



# ABCA DAY CAMP Parent/Guardian Guide



## Wonder, Investigate, Learn, Discover (WILD) at ABCA's Day Camp

### What do I need to send with my child for day camp?

#### Suitable Clothing:

- Weather appropriate clothing (**jacket, hat, sweater, rain coat**). All programs continue during poor weather conditions, with the exception of thunder and lightning. Windbreakers are generally not sufficiently waterproof.
- Comfortable **closed-toed footwear** (running shoes or hiking shoes) including rubber boots. Campers will walk in different environments including trails with branches, roots, rocks and uneven ground.  
**Please DO NOT send your child in sandals or flip flops.**
- Your camper will be very active and camp can be rough on clothes, please do not send campers in expensive or brand new clothing.
- Label everything the camper brings to camp. We will do everything we can to keep clothing and equipment with their owners. The Ausable Bayfield Conservation Authority cannot accept responsibility for clothing and/or equipment lost at camp or in transit.

#### Other Items:

- **Sunscreen**
- **Bug Repellent**
- **Refillable Water Bottle** (clean drinking water available)
- **Backpack** for personal belongings
- **Lunch Bag with Litterless Lunch and 1 snack**
- **Signed Behavioural Contract and Expectations**

#### Items to pack for overnight:

<input type="checkbox"/> 1 pair of pants or sweat pants	<input type="checkbox"/> 2 pairs of shorts
<input type="checkbox"/> 1 heavy sweater, wool or fleece	<input type="checkbox"/> 2 pairs of socks
<input type="checkbox"/> 1 long-sleeved shirt	<input type="checkbox"/> pyjamas
<input type="checkbox"/> 2 t-shirts	<input type="checkbox"/> Refillable water bottle
<input type="checkbox"/> 2 pairs of underwear	<input type="checkbox"/> Sun Hat – ball cap, Tilly or bucket hat
<input type="checkbox"/> 1 raincoat or waterproof jacket and rubber boots (some sizes available at Camp Sylvan)	<input type="checkbox"/> Garbage bags or plastic grocery bags for dirty and wet items
<input type="checkbox"/> 1 pair of comfortable shoes (suitable for running and hiking), sandals are <b>not</b> appropriate.	<input type="checkbox"/> Toiletries should include 1 towel, 1 comb/brush, 1 bar of soap, 1 facecloth, toothpaste and toothbrush, deodorant. (Please put toiletries in a separate bag, large ziplock freezer bags work well).
<input type="checkbox"/> 1 pillow, warm sleeping bag and extra blanket	
<input type="checkbox"/> Sunscreen	<input type="checkbox"/> Leave Electronic Devices at home

## Litterless Lunch:

In keeping with our commitment to the environment, we encourage campers to bring food and drinks in reusable containers, which are clearly labeled with camper's name. Recycling and composting facilities are available on site. Please pack lunches from Tuesday to Friday. Supper on Friday and Breakfast on Saturday will be provided by the ABCA. Please ensure that we are aware of any food allergies so we can make accommodations.

**Supper:** Hotdogs and corn on the cob cooked over campfire or BBQ; veggies

**Breakfast:** Cereal (cold and hot); boiled eggs; fruit; muffins

***We have children at camp with severe nut allergies. We request that you DO NOT send peanut butter or nut products. Snacks and food provided by ABCA will be nut free.***

As you sign your child into camp each day, we will verbally verify that there are no nuts/nut products in your child's lunch or snack. If there has been an oversight and there are nuts/nut products, we will request that these be removed.

At snack and lunch times, camp staff will also check with children to ensure that there are no nuts. If a child has an item that contains nuts, a separate room for eating nuts/nut products will be available to the child. Children who have consumed nuts will also be asked to thoroughly wash their hands afterwards.

## What will day camp be like?

Qualified and experienced instructors will build a connection between your child and our local environment by sharing natural history knowledge through exploratory adventures, games, and other activities. There are a maximum of 20 campers per day with an instructor:camper ratio of no less than 1:10. Most of the time, campers will be in one group of 20; however, some activities will be completed in smaller groups.

<b>A Typical Day at Camp:</b> <i>(schedule may change slightly from day to day)</i>		
<b>8:45</b>	<b>9:00</b>	<b>Drop-Off</b>
9:00	9:30	Welcome and "Get to know you Activity"
9:30	11:30	Themed Lesson & Outdoor Skill Development (includes snack time)
<b>11:30</b>	<b>12:30</b>	<b>Lunch and Free Time (Supervised)</b>
12:30	1:15	Discovery Hike
1:15	2:30	Group Activities and Team Building
<b>2:30</b>	<b>2:45</b>	<b>Snack Time (nut free snack provided by ABCA)</b>
2:45	3:15	Nature Appreciation
3:15	4:00	"Campfire"
<b>4:00</b>		<b>Pick-up</b>

## Special Days:

Special days have been planned to inspire fun and camp spirit (see the table below). Please encourage your child to participate for a chance for a prize.

Special Days at Camp:		
Wednesday	Wacky Hat Day	Come with wearing a fun decorated hat!
Thursday	Green Day	Wear as much Green clothing as possible!

