

Camp Kawartha Environment Centre



2505 Pioneer Road, Peterborough, Ontario (beside Trent University)

Parent and camper guide to Forest Fridays.

Schedule

Forest Fridays begins at 10:00 a.m. and ends at 3:00 p.m. each day.

Pickup and Drop off: If someone other than the parent/guardian is picking up a child, please provide written authorization in advance to the Camp Kawartha staff.

Packing for your day

- | | |
|--|---|
| <input type="checkbox"/> Lunch and 2 snacks (all nut-free) | <input type="checkbox"/> A change of clothes (extra socks) |
| <input type="checkbox"/> Refillable water bottle (minimum ½ litre) | <input type="checkbox"/> Rain gear and/or snow pants and coat |
| <input type="checkbox"/> Warm hat | <input type="checkbox"/> Warm Clothes (layers work best) |
| <input type="checkbox"/> Backpack | <input type="checkbox"/> A sense of curiosity and adventure |
| <input type="checkbox"/> Rain or Winter Boots (as needed) | |

Restricted Items

Expensive jewellery
(Please leave ALL valuables at home)

Electronics

Dress for Success

Please bring clothing so as to adapt to the weather of the moment. We highly recommend packing a second pair of items that are likely to get wet such as socks. This program focuses on plenty of time outdoors - check the weather and be prepared.

Labeling clothing with your child's name helps us to get items back to the right family if they intermingle. Some kids enjoy getting dirty at camp ie. muddy, exploring etc. Our preference is to encourage and enjoy this when possible. If your child is inclined this way, please send **old clothes** that you won't mind getting into some good old fashioned outdoor experiences.

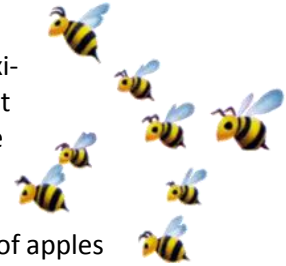
Lunch

The centre does not receive garbage or recycling pick-up. We require all participants to pack out their garbage. Better yet, encourage the children to bring a litterless lunch that produces no garbage. Please pack ample lunch (ie. 2 snacks and a lunch), we are active all day and so may require larger lunches than in other settings.

Please note we are a nut free facility, no nuts or products that may contain nuts should be brought to the centre.

Take Note:

BEEware: Camp Kawartha is proud to house an observational bee hive. With plexi-glass walls, this observational hive is designed to encourage campers to view bees at work from inside the Environment Centre. The bees enter the hive from a PVC tube located high up on the exterior of the building. Honey bees play a critical role in helping to pollinate plants. With a variety of apple trees near the Centre and pollinator gardens, the bees will help to ensure that there will be a healthy harvest of apples this fall.



We'd like to remind all visitors to the Camp Kawartha Environment Centre that there are always bees, wasps and stinging insects in any natural area. Please ensure that any students with allergies to bees come with the appropriate safeguards in place (an epipen – if required, antihistamine tablets etc.). We'd also like to remind visitors that there are some patches of poison ivy in the vicinity of the Centre. Closed toed shoes, long pants and hat (sun protection) are also highly recommended as well.

Tick Me Off: Though ticks (and Lyme Disease) are not very common in this area, there have been a few ticks reported in Peterborough County. Lyme disease can become a serious infection caused by a bacteria spread by the bite of blacklegged ticks (formerly called deer ticks). We highly encourage all families to do **TICK CHECKS** at the end of the day and to get in the habit of doing so after **every outing in the woods**. This is part of helping children to build solid routines around tick awareness and Lyme disease prevention.



The Peterborough City County Health Unit recommends a TICK CHECK when coming in from the outdoors:

- *Have a shower to rinse ticks off*
- *Woods clothing should be placed in the wash or hung outside*
- *Either with a loved one or alone with a mirror check your body thoroughly for ticks.*
- *Make sure to look in hidden areas like the scalp, between toes, armpits, back of knees, groin, behind ears*
- *Please remember that ticks can be tiny freckle sized or as large as a small grape when engorged.*
- *If a tick is found, put it in a screw top bottle or zipper closed bag and bring it to your local Health Unit*

For more info: <http://www.pcchu.ca/2014/07/25/ticktalkhealthunitwantsyoutobelymediseaseaware>

Contact

In case of an emergency, you may contact the main Camp Kawartha office at 705-652-3860. Please be aware that we do not have a receptionist at the Camp Kawartha Environment Centre. If you need to talk to a staff member, please leave a message at 705-750-8699 and we will return your call by the end of the day.

