



# Gator Tales

**SUMMER 2018: WEEK 7**      **Aug 13 – 17**

## **CONTACT US AT CAMP**

**Longfields DH (BARRHAVEN)** – Katie Bond: cell) 613-218-7405

**Longfields DH (BARRHAVEN)** – Curtis Walsh: cell) 613-240-2039

**Earl of March SS (KANATA)** - Jessica Marcone: cell) 613-697-9463

**Earl of March SS (KANATA)** – Laura Ruttan: cell) 613-795-3195

**St. Peter Catholic (ORLEANS)** – Caroline Lefort: cell: 613-297-1456

## **WELCOME TO THE BEST CAMP IN OTTAWA!**

We're so happy you're "little camper" is joining us. His or her week at camp will be filled with boatloads of activities, wonderful new friendships and unforgettable experiences. There's a lot to do and we want your child to enjoy every minute of it. If at any time we can be of service, please do not hesitate to speak with us directly. The camp director at your site will be happy to speak with you.

*A special welcome back to our returning campers who join us year after year!*

## **SWIM SAFETY**

SAFETY IS OUR PRIMARY CONCERN.

\* All 5 and 6 year olds do not swim, they walk to a local splash pad.

\*All campers (and staff) will wear a colored wristband to identify them as campers with Camps Canada

\* All 7 year olds and older must complete a swim test every day before they start their swim. Every camper must attempt to swim approximately 10 meters (30 feet) unassisted (our staff are in the water). If a camper chooses not to do the test or is unable to complete the test without assistance, we will make sure they put on a lifejacket. At this point, they will have a second wristband (orange in color) put on to identify them as a "lifejacket kid". All campers wearing a lifejacket will be placed in a group of 3 or 4 campers and assigned to a specific counselor who will stay with the group at all times.

\*"Lifejacket kids" must keep their lifejackets on for the duration of the swim.

We have a zero-tolerance policy for kids who remove their own lifejacket.

Those who do, will be removed from the pool and sit out the rest of the swim.

We will inform mom and dad at the end of the day and discuss the procedure for our next swim.

At the Wave Pool, as per the City of Ottawa rules, 7 year olds must wear a lifejacket and be closely supervised by our staff. They may not attempt the swim test. 8 to 12 year olds must complete a swim test.

If you want to read more about our swim safety policies, please visit our website under [Frequently Asked Questions, Things You Should Know](#).

## **IMPORTANT THINGS**

**TO KNOW ABOUT THIS WEEK**

### **CAMP HOURS**

Pre-camp                      7:30am to 8:30am

Camp                              8:30am to 4:30pm

Post-Camp                      4:30pm to 5:30pm

There is no cost to our extended hours and you don't need to tell us when you're arriving.

### **LUNCH MENU**

For campers ALREADY signed up for our optional lunch plan. **It's too late to sign up now.**

**Monday** – pizza

**Tuesday** – Subway

**Wednesday** - all beef hotdogs

**Thursday** - Subway

**Friday** - pizza

### **AFTERNOON SWIM SCHEDULE**

We will be transporting the children by school bus and returning to the camp site every afternoon.

**\* Note- our Kanata campers walk to the Beaverbrook pool**

#### **BARRHAVEN- Longfields Davidson SS**

Monday – General Burns Outdoor Pool

Tuesday – On Site Camp Wide Gator Games

Wednesday – Kanata Wave Pool

Thursday – General Burns Outdoor Pool

Friday - On Site Camp Wide Gator Games

#### **KANATA Earl of March SS**

Monday – Beaverbrook Outdoor Pool

Tuesday – On Site Camp Wide Gator Games

Wednesday – Kanata Wave Pool

Thursday – Beaverbrook Outdoor Pool

Friday - On Site Camp Wide Gator Games

#### **ORLEANS St Peter CHS**

Monday – Bearbrook Outdoor Pool

Tuesday – On Site Camp Wide Gator Games

Wednesday – Ray Friel Wave Pool

Thursday – Bearbrook Outdoor Pool

Friday - On Site Camp Wide Gator Games



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## LAST MINUTE REMINDERS BEFORE CAMP

### THEME DAYS, SPECIAL EVENTS FOR THIS WEEK

TUESDAY – Canadian Day – wear your red and white

THURSDAY – Beach Day – wear your summer clothes

FRIDAY - Multisport campers take part in our Olympic events including a perennial camp favourite “camper versus counsellor dodgeball”

### DOUBLE-CHECK YOUR REGISTRATION

Every week we get parents who show up for the wrong week and/or wrong location of camp. Please take a minute to sign in to your Camps Canada account and look at your receipt. It will include all of your registration details including camper information (which you can manage online), the camp week, camp location, type of specialty camp and whether you signed up and paid for our lunch plan. If you don't see your receipt online for any reason, there was a problem with your registration. Please contact the office immediately to verify that your registration is complete.

