



Camp Waegwoltic 2018

Parent Guide

Camp Waegwoltic would like to acknowledge that our new camp facility is built in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq People.

This territory is covered by the "Treaties of Peace and Friendship". The treaties did not deal with surrender of lands and resources but in fact recognized Mi'kmaq and Wolastoqiyik title and established the rules for what was to be an ongoing relationship between nations.

Parent/Guardian Communication

Positive parent camp communication is the foundation of a memorable camp experience for your child. It is our commitment to you to deliver consistent communication to ensure that you and your children have a safe and fun camp experience.

We ask that you please take the time to complete and return the **Camper Information Form** prior to your child's first week of camp. If you are sending multiple campers, please be advised that **each camper requires their own form**.

Keep in Touch:

Email: camp@waegwoltic.ca

phone: (902) 471-9234

Office hours & location: 2nd floor of the Clubhouse

Weekly Camp Updates

You will receive a newsletter on the Wednesday prior to the weeks your child is enrolled in Camp. Our weekly newsletter includes information with regard to weekly themes, updated procedures and camp's participation in Waeg wide events (e.g. Waeg day).

Camper Calls

Prior to your child's first day of camp you will receive a camper call from your child's counsellor. This is your opportunity to ask questions and voice any concerns you may have leading into their first day of camp!

Daily Itinerary

- 8:00am – 9:00am – Drop-off at the gate
- 9:15am – Migration to Camper Cove begins
- 9:20am – Attendance
- 9:30am – 10:30am -- Separate into groups/energizing activity
- 10:30am – Snack from home/sunscreen #1
- 11:00am – Olders/Youngers separate for age appropriate activity
- 11:45am – Attendance
- 12:00pm – Lunch
- 12:45pm – Change for swimming/Sunscreen #2
- 1:00pm – 2:45pm -- Swimming
- 3:00pm – Change/Sunscreen #3
- 3:30pm – Snack (provided by camp)
- 4:00pm – Attendance
- 4:30pm – 5:30pm -- Pick-up at the gate

What to Pack:

- A water bottle
- Sunscreen
- Swimsuit, towel, and goggles
- Morning snack
- Lunch (or sign up for lunch plan!)
- Hat
- Change of clothes
- Appropriate footwear
- Tennis racket (optional)

What should stay at home:

- Stuffed animals & blankets
- Toys of any kind
- Electronics (cell phones, iPods, Gameboys, etc.)
- Nut products

Camper Care

Our summer camp staff are thoughtfully selected and thoroughly trained. All of our staff are certified in both Standard First Aid and CPR-C. In addition, all camp staff are *High Five*® certified. *High Five*® is an organization that has created a quality standard for recreation

facilities across Canada, and thus, certification is nationally recognized. *High Five* training highlights five principles that support healthy child development:

- 1) A Caring Adult
- 2) The opportunity to make Friends
- 3) The opportunity to Play
- 4) The opportunity to Master Skills
- 5) The opportunity to Participate

Furthermore, all of our staff are supervised by two Camp Coordinators who report directly to Katelyn Matheson, our senior administrator of programming and recreation at the Club. In addition to our core staff, our summer camp also benefits from the supervision of our 30+ fully qualified lifeguarding staff.

Accessibility & Inclusion

Camp Waegwoltic strives to develop programming that is accessible and inclusive for our diverse membership. Our camp staff is dedicated to providing an equitable experience for all of our campers. We acknowledge barriers and aim to eliminate them using a person-centred three-step approach:

- 1) Communicating with families regarding any barriers
- 2) Examining the social and environmental barriers that might hinder participation
- 3) Establishing strategies for eliminating barriers to ensure maximum participation

Medical Requirements

With regard to allergies, if your child carries an *EpiPen*, camp staff will collect it at the beginning of each day, and it will remain in possession of your child's counsellor for the entirety of the day. In addition, at the beginning of the week, your camper will be given an *Epi*-pouch that clips on to the outside of your camper's bag. The *Epi*-pouch may travel to and from home with your camper, and camp staff will collect the *Epi*-pouch at the end of each week. This procedure guarantees that your child's medical device is accessible at all times.

If you have indicated on the general camper information form that your camper has an allergy or medical condition, you will receive a follow up email to give you the opportunity to provide more information about your camper's medical requirements and/or preferred accommodations.

In the event of a medical emergency, lifeguards, parents/guardians, and first responders (if necessary) will be notified immediately.

