

The Parents' Guide to Camp Kawartha



A Message from the Executive Director

At Camp Kawartha, we are connection builders. We connect kids to the outdoors and the environment. For a while we put aside the screens and we use our senses to actively drink in the amazing environment of the Kawartha Lakes, from the wail of the Common Loon to the hoot of the Great Horned Owl. We help children recognize that the natural world is an integral part of their community too, their neighbourhood, or as we like to call it – their “neighbourhood.” We also connect them to sustainable living. We showcase ways in which we can conserve water, reduce our carbon footprint and use alternative forms of energy.

We connect children to each other. Being immersed in a close-knit camp like Camp Kawartha teaches kids about fellowship, caring and commitment. Camp does it in a way that just can't be duplicated anywhere else. Kids make friends that last a lifetime. Campers bear witness to community in action and feel what it means to connect – to belong.

Lastly, Camp Kawartha teaches kids to connect to the very best in themselves. We teach kids to strive, to try out new things - to conduct themselves with kindness and compassion in the way we treat each other and the way we treat the environment.

Jacob Rodenburg

A Message from the Summer Camp Director

As a Summer Camp Director, it is my mission and goal to help campers discover the joys of overnight camp, grow as responsible individuals and have the best experience possible. This is deeply rooted in my first overnight camp experience as a nine year old back in 1979. I haven't strayed far from camp since then, both physically and philosophically. Camp is an environment to develop your skills, grow your emotional intelligence, discover what you love and raise your expectations for life.

As a professional, I am driven by my experiences as a camp staff member since 1987 and as a teacher since 1996. I have worked in both cases with children of all ages, grades and abilities. The most important lesson I have learned in both these roles (and as a parent) is that no two children are the same and each child deserves to be nurtured according to their specific needs.

Camp is my passion and teaching is my life. This is imprinted on each staff I hire, each relationship I develop and influences my drive to continually improve our product while enhancing our reputation. What makes Camp Kawartha a special place is that it is a child-focused, caring community committed to your child's growth and individual needs. It is staffed by life-long campers who grew up at Camp Kawartha and infused with staff from other camps and workplaces who bring their positive attitudes and winning ways to our team. We value our partnerships with parents and families and the opportunities to help your children grow through risk-taking in a safe and supportive environment.

The Parents' Guide to Camp Kawartha is created in the spirit of helping both parents and campers become familiarized with our routines and to showcase the building blocks we have created to produce a stable and highly rewarding summer. Like all tasks we take on, we know there is room to grow and improve. We welcome your feedback and comments.

Thank you for choosing Camp Kawartha and giving us the awesome privilege and responsibility of looking after your most prized possession(s). We look forward to an unforgettable summer with new and old friends making memories to hold us through to next summer.

Adam Strasberg (A.K.A. Wham)

