



# Gator Tales

**WEEK 7 - Aug 14 TO Aug 18, 2023**

## **ON-SITE CONTACTS**

**Text or call the Camp Director at your camp location:**

BARRHAVEN (Longfields-Davidson Heights)	Emily Gillies / Jake Hamm	cell: 613-218-6961
KANATA (Earl of March)	Sara Aldrich / Brady Forbes	cell: 613-219-4860
ORLEANS (St. Peter)	Holly Yaraskavitch / Sophia Driscoll	cell: 613-697-7507

### **Please note:**

Due to the high volume of campers and parents / guardians arriving from 7:30 am - 9 am and departing from 4 pm - 5:30 pm, our directors **will not be answering their camp phones during these times**. Please feel free to text or leave a voicemail. The directors will respond to texts and voicemails during the hours of 9 am - 4 pm Monday - Friday (excluding holidays).

## **CAMP HOURS**

Pre-camp	7:30 am to 8:30 am	(Please drop off before 8:45am. Some of our camps leave the site before 9:00am)
Camp	8:30 am to 4:30 pm	
Post-Camp	4:30 pm to 5:30 pm	

There is no cost to our pre or post camp and you don't need to tell us when you're arriving. We'll be ready for you.

## **CAMP LOCATIONS**

**KANATA:** Earl of March Secondary School, 4 The Parkway, Kanata (please park in the parking lot at the rear of the school (west side) beside the public library and John G. Mlacak Community Centre. From there, please enter the side door of the school (Door H) on the south side of the school, which faces Campeau Drive.)

**BARRHAVEN:** Longfields-Davidson Heights Secondary School, 149 Berrigan Dr, Nepean

**ORLEANS:** St. Peter Catholic High School, 750 Charlemagne Blvd, Orleans (please park to the right of the school's front entrance and enter the school at the rear of the building through the glass doors ... to avoid construction near the front door)

## **THIS WEEK'S THEME DAYS AND SPECIAL EVENTS**

Tuesday – Country Western Day

Thursday - Sports Day

Friday - All campers take part in a perennial camp favourite “camper versus counsellor dodgeball”; then the Multisport campers take part in Olympics in the morning. Other speciality camp programming continues as normal.

## LUNCH MENU

For campers ALREADY signed up for our optional lunch plan, the menu is as follows:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Pizza Pizza</i> options are pepperoni or cheese, 1 or 2 slices	<i>Subway</i> options are 3-meat, ham or veggie, 6" or 12". (We say 1 sub or 2 subs for ease.)	<i>Hot Dogs</i> options are 1 or 2	<i>Subway</i> options are 3-meat, ham or veggie, 6" or 12". (We say 1 sub or 2 subs for ease.)	<i>Pizza Pizza</i> options are pepperoni or cheese, 1 or 2 slices

**\*It is now TOO LATE TO SIGN UP for our lunch plan.**

## AFTERNOON ACTIVITIES

All of our camps are structured in the same way. Campers participate in their Specialty Camp (Arts and Crafts, Swim, Multisport, Bike, or Horseback) in the morning only, and participate in other activities each afternoon. See the schedule below.

## AFTERNOON SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ORLEANS</b> St Peter Catholic HS	SWIM - Bearbrook Pool	Arts and Crafts or Movies or Sports	SWIM - Bearbrook Pool	SWIM - Ray Friel Wave Pool	Gator Games (at camp)
<b>KANATA</b> Earl of March SS	SWIM - Beaverbrook Pool	SWIM - Kanata Wave Pool	Arts and Crafts or Movies or Sports	SWIM - Beaverbrook Pool	Gator Games (at camp)
<b>BARRHAVEN</b> Longfields-Davidson	SWIM - General Burns Swim	Arts and Crafts or Movies or Sports	SWIM - Kanata Wave Pool	SWIM - General Burns Swim	Gator Games (at camp)

\*For our afternoon swims and splashpad visits, we will be transporting campers by school bus where necessary. We will return to the camp location each afternoon by 4 pm.

\*Note - our Kanata campers walk to and from the Beaverbrook pool and the splashpad.

\*Note - our Barrhaven campers walk to and from the splashpad.