Illness Protocol

If your child becomes ill during camp hours, a parent/guardian will be notified immediately to pick up your child. The child will remain in the care of our Main Office staff until a parent or guardian arrives. Please ensure that your member account has the most updated **daytime** phone number where we can reach you at in the event of illness or emergency.

For the safety of all of our campers, if your child has communicable diseases (i.e. pink eye, chicken pox, infection, strep throat, etc.), **please do not bring your camper to camp until they are no longer contagious.**

Camper Identification

We require all campers to wear a pinnie while in Camp. We use pinnies to help differentiate campers from other members at the Waeg, as well as to form our age appropriate groups. Campers are divided into four groups that correspond with their pinnie colour. This year, we will be sending campers home with their pinnie each day to provide greater parental/ guardian control over your campers' individual health and hygiene! As a result, campers will receive their pinnies on Monday, and they will be collected on Friday. **To ensure your child's safety, your camper(s) should arrive to camp each day with their pinnie on.** Additionally, please note that the pinnies are washing machine and dryer safe!

Drop-off and Pick-up

The Waeg has been very fortunate to receive new infrastructure designated to Camp! The new Camp facility (**Camper Cove**) is located in the boat house by the lido. **Please be advised that all camper drop-off and pick-up will take place at the main gate.** There will be no drop-off or pick-up at the MPR and there will be no staff at this location or at Camper Cove. In the event of rain, drop-off and pick-up will take place at **Camper Cove**. Parents/Guardians are required to provide their signature when signing their camper in and out of Camp. If your camper is remaining on the property after camp or you wish for your camper to be able to self-sign out, arrangements to release the camper must be made with a Camp Coordinator in writing. You can email us at **camp@waegwoltic.ca**.

Drop-off Procedure

Camp Waegwoltic programming runs from 9:00am - 4:30pm, Monday through Friday. Camp drop-off begins at 8:00am and takes place at the main gate. Parents/Guardians will be expected to provide their signature at the gate when their camper is dropped off. There will be staff at the gate and on the playground during morning drop-off. In the event of rain, there will be no

drop-off at the gate and all campers must be signed in at **Camper Cove**. On rain days, you will see a sign at the main gate indicating that campers should be dropped off at **Camper Cove**.

Pick-up Procedure

Camp pick-up runs from 4:30pm - 5:30pm and also takes place at the main gate. Staff will be on duty until the last camper is picked up. If campers are not picked up by 5:30pm, a charge of \$1.00/minute will be applied to your account. In the event of rain, camp pick-up will happen at Camper Cove. You will be notified of this change at the main gate.

Swimming & Tennis Lessons

Sending your child to Camp Waegwoltic does not mean they need to miss out on the club's regular youth programming. Parents/Guardians may register their camper(s) in lessons between **the camp friendly hours of 9:30am and 11:30am**. Our "lesson fairies" will make sure they are safely transported to and from their lessons. Can't find a lesson/level during the camp friendly times? Please reach out to us first before registering. We are here to help! Unfortunately, we are unable to safely transport campers outside of the camp friendly hours, however, we will do our best to accommodate scheduling conflicts.

*Please note that all regular programming runs for 2 week sessions, while camp operates weekly.

Swim Safety

Camp goes swimming every afternoon in the Lido. Any child that has not yet passed *Swim Kids 5* requires a lifejacket or floatation device when swimming with Camp. Our camp counsellors are stationed around the Lido and **their vibrant red visors make them identifiable to campers and the general membership**. The Waeg's lifeguards are specially trained in assessment, and may determine that your camper requires assistance in the pool; our lifeguards reserve the right to determine that your child requires a lifejacket. Camp staff endorse and enforce all pool rules and final verdicts made by the lifeguards. If you are aware that your child requires aquatic assistance, please send them with appropriate gear for the pool.

A New Lease on Lice

Head lice is a rite of passage we all hope to avoid. Camp Waegwoltic recognizes that head lice is a concern and we make every effort to prevent the spread of lice. As a result, Camp Waegwoltic is implementing new policies to try to reduce the spread of lice at camp.

Firstly, our new lice motto is 'Hair Up, Hats On!'. If your camper has long hair, their hair should be pulled back prior to arrival at camp each day. Additionally, we encourage all participants to wear a hat during the day not only to reduce the spread of lice, but also for sun protection!

