



Gator Tales

WEEK 7: AUGUST 10 - 14, 2026

Longfields-Davidson Heights (BARRHAVEN)
Maplewood Secondary School (STITTSVILLE)
St. Matthew Catholic School (ORLEANS)

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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.

7:30 am to 8:00 am	Pre-Camp - Supervision only. Pre-camp hours do not include camp programming or open gym time.
8:00 am to 5:00 pm	Camp hours - Please arrive no later than 8:30 am so we can do attendance and get our busy day started.
5:00 pm to 5:30 pm	Post-camp - 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 several tasks to complete on 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.

STITTSVILLE: Maplewood Secondary School, 700 Cope Dr, Ottawa, ON K2S 2P8

Please enter off Cope Drive and use the parking lot to the right of the school. Follow the pavement along the front of the school building. You may either use entrance F (bus route) and walk down the hall to the main atrium, or enter at the main entrance.

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. Matthew Catholic School, 6550 Bilberry Dr., Orléans, ON K1C 2S9
Please enter off Bilberry Drive. Use the entrance on the back side of the building (parking lot side). Walk through the courtyard past the gazebos and enter through the doors.

THIS WEEK’S THEME DAYS AND SPECIAL EVENTS

Tuesday - Sports Wear Day

Thursday - Favourite Colour Day

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

LUNCH MENU

For campers who have 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 All Beef	<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.**

SNACK BAR *NEW PROTOCOL*

To help reduce lost money (an ongoing issue at camp) and make the snack bar process smoother, we kindly ask that all parents/guardians who wish to participate prepay for snacks during sign-in on the first day of camp.

Here's how it works:

- We will accept your cash payment and track purchases for your child all week. Chips cost \$1, and chocolate bars cost \$2.
- At the time of payment, you will pick what type of snack (either a chocolate bar or chips - not the specific flavour), and we will help calculate the weekly total for you.
- **Bonus!** Every camper receives a free bag of chips on Friday, no payment required.

Thank you for helping us keep things simple and organized!

AFTERNOON ACTIVITIES

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

AFTERNOON SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ORLEANS St Matthew Catholic HS	SWIM - Bearbrook Outdoor Pool	SWIM - François Dupuis Indoor Pool	SWIM - Bearbrook Outdoor Pool	SWIM - Ray Friel Indoor Wave Pool	Gator Games (at camp)
STITTSVILLE Maplewood SS	SWIM - CardeI REC Indoor Pool	SWIM - Kanata Wave Indoor Pool	SWIM - Beaverbrook Outdoor Pool	SWIM - Glen Cairn Outdoor Pool	Gator Games (at camp)
BARRHAVEN Longfields - Davidson	SWIM - General Burns Outdoor Pool	SWIM - Walter Baker Indoor Pool	SWIM - Kanata Wave Indoor Pool	SWIM - General Burns Outdoor Pool	Gator Games (at camp)

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

*Note - our Stittsville campers bus to and from the splashpad.

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

*Note - our Orleans campers bus 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. 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 arm's length of their counsellor 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 25-50 meters unassisted, without touching the bottom, without goggles, with their face going in the water at least three times, on their front.

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 while wearing a lifejacket. Campers who pass the swim test, not wearing lifejackets, will be supervised at a 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.
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.)
 - a. A change of clothes as well in case of accidents if your child is prone to these.
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 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)

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.

Bike Safety Camp – A bike, bike helmet, properly sized bike, and 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.

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 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, counsellors, 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

BARRHAVEN	STITTSVILLE	ORLEANS
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Emma Crosby Tessa Panetta	Stephanie Sarria Malcolm Ferguson	Sophia Driscoll Janelle Stansel
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WE LOOK FORWARD TO SEEING YOU NEXT WEEK!