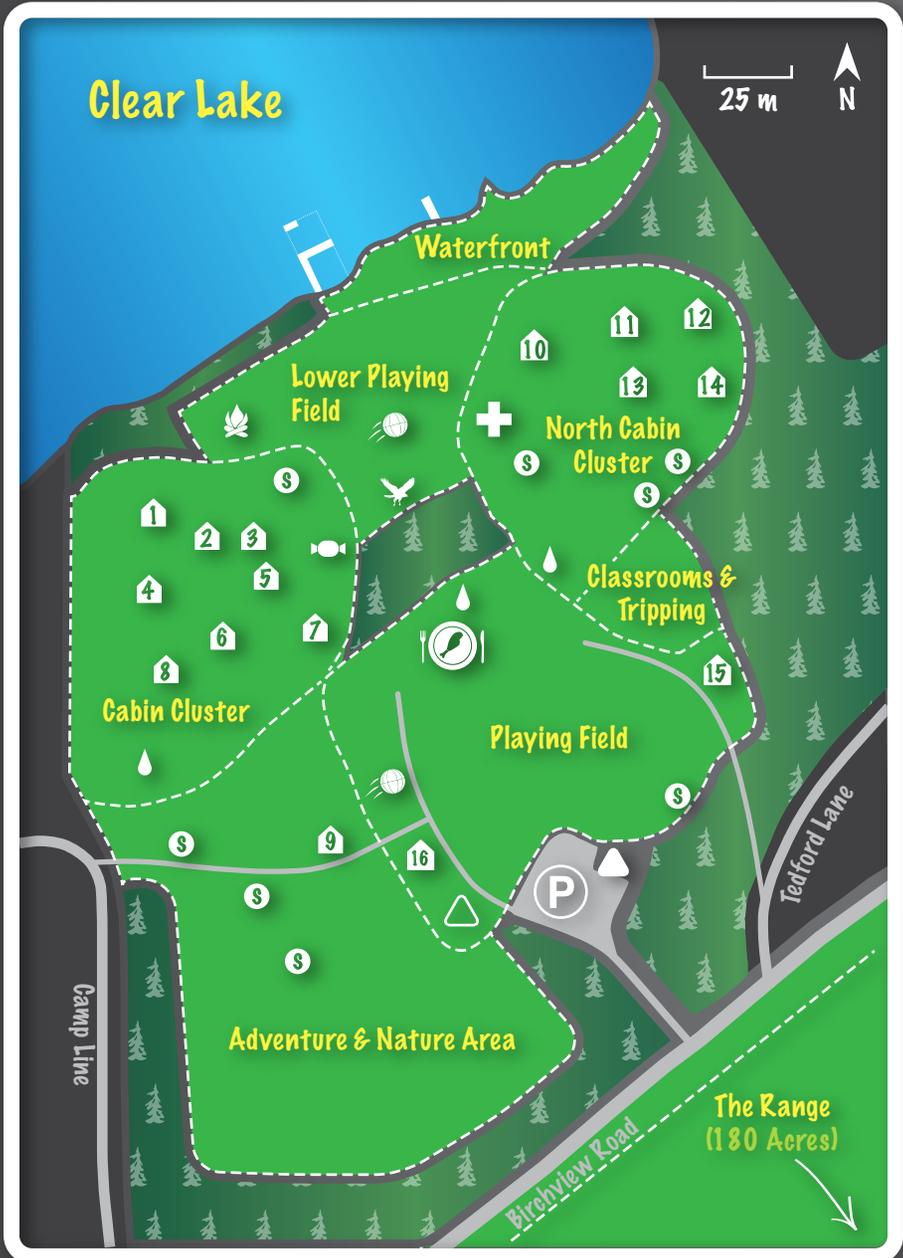
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TABLE OF CONTENTS

	INTRODUCTION	01
	Camp Site	01
	Our History	03
	Our Philosophies	04
	Camp Lingo	05
	CAMP STAFF	07
	Pre-Camp Training	09
	Breaking Barriers	10
	Certifications	11
	CAMPER EXPERIENCE	13
	Arrival Day	15
	Daily Life	19
	Food	21
	Accommodations	22
	Skill Development	23
	CAMPER CARE	25
	Support Systems	27
	First Aid	29
	Health & Hygiene	30
	Waterfront Safety	31
	Search Procedures	33
	Nighttime	34
	TRIP	35
	Destinations	37
	Daily Life	39

INTRODUCTION / CAMP SITE

1



2

Staying Safe

During camp-wide programs, select staff monitor the main hill paths on the camp grounds to ensure campers are safely making their way from place to place.

Land

- Activity Area
- Wooded Area
- Private Property
- Water
- Road

Situated in the heart of Peterborough County, our camp site is as beautiful as it is functional. Whether tossing a frisbee on the playing field, jumping into the cool waters of Clear Lake, waving to your neighbour in the Cabin Cluster or swinging through the trees in our Adventure area, the beauty of the outdoors is always present.

Facilities

- Health Centre
- Campfire Circle
- Sport Court
- Nighthawk Supervision Tent
- Tuck Shop
- Main Office
- Dining Hall
- Staff Cabin
- Summer Camp Office
- Washrooms
- Parking

Camper Cabins

- | | | | |
|--------|--------|--------------------|---------------|
| Aspen | Elm | Hickory / Hawthorn | Willow |
| Balsam | Pine | Birch (Spurway) | Estate |
| Maple | Alder | Platform Tent | Sumac / Cedar |
| Spruce | Poplar | Oak | Hemlock |

INTRODUCTION / OUR HISTORY

3

1921

The Rotary Club of Peterborough purchased 186 acres of land on Clear Lake for \$250 from a local farmer. The Club intended to develop a boy's camp "free from the artificial life of cities" (taken from a brochure published in 1922).