### CAMP LOCATIONS

Please double-check your registration to know for which location you signed up. Please use the front entrance of the school.

Kanata – Earl of March SS – 4 The Parkway, Kanata, Ontario, K2K 1Y4 – There is construction going on at the front of the building. Please park at the rear of the building closer to the Mlacak Centre and use the entrance at letter 'I' on the Campeau side of the building.

Barrhaven – Longfields DH – 149 Berrigan Drive, Nepean, ON K2J 5C6 – please use entrance 'I' to the far right of the school when entering from Berrigan Drive.

### WHAT TO PACK (for all campers)

1. sunscreen. Please apply sunscreen before you leave the house. We will also provide lots of reminders each day.
2. please do not send peanut products as some of campers are extremely allergic.
3. running shoes (not sandals) and socks.
4. shorts, t-shirt.
5. lunch (unless you have already signed up and paid for our lunch plan).
6. swimsuit and towel (Monday to Thursday).
7. snacks for two breaks and/or a dollar or two for our optional tuck shop in the afternoon only.
8. a water bottle.
9. please put your child's name on their belongings.

### WHAT TO PACK FOR SPECIALTY CAMPS (where applicable)

**Arts and Crafts Camp** - a change of old clothes that you don't mind getting paint or glue on.

**Ball Hockey Camp** - hockey helmet with a full cage or visor, hockey gloves, hockey shin pads or soccer shin pads, hockey stick for use outdoors on pavement or you can use one of ours. If you forget your ball hockey equipment, you will join the Multisport Camp instead.

**Bike Safety Camp** – your bike and a well-fitted bike helmet are mandatory. Bikes and helmets can be left overnight in a locked room.

**Horseback Camp** –long pants to avoid chaffing, boots with a heel for stirrups (rubber boots are great). We will provide helmets.

**Mountain Bike Camp** –bike helmet, properly sized bike with gears and hand brakes, closed toe running shoes, water bottle, sunscreen, bug spray and snack all in a small back pack they will carry, wet weather gear and a change of clothes (we ride rain or shine), and one extra

properly sized inflatable inner tube for their bike. Although not mandatory we strongly recommend gloves. Bikes and helmets can be left overnight in a locked room.

**Swim Camp** – please put on a bathing suit at home under a tee shirt and shorts as this will help us greatly as we prepare the kids for their swim lessons each morning. Remember a change of clothes and a second swimsuit if you have one for the afternoon swim as well.

**Tennis Camp** – you can bring your own racket or use one we can provide for you.

## **LUNCH, SNACKS**

Remember to send a box lunch if you have not signed up for our Lunch Plan. It is now too late to add lunch to an existing camp registration. Whether you have signed up for lunch or not, you will need to send snacks for two breaks. We provide free Gatorade for campers to drink during snack time. If you don't want your child to have it, please let us know and we won't give them a cup. We also provide an optional Snack Bar in the afternoon only where children can buy snacks like chips, and chocolate bars. Also, it is always a good idea to pack a water bottle.

## **UPDATING YOUR PERSONAL INFORMATION**

Please Login to the Camps Canada website using your password and check that all of the information attached to your registration is correct, especially medical concerns and emergency contact information. It is your responsibility to make sure all information on your registration is complete and correct.

## **MEDICATIONS**

If you are a parent with a child who needs medication administered by us during the day, please remember to pack the medication along with detailed instructions.

## **EPI PEN**

If your child has life threatening allergies and carries an EpiPen, please bring two (2) of them on the first day of camp. We will keep one in the first aid kit and the other should be carried by the child at all times in a fanny pack.

## **WE LOOK FORWARD TO SEEING YOU NEXT WEEK!**

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