4:00pm Pick up Friday at the front doors at 4:00pm
Monday July 20 – Friday July 24 Intro to Overnights	Monday: Drop Off 9:00 – Pick Up 4:00 Tuesday: Drop Off 9:00 – Pick Up 4:00 Wednesday: Drop Off 9:00 – Sleepover at Claremont Thursday – Sleepover at Claremont Friday – Pick up 4:00pm
Sunday, July 26 - Friday, July 31 Adventure Away!	Arrival Sunday between 3:00 - 4:00pm Pick up Friday at the front doors at 4:00pm
Tuesday August 4 – Friday August 7 Survival Challenge: Extended Camp	Tuesday: Drop Off 9:00 – Pick Up 7:30 Wednesday: Drop Off 9:00 – Sleepover at Claremont Thursday – Pick up at 7:30pm (<i>parent showcase starts at 6:30!</i>) Friday – Drop off at 9:00am, Pick up 4:00pm

During Camp:

- o Relax, and HAVE FUN!

Last Day of Camp:

- o Pick up on Friday according to schedule!



Water Wonders

Arrival and Departure

Arrival Day

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! You will receive an email with your specific camp plans in the weeks leading up to camp.

- Arrive at the centre according to your schedule listed in “First Day of Camp”
- When you arrive, you can park your car and bring your child inside the Centre for check-in. If it is raining, leave luggage in the car until after check-in – space at check in is limited.
- 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 ensure you have filled out the medical information form if your child(ren) are taking any prescriptions or have other special needs while they are at camp.
- 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!

Departure Day

All campers are to be signed out according to their schedule above - If your camper is being picked up early, please let us know at sign-in!

- 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 - luggage will have been packed in the morning.

The ABC'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 should be emailed to brianna.shields@trca.ca prior to arrival. 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 to 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:** Please do not send your camper with 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 9:00 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 for campers and parents to view on pick up day.
- **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. We try to wait until mid-camp week to allow campers to call home, as it can make homesickness worse. For Intro to Overnights, we will be trying to avoid any phone calls home - no news is good news!
- **Infectious Diseases:** Parents who are aware of any possible exposure their camper may have had to an infectious disease, such as chicken pox, cold, flu or COVID-19 virus are required to inform TRCA prior to their visit. TRCA follows Public Health direction on all potential outbreaks in the camp setting.
- **Laundry:** If necessary, we have capacity to wash camper's items, but we do not have a planned laundry day.
- **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 them 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. Medications will be kept in our office, not in the dorm areas.
- **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, know what to look for afterwards, and will contact you as an additional precaution.
- **Phone calls:** Calls home start Wednesday! This will help campers get used to camp. Campers will have an opportunity to make a calls after dinner Wednesday – 5:45pm – 6:45pm.

Parents can reach the camp at the main office line (on last page of the handbook) 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. Intro to Overnights will have no calls home during their limited stay.

- **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.
- **Roommate requests:** We do our best to honour all roommate requests.
- **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 the importance of remembering sunscreen and wearing hats and protective clothing.
- **Theft:** Any camper caught stealing will be subject to disciplinary action up to and including possible dismissal 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 agreed to:

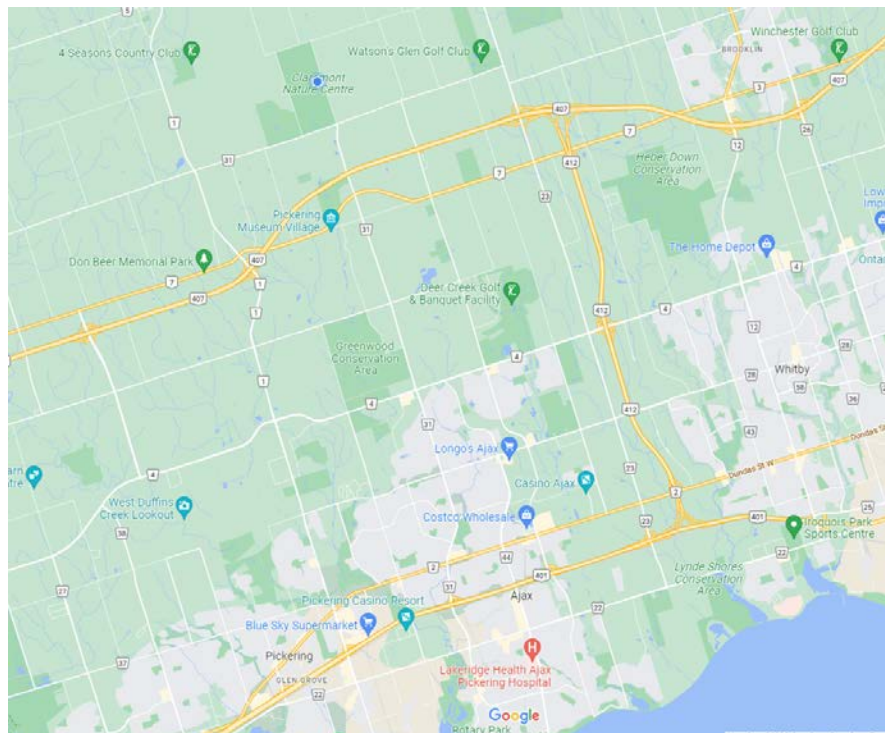
- Respect themselves
- Respect fellow campers
- Respect staff
- Respect the environment
- Respect the facility



Looking for Monarch eggs, adventuring downstream

Directions:

The Claremont Nature Centre is in North Pickering at 4290 Westney Road N. The major intersection is Westney Road North and 7th Concession. Coming from Westney Road and the 7th Concession, you will stay on Westney Road past the 7th Concession, and you will see the Claremont Nature Centre on your left.



Emergency Health Care:

Our Location: Claremont Field Centre

Centre Address: 4290 Westney Road North, Pickering, ON, L1Y 1A2

Centre Telephone: 289-200-3177 (*call or text*)

Supervisor Ian Rodhouse Cell Phone: 416-726-8294 (**call or text*)

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, A



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