1922

By July 1922, the "Kawartha Boys Camp" was in operation, serving its first forty boys. The Camp operated under the direction of the Rotary Club until the early 1950s.

1954

The camp was purchased by the YMCA and developed into a co-ed facility. At this time, the camp was renamed "Camp Kawartha." After many successful years of operation, the YMCA closed the camp in 1982 due to financial challenges.

1985

A group of Rotarians and concerned citizens purchased the property and formed Camp Kawartha Incorporated with the objective to promote camping and an awareness of the natural environment to youth "for all seasons". Camp Kawartha has functioned as a year round, not-for-profit organization ever since.

2004
- 2006

The Dining Hall extension (Rotary Hall) and Main Office were built using straw bale construction.

2009

The Camp Kawartha Environment Centre, one of Canada's most sustainable buildings was built on Trent University lands in Peterborough.

2012
- 2015

Several cabins, the kitchen and other facilities were upgraded to better serve the camp.

INTRODUCTION / OUR PHILOSOPHIES

4

3 Types of Respect

At the start of each session, the entire camp gathers and discusses the philosophy of camp and three types of respect. This ideology permeates daily life at Camp Kawartha.

Respect for Yourself



The development of self-esteem, self-confidence and self-respect is at the very heart of what we do. Campers are reminded to take care of their physical well-being while at camp.

Respect for Others



Our goal is to create a supportive community which recognizes and values every child. It is not unlikely that your camper will make a lifelong friend during their stay at camp.

Respect for the Environment



Environmental awareness is an ethic we incorporate into everything we do, from the programs we offer to the food we serve and the way we maintain our facility.

Living in Nature (Without Electronics)



One of the greatest aspects of the Camp Kawartha experience is living among the natural environment free from modern distractions. To maintain this ideal, we have a strict **No Electronics** rule for campers. This includes phones, tablets and music players. Except when leading select programs and activities, staff also refrain from using electronics.

INTRODUCTION / CAMP LINGO

5

- A & C** Abbreviation of 'Arts and Crafts' referring to both the activity of Arts and Crafts and the Arts and Crafts building adjacent to the Dining Hall.
- Banquet** Last dinner of each session with a fancy dress code.
- Check-In** Nightly cabin activity led by staff and/or leaders during which campers discuss the day before falling asleep.
- C.O.D. (Cod)** Abbreviation for 'Counsellor of the Day'; leader responsible for all bell ringing and meal time announcements; not a fish.
- Colossals** Main bathrooms and showers located adjacent to the Dining Hall.
- Emergency Hill** The stepped hill connecting the dining hall to the waterfront which is out of bounds to campers.
- E.P.** Abbreviation for 'Evening Program'; nightly camp-wide activity involving all campers and staff on site.
- The Extension** Straw-bale building extruding from the main Dining Hall; also referred to as 'Rotary Hall.'

For some parents, camp lingo can be very perplexing. Here is a select list of terms to explain some of the quirky titles and abbreviations used around camp.

6

- G.B.S.** Abbreviation for 'General Boat and Swim'; Daily free swim, boat and play period before dinner supervised by staff; also pronounced 'jibbus'.
- Interest Choice** Activities led by staff in the afternoon that change daily; see page 20.
- Kybos** Outhouses at the edge of the cabin cluster closest to the Siniwick cabin. Abbreviated from 'Keep Your Bowels Open.'
- The Range** 180 acres of forest, wetlands and hiking trails across the road; used for archery, eco skills and programming.
- Round-Up** The Dining Hall porch adjacent to the Playing Field where campers and staff gather when the bell rings; used daily for prior to mealtimes and activities.
- The Troughs** A collection of water taps adjacent to the Tuck Shop used for brushing teeth and washing hands.
- Tuck** Candy handed out to campers on an alternating semi-daily basis (Tuck fee included in camp fee).

CAMP STAFF



The top priority for the Camp Kawartha staff is to be positive role models for your camper and to provide them with an enriched camp experience.