We are looking forward to connecting with your family throughout a fantastic season of Forest Fridays

Camper Behaviour — The Three R's

It is our commitment to provide a rich and enjoyable experience for all participants. To assist us in offering the best experiences we possibly can, **please review our camper code of conduct with your child** before attending Forest Fridays:

Camp Kawartha Environment Centre's Forest Friday Code of Conduct

We want to create a safe and nurturing environment for everyone!
Generally these rules fall under what we refer to as the three “R’s”

Respect yourself. All participants are expected, in accordance with their age, to take appropriate care of themselves (personal hygiene, dressing appropriately, water, food, sunscreen)

Respect the environment. The Camp Kawartha Environment Centre is located on Trent University's Wildlife Sanctuary. We want participants to join us in being stewards of these lands for future generations.

Respect others. We expect all participants to treat one another, and our staff, with courtesy and respect.

If any participant behaves in a way which compromises our ability to foster a sense of respect and preserve the dignity of every person at the Camp Kawartha Environment Centre (participants and staff alike), then it must be understood they will be dealt with as described below. There is a more rigorous set of policies and procedures dealing with staff conduct that parents are able to review upon request.

Any participant that breaks any of the following in-house rules will be sent home immediately. There will be NO refund or credit on camp fees.

- Smoking, alcohol, and illicit drugs are strictly prohibited at the Centre. Participants may not have any cigarettes, drugs or alcoholic beverages in their possession.
- Weapons or any implement that our staff deem dangerous or potentially dangerous are strictly prohibited.

Any participant that breaks any of the following in-house rules MAY be sent home based on the seriousness of the offense. If that is the case, there will be NO refund or credit on program fees.

- Inappropriate behaviour, such as bullying, teasing, harassment, swearing, acts of aggression, pranks, practical jokes or disrespect for other people or the environment are not tolerated at the Camp Kawartha Environment Centre. What may seem harmless to you may have lasting emotional or physical consequences for others.
- Use of cell phones by participants during programs at The Centre is prohibited.
- Stealing or borrowing other people's possessions without their consent will not be tolerated.
- Vandalizing or damage to the Camp Kawartha Environment Centre property and equipment is a serious offense and will not be tolerated. This includes any damage to buildings, signs, program equipment and including the natural environment. You will be held responsible for the cost of repair or replacement, including labour costs.
- Defacing The Camp Kawartha Environment Centre property in any way is also considered a serious offense. Any graffiti including writing, drawing, carving or painting

names/pictures etc. on furniture, walls, or any buildings are all examples of this and will not be tolerated. You will be held responsible for cleanup, repair or replacement.

- Tampering with any safety devices including smoke alarms and fire extinguishers is a serious offence and will not be tolerated.
- Participants must remain inside our designated boundary (this will be explained to participants during their tour of our facilities).

The **Follow Up Steps** for inappropriate/unsafe behaviour will be:

1. A staff member will remove the participant from proximity of the group and they will work together to define the inappropriate/unsafe behaviour and create a plan to modify it.
2. Staff will communicate with other Forest Fridays staff to be consistent with expectations and to agree on the best approach for the child.
3. Parents/guardians will be informed (at the end of the day face-to-face or promptly by phone) of the behaviour.
4. Staff and parents/guardians will, together, develop strategies to adjust and eliminate the inappropriate behaviour. These strategies will be implemented with the participant at home and at Forest Fridays to offer a consistent approach. Staff and guardians will stay in contact to keep each other informed of the child's progress with regard to the behaviour in question.
5. Staff will follow up with the participant to be consistent with expectations and approach as well as to offer feedback and positive reinforcement,
6. In the extreme case that a participant's behaviour is consistently inappropriate or unsafe for themselves or others, and after the above process has been implemented, the participant may be asked to leave the program for a short term or permanently.

I have read, understood and agree that my child will abide by these rules as outlined above. If my child does not comply then I understand that the consequences, as outlined, shall be instituted.

Signature of Parent/Guardian: _____

Name of Parent/Guardian (please print) _____

Signature of Participant: _____

Name of Participant (please print): _____

Thank you for helping us to make this experience a positive and memorable one for all concerned.