Secondly, no stuffed animals or blankets from home will be allowed to come with campers to camp Waegwoltic as these items can be carriers. Through conversations with Public Health, the camp pinnies were not identified as a likely source for the spread of lice; however, due to concern from parents, we have updated our pinnie procedure, which you can find above in the Camper Identification section.

Finally, we want to encourage communication about lice. We ask that you notify either Camp Coordinator if your child has lice at **any point throughout the summer**. Please help us reduce the spread of lice by engaging in this conversation with us. We have an open-door policy and we respect everyone's privacy!

Tick Safety

Everyone who spends time outside in Nova Scotia is at risk of being bitten by a tick. While the Waeg's maintenance team has surveyed the property and the counselling staff are aware of what to look for, we encourage parents/guardians to perform at-home checks. For more information and tips to reduce your risk, visit <https://novascotia.ca/ticksafety/>.

Lost & Found

The lost and found is a happenin' spot at the Waeg! We encourage your camper to be responsible for keeping track of their personal belongings. Our staff is not responsible for lost or missing items. No toys or special items should be sent to camp. Please label your campers' clothing and personal items so that lost items can be identified and returned to their owner.

At the end of each day, the items collected in the Lost & Found will be brought up to the gate and displayed at pick-up in hopes that they will return home with your camper(s). At the end of each week, any unclaimed items will be relocated to the main Lost & Found at the Lido.

Sunscreen

We apply sunscreen three times throughout the day - after morning snack, after lunch, and in the afternoon post swimming. **Campers must arrive at camp with sunscreen on** as we do not re-apply until morning snack. Campers will be asked to leave a bottle of **labelled** sunscreen at camp for the week. If your camper's sunscreen bottle returns home with them, they require a refill. This new procedure is aimed at reducing the amount of lost sunscreen!

Media

Camp Waegwoltic is highly active and we use music to maintain a high energy level! All of our music is age appropriate as we exclusively listen to KIDZ BOP. We strive to remain highly active even on rainy days, however, we do offer a movie option on afternoons when we face poor weather. For some campers, this down time is necessary as rain days can create an overwhelming indoor environment. When selecting movies, we refer to www.common sense media.org to ensure that all of our films are age appropriate and highlight important themes such as celebrating differences and being kind to others.

At Camp Waegwoltic we love to document the fun we have during the summer! These photos will be used for Waegwoltic Club promotion as well as our camp Instagram (@waegsummercamp). On the Camper Information/Permission form you can check yes or no as to whether or not you grant us permission to use photos of your camper for these purposes.

Lunch & Snack

Please be advised that we are a **nut free camp** and a **nut aware property**. That is to say, while camp maintains a nut free environment, The Waegwoltic Club is not a nut free facility. To ensure the safety of our camper(s) with allergies, we ask that you do not send your camper(s) with any nut products.

Canteen

You may choose to send your camper(s) with money to buy snack or lunch from the canteen. In a new initiative to promote healthy living, Camp Waegwoltic has implemented 'Treat Days' every Wednesday and Friday. On Treat Days, the canteen will offer ice cream, slushies, and freezies, while campers can take advantage of the rest of the product range throughout the rest of the week!

Credit Account

Another option parents and guardians may utilize is a camper credit account. This option provides campers with access to money via their Waeg card. Moreover, it allows parents to monitor their campers' food purchases. You can contact Julie Boss at julie@waegwoltic.ca or (902) 478-7805 ext. 203 to enable this service.

Lunch Plan

Camp Waegwoltic offers a Lunch Plan program at a charge of \$50.00/week. You can register for this service through your online account.

The range of menu items that Chef Leslie prepares throughout the summer is listed below:

Wraps & Soup

(choice veggie, ham, cheese wraps w/crackers)

Tacos

(choice of toppings, ground beef, salsa, sour cream w/rice)

Spaghetti

(tomato sauce or meat sauce, whole wheat noodles, parmesan w/caesar salad)

Mac & Cheese

(choice of chicken w/sweet potato fries)

Grilled Cheese

(tomato soup w/crackers)

Sheppard's Pie

(veggie or chicken w/pita bread)

Pizza

(pepperoni/cheese/veggie w/garlic Bread)

Goulash

(ground beef, veggie w/sweet potato fries)

BBQ Day

(hot dog, hamburgers, veggie burgers w/fries)

Quesadillas

(choice of veggie, cheese, chicken w/rice)

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All lunch comes with veggies w/dip and whole fruit*