## When is drop-off and pick up?

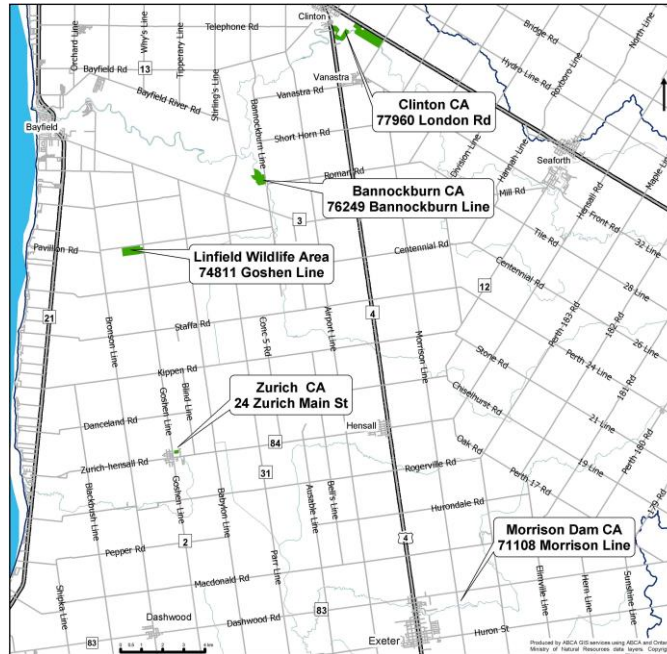
- Programming begins promptly at 9:00 am and ends at 4:00 pm in the workshop. Please obey to these times to eliminate interruptions to camp programming.
- Drop-off is between 8:45 and 9:00 am.
- **Please park your car in the main parking lot and walk your child to the workshop.**
- Pick-up is 4:00 pm from Tuesday to Thursday. Reminder that pick-up will not be required on Friday as the campers will be staying the night at Morrison Dam Conservation Area.
- **Pick-up on Saturday is at 10:00 am**
- On the first day, please ensure you meet with one of the camp staff to introduce your child and remind us of anything we should know about him/her.
- Please sign your child in and out by initialing the printed copy of the Sign In/Out/Emergency Contact Sheet.
- **EARLY DROP-OFF and LATE PICK-UP:** Extended hours are available at no extra cost to all campers. Early drop-off begins at 8:00 am and late pick-up ends at 5:00 pm. Please let us know if your child requires either the use of early drop-off or late pick-up.

***Carpooling to camp is a great way to help us reduce the number of vehicles around during the camp and also reduce the amount of emissions to the atmosphere. If you are interesting in carpooling with other families please let us know. We will do our best to put you in contact with someone from your area.***

**Please let us know in writing if your child will be dropped off or picked-up by a different adult than usual.**

## Where is Morrison Dam Conservation Area?

- Day camp will be run out of the Morrison Dam Conservation Area workshop - 71108 Morrison Line (the workshop is located within the fenced area).
- **Driving Directions:** From Exeter, take County Rd # 83 east for 2 km, turn right (South) at Morrison Line. The entrance is 500 m on the left (East) side of the road.



## What if a camper gets sick or injured?

Please do not send your child to camp if he/she is not feeling well. Let us know if your child will be absent from camp due to illness by calling before 9:00 am or call the office (519) 235-2610 or 888-286-2610 and leave a message either on the machine or with the receptionist.

If your child becomes ill while at camp, we may require you to pick up him/her before the end of the day. We will care for your child until your arrival.

ABCA camp staff are trained in Standard First Aid with AED and CPR Level C and are equipped to provide immediate care. In the event that Emergency Medical Services are called, we will call the designated emergency contact and stay with your child until they have arrived. Parents and/or guardians are responsible for any fees incurred as a result of medical needs or services. ***Ausable Bayfield Conservation Authority will not accept responsibility for any accident, injury, or loss – howsoever sustained to your child or child's property or for personal injury or mishap. All activities are at the risk of the participant. Please make sure that your child's medical conditions or special needs are indicated on the Registration Form.***

## What if my child is taking medication?

If you are sending medications to camp with your child, please make sure that it is in its original package with both your child's name and instructions for use. Medications that require immediate use, such as an inhaler or epi-pen, will remain with the camper or ABCA camp staff.

## What do I do if my child loses something at camp?

Help take the "Lost" out of lost and found by labelling everything with your child(ren)'s name(s). We will do our utmost to keep campers and their possessions together. Each camper will have a labelled hook to hang their backpacks and jackets on. Rain boots can be left at the workshop. All unclaimed items will be donated to a charitable organization in October.

## What if a camper shows behavioural problems?

A serious disciplinary or behaviour problem is defined as one in which:

- ❖ The child cannot, after using various methods of child guidance, conform to the rules of the program as set out by the camp staff.
- ❖ The child inflicts physical or emotional harm on the other children in the program.
- ❖ The child requires constant one-one-one attention or is physically abusive and disrespectful towards staff.

Under these circumstances and after initial interventions and consultations, you may be asked to pick up your child from camp. *All fees paid for day camp services would be retained and not eligible for refund.* Please understand that this type of dismissal will only be used as a final option.

Please ensure that you and the camper both read and sign the "Behavioural Contract and Expectations" and bring it with you on the first day of camp.

## Are there any cancellations or refunds?

Any cancellations prior to the start of camp will receive a 40% refund of registration fee.

Should Ausable Bayfield Conservation Authority cancel the camp due to unforeseen circumstances, registrants will be notified by telephone. Please provide both day and evening phone numbers in the case of an emergency or program cancellation.