Camp Kawartha's dynamic staff of skilled professionals and young adults go that extra mile (or kilometre) by bringing an impressive variety of talents and experiences in the arts, sports, adventure activities, out-tripping, counseling and leadership. What stands out most about our staff is the level of commitment and care they put into everything that they do! Staff members play many different roles in the day. From waking up their cabin groups for Polar Bear Dip in the morning, to leading songs before meals, to lifeguarding during General Boat & Swim, to dressing up for Evening Program, to supervising campers at night, staff are the heartbeat of Camp Kawartha and approach their diverse roles with confidence and enthusiasm.

This section will help familiarize you with the strategies and certifications that allow our staff to deliver a top quality camp experience throughout the summer.

CAMP STAFF / PRE-CAMP TRAINING

9

The key to a successful summer is a well prepared staff. Prior to the start of the summer, camp staff spend one week participating in training workshops and teambuilding activities. This helps to familiarize them with camp policies, fine-tune hard and soft skills, and foster a positive group dynamic. Staff also use this time to prepare the camp site and facilities for the entire summer. By the time campers arrive, our staff are fully prepared to make the summer ahead the best yet. Take a look below to see what sort of topics are covered throughout pre-camp training.



Soft Skills

Camp staff take great pride in caring for campers throughout the summer. Several workshops are run during pre-camp training to help staff develop strategies to identify and resolve camper issues such as homesickness and bullying.



Hard Skills

Pre-camp training is also a great opportunity for staff to hone their hard skills in specific activity areas. Both external professionals and Camp Kawartha staff lead sessions during this time to help staff prepare for leading campers in activities throughout the summer.



Workplace Safety & Risk Assessment

Throughout the summer, safety remains the top priority. During pre-camp training, staff participate in workshops to learn to assess and manage safety risks. This training includes learning about the Workplace Hazardous Materials Information System (WHMIS).

CAMP STAFF / BREAKING BARRIERS

10

For campers and staff alike, summer camp provides an open and accepting environment in which everyone can comfortably be themselves and fit in. Camp Kawartha recognizes, however, that there are biological, developmental and psycho-social barriers which can make it difficult for some campers to fully participate in camp programming. During Pre-Camp, all summer camp staff participate in an **Inclusive and Accessible Programming** workshop. This workshop helps staff members to adapt their leadership and programming strategies to be as inclusive as possible for a diverse body of campers. The session aims to achieve the following objectives:

1

Learn about the most common exceptionalities observed in the past decade of registration.



- Asperger's
- ADHD
- FASD
- Mental Illness

2

Understand the diverse range of experiences campers may have in programs through perspective-taking activities.



3

Acknowledge the social and environmental factors which can be barriers to campers' participation.



4

Establish strategies for breaking down these barriers.



CAMP STAFF / CERTIFICATIONS

11

National Lifeguard Service Award (NLS)



What is it?

The NLS award is the standard measure of lifeguard performance in Canada. NLS lifeguards demonstrate a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude towards the role of the lifeguard.

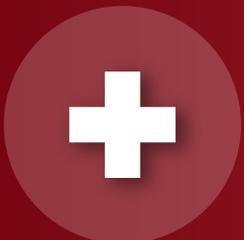
Who has it?

Over half our staff!

Who issues it?

The Lifesaving Society

Standard First Aid & CPR - C



What is it?

This is a comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills. Individuals with this certification are able to respond promptly to a variety of medical incidents both minor and major.

Who has it?

All of our staff!

Who issues it?

Canadian Red Cross & Other agencies

Wilderness First Aid



What is it?

Comprehensive medical training designed for wilderness leaders. This course teaches how to manage medical emergencies without immediate hospitals and rescue services and respond to incidents involving prolonged patient care, severe environments, and improvised equipment.

Who has it?

All Tripping Staff & Select Staff

Who issues it?

Wilderness Medical Associates

Pleasure Craft Operator Card



What is it?

This certification indicates that a boater has a basic level of boating safety knowledge required for safe recreational boating. Cards are issued as part of the National Pleasure Craft Operator Competency Program.

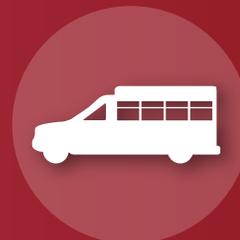
Who has it?

Over half of our staff!

Who issues it?

Government-Accredited Providers

Class F Ontario Driver's License



What is it?

Drivers with a Class F license can drive any bus with seats for 10 to 24 passengers excluding buses for school purposes. Class F drivers can also operate vehicles included in class G, but not motorcycles.