## SWIM SAFETY

### SAFETY IS OUR PRIMARY CONCERN

- **All 5 and 6 year olds do not swim in the afternoon, they walk or bus to a local splash pad.**
- All campers will wear a colored wristband to identify them as campers with Camps Canada
- All campers must complete a swim test every day before they start their swim. Campers must be able to swim approximately 10 meters (30 feet) unassisted (our staff are in the water in case they struggle).
- If a camper chooses not to do the test or is unable to complete the test without assistance, they will be asked to put on a life jacket. At this point, they will have a second wristband (orange in color) put on to identify them as a "camper needing a life jacket". All campers wearing a life jacket will be placed in a group of 3 or 4 campers and assigned to a specific counselor who will stay with this small group at all times.
- **All 7 year olds must wear a life jacket.** There is no swim test available for 7 year olds and no flexibility in this rule.
- "Life jacket campers" must keep their life jackets on for the duration of the swim. We have a zero-tolerance policy for a camper who removes their own life jacket. Those who do, will be removed from the pool and sit out the rest of the swim. We will inform parents / guardians at the end of the day and discuss the procedure for our next swim.

## **LAST MINUTE REMINDERS BEFORE CAMP**

### ***DOUBLE-CHECK YOUR REGISTRATION***

Every week we get parents / guardians 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.

### ***WHAT TO PACK (for all campers)***

1. Sunscreen. Please apply sunscreen before you leave the house. We also have designated sunscreen times during the day.
2. Please do not send any peanut or nut products as some campers have life-threatening allergies.
3. Running shoes that campers can don and doff themselves (not sandals) and socks.
4. Comfortable clothes to run around (t-shirt, shorts, jogging pants, etc.)
5. Lunch (unless you have already signed up and paid for our lunch plan).
6. Swimsuit and towel (on swim days - see schedule above)
7. Snacks for two breaks and/or a dollar or two for our optional snack bar in the afternoon only.
8. **A water bottle.** We will not have drinks, bottles or cups available. Water fountains are readily available.
9. Please put your child's name on their belongings. (We also have a lost and found table on site.)

### ***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.

**Horseback Camp** – Long pants to avoid chafing, boots with a heel for stirrups (rubber boots are great). We will provide horseback helmets for all campers, in all sizes.

**Bike Safety Camp** – Bike helmet, properly sized bike, closed-toe running shoes. We have a locked storage room where bikes can be left overnight, if desired.

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

### ***LUNCH, SNACKS***

Remember to send lunch in a lunch box 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 also provide an optional Snack Bar in the afternoon only where children can buy chips and/or chocolate bars. **Also, please remember to pack a water bottle.**

### ***UPDATING YOUR PERSONAL INFORMATION***

Please Login to your Camps Canada online account to 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. **Please ensure that you have entered the names of parents / guardians who can pick up your child at the end of the day.**

### ***MEDICAL CONCERNS***

If your child needs medication administered by the camp directors during the day, be sure to and bring it to camp with the medication clearly labelled. 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.

## **CELL PHONES & ELECTRONIC DEVICES**

Cell phones and all electronic devices (game consoles, tablets, laptops, etc.) are not allowed at camp (not in a camper's possession, not in their backpack). **This policy will be strictly enforced.** If a camper is found to have a phone, it will be confiscated, their parents / guardians will be called and the phone will only be returned at the end of the day, to the parents / guardians. A cell phone represents a tether to one's parents and may serve as an impediment for a child to learn how to solve problems on their own.

For those especially anxious parents, know that you can speak with our Camp Directors by telephone during the day, or in person before and after camp. If you need to reach your child during the day, or if we need to reach you, communication will happen through the Camp Director on site. You will be provided their cell number in advance of your camp week. Our campers participate in many wonderful activities at camp which require socialization, full engagement, and focus, in order to get the best experience possible. Our goal is to create a safe environment, conducive to learning, and free of all distractions that may hinder the learning process and joy of camp.

In the past, cell phones have posed many challenges including:

- Inappropriate use including sharing inappropriate websites, images, videos and texts.
- Focusing on friends closer to home rather than friends at camp
- Campers' instinct to call parents when they face adversity and seek advice, instead of turning to their peers, counselors, leaders or directors.
- Preventing campers from problem solving
- Lost/stolen/damaged devices
- Distraction & disconnection from camp activities, coaches and fellow campers

Overall, the use of cell phones devalues the instructional, educational, social and personal growth opportunities provided by our camps.

## **SIGN IN, SIGN OUT**

**YOU MUST PRESENT PHOTO IDENTIFICATION EVERY DAY** when picking up your child. This will help to ensure the safety of your child. You are asked to sign your child in and out each day. This allows us to track your child's attendance and for security reasons to make sure that we know who is picking them up at the end of the day.

## **ON-SITE CONTACTS**

**Text or call the Camp Director at your camp location:**

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Emily Gillies / Jake Hamm

cell: 613-218-6961

KANATA (Earl of March)

Sara Aldrich / Brady Forbes

cell: 613-219-4860

ORLEANS (St. Peter)

Holly Yaraskavitch / Sophia Driscoll

cell: 613-697-7507

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