



# Gator Tales

**WEEK 3 - JULY 15 TO 19, 2024**

## **ON-SITE CONTACTS**

Call or text the Camp Director at your camp location:

|   |                                      |                    |
|---|--------------------------------------|--------------------|
| Longfields-Davidson Heights (BARRHAVEN) | Emma Crosby / Jake Hamm              | cell: 613-218-6961 |
| Earl of March (KANATA)                  | Stephanie Sarria / Tassanie Gibson   | cell: 613-219-4860 |
| St. Peter (ORLEANS)                     | 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**

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

Supervision is provided in a classroom where campers can bring a book to read or watch kids cartoons or Disney kids movies on our TV.

|                           |   |
|---------------------------|---|
| <b>7:30 am to 8:00 am</b> | <b>Pre-Camp</b> - Supervision only. Pre-camp hours do not include camp programming or open gym time.  |
| <b>8:00 am to 5:00 pm</b> | <b>Camp hours</b> - <b>Please arrive no later than 8:30 am</b> so we can do attendance and get our busy day started. *Buses for horseback and swim lesson camp leave at 8:45 am - we will leave without you if you're not there on time. *We will not return to our sites until 4 pm Monday - Thursday. |
| <b>5:00 pm to 5:30 pm</b> | <b>Post-camp</b> - Supervision only. Post-camp hours do not include camp programming or open gym time.  |

## **CAMP LOCATIONS, PARKING, RECEPTION**

### **MONDAYS ARE HECTIC – EXPECT DELAYS AT SIGN-IN**

Please plan ahead for delays at sign in, especially on Mondays. We have a number of tasks to complete the first day including: check-in, sign-in, name tags, camp bracelets, lunch bracelets and putting bags in designated areas. This process can take as much as 10 to 15 minutes. Please plan accordingly.

**KANATA:** → Earl of March Secondary School, 4 The Parkway, Kanata.

Please enter the school parking lot from The Parkway. Our reception desk will be inside the front doors.

“A & B” doors at the front. **All other doors will be locked.**

**BARRHAVEN:** → Longfields-Davidson Heights Secondary School, 149 Berrigan Dr, Nepean  
Please park at the front of the school. Our reception desk will be on the EAST side of the building at the letter “I” entrance. This entrance is on the right side of the school when you’re looking at the front door.

**ORLEANS:** → St. Peter Catholic High School, 750 Charlemagne Blvd, Orleans  
Please park on the SOUTH side of the school off of Valin Street (on the right, as you’re looking at the front of the school) and enter at the REAR of the school. There is ongoing construction at the front doors of the school. Our reception desk will be inside the REAR doors. Please do not enter at the front of the school as this is a safety hazard.

## THIS WEEK’S THEME DAYS AND SPECIAL EVENTS

Tuesday - Animal Day

Thursday - Pajama 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

Walter Baker Pool is closed until Fri Jul 12, 2024. We will be using the Entrance pool in Nepean. In week 3, starting Jul 15, we will resume our afternoon swims and lessons at Walter Baker Pool.

|  | MONDAY                                    | TUESDAY                                  | WEDNESDAY               | THURSDAY                                  | FRIDAY                |
|--|---|--|-------------------------|---|-----------------------|
| <b>ORLEANS</b><br>St Peter Catholic HS               | SWIM - Bearbrook Pool                     | SWIM - Bob MacQuarrie Recreation Complex | SWIM - Bearbrook Pool   | SWIM - Ray Friel Wave Pool                | Gator Games (at camp) |
| <b>KANATA</b><br>Earl of March SS                    | SWIM - Beaverbrook Pool and Entrance Pool | SWIM - Kanata Wave Pool                  | SWIM - Entrance Pool    | SWIM - Beaverbrook Pool and Entrance Pool | Gator Games (at camp) |
| <b>BARRHAVEN</b><br>Longfields - Davidson Heights SS | SWIM - General Burns Swim                 | SWIM - Entrance Pool                     | 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.

\*Note - our Orleans campers bus to 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. If they are signed up for our Swim Lesson Camp, 5 and 6 year olds will go to the pools in the morning only.

#### **7 to 12 year olds at City of Ottawa Pools**

We use City of Ottawa swimming pools (both indoor and outdoor) and we follow their rules explicitly.

#### **7 year olds**

According to City of Ottawa rules (not Camps Canada), 7 year olds are NOT PERMITTED to take the swim test (regardless of their swimming ability). Further, 7 year olds must wear a lifejacket and remain within arms length of their counselor at all times. 7 year olds will wear an orange wristband and be supervised at a ratio of 6:1 wearing lifejackets.

#### **8 to 12 year olds**

8 to 12 year olds must complete a swim test every day before they start their swim. Every 8 to 12 year old camper must attempt to swim approximately 25 meters (approx. 75 feet) unassisted.

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, we will put an orange wristband on them and they will be supervised at a ratio of 8:1 wearing a lifejacket. Campers who pass the swim test, and are not wearing lifejackets, will be supervised at ratio of 10:1.

## **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. Please pack two water bottles. There is no water source available at the farm and we want to make sure the kids are well-hydrated outdoors.

**Bike Safety Camp** – A bike, 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/splash pad 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 AUTHORIZED SIGN-OUT LIST**

From time to time, people want to change who is authorized to pick up their children at the end of the day. This is something you can manage online after signing in to your account. Look for the Household Form and click, “update”.

## **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. Please mark the epiPen clearly with your child’s name.

## **CELL PHONES & ELECTRONIC DEVICES**

Cell phones, smart watches that accept texts and calls, 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 is for your safety and the safety of your child. This allows us to track your child's attendance and make sure that we know who is picking them up at the end of the day.

## ON-SITE CAMP DIRECTORS

| <b>BARRHAVEN</b><br><b>Longfields-Davidson Heights</b> | <b>KANATA</b><br><b>Earl of March</b> | <b>ORLEANS</b><br><b>St. Peter</b>    |
|--|---------------------------------------|---------------------------------------|
| Emma Crosby<br>Jake Hamm                               | Tassanie Gibson<br>Stephanie Sarria   | Holly Yaraskavitch<br>Sophia Driscoll |
| Cell: 613-218-6961                                     | Cell: 613-219-4860                    | Cell: 613-697-7507                    |

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