Who has it?

All Trip Bus Drivers

Who issues it?

Ontario Ministry of Transport (MTO)

Challenges Unlimited Certification



What is it?

A series of comprehensive courses for leaders and operators of challenge and adventure elements such as climbing walls, zip lines, ropes courses and teambuilding activities.

Who has it?

Land Activity Director

Who issues it?

Challenges Unlimited Inc.

Our staff members have an abundance of certifications which qualify them to lead activities and care for campers with confidence and expertise.

12

CAMPER EXPERIENCE



Camp is a magical place for young people to go and live among the natural environment. In today's regimen of technology-focused activities, the camper experience is a rarity that provides children and youth a nice pause from technology and allows them to learn and play in the outdoors. For younger campers and those who have not been to camp before, camp can be a little scary at first. If your camper is nervous about coming to camp, this section will give you the tools and knowledge to ease your camper's worries. You can reassure your camper that their time at camp will be filled with opportunities to make new friends, try new things, experience the outdoors and, above all, have fun. Throughout the session, campers are encouraged to develop their skills in a wide range of activity areas. This section will also help familiarize you with the daily and weekly rotations of activities that your camper may experience.

CAMPER EXPERIENCE / ARRIVAL DAY / WHEN YOU ARRIVE

15

The first day of the session is one of the most exciting days of the summer. As campers and parents arrive, the camp bursts with energy and activity. For new campers, arrival day can be a little nerve-wracking as there is a lot to take in all at once. To help familiarize you and your camper with the arrival process, please review the steps below. To find your arrival time for your camper's session, visit our website. We can't wait to see you!



Step 1: Parking

When you arrive, our staff will help you find a spot to park your vehicle while you drop-off your camper. Please follow their guidance and proceed with caution when you enter the parking lot.



Step 2: Registration

Our Head Counsellors will be eagerly awaiting your camper's arrival. Look for them under the big white tent. They will direct you to the lice check station and point-out your camper's cabin group.



Step 3: Lice Check

Before meeting the cabin group, make sure to visit our Lice Check station where our friendly staff will carefully ensure that your camper is free of lice.

Preventing Homesickness

Parents should try not to linger around on arrival day. Your camper needs to feel as independent as possible when settling in with their cabin group.

16



Step 4: Meet the Cabin Group

Our Head Counselors will point-out the appropriate location on the playing field to meet your cabin (most likely a picnic bench). There you will find the Cabin Counsellor and any cabinmates who have already arrived.



Step 5: Say Your Goodbyes

Once your camper has met the cabin group and brought all luggage to their location on the playing field, feel free to take a moment with your camper to say a warm goodbye.



If needed: Visit the Health Centre

If you have any medication for your camper or medical concerns, please visit the nurse in the Health Centre. Your camper will meet the nurse later in the day and does not need to accompany you at this point.

CAMPER EXPERIENCE / ARRIVAL DAY / WHEN YOU LEAVE

17



Settle Into Cabin (2:30 - 5:00 PM)

Cabin groups head to their respective cabins, establish sleeping arrangements and play games to get acquainted with one another.



Head-To-Toe & Nurse Checks (2:30 - 5:00 PM)

Both the Cabin Counsellors and the Nurse meet with each camper individually to check-in on wellbeing and establish any necessary medication routines.



Camp Tour (2:30 - 5:00 PM)

Counselors will lead their cabin groups around the camp to get them oriented and make them feel more at home.



Swim Testing (2:30 - 5:00 PM)

Our friendly waterfront staff guide each camper through a few water activities to assess their confidence and skill level in the water.



Flag Raising (5:00 PM)

The entire camp circles up and takes part in an opening ceremony which includes raising the Canadian flag and singing the national anthem.

After parents say their goodbyes, campers have a full day of activities to help them settle in and become more acquainted with the camp environment. Take a look below at your camper's first day!

18



Dinner (5:45 PM)

The entire camp gathers in the Dining Hall for the first full meal of the session. Campers are briefed on Dining Hall etiquette and emergency procedures.



Campwide Games (Approx. 6:30 PM)

Our programming staff leads the entire camp in fun and active games on the playing field and in the Dining Hall.



Campfire (7:25 PM)

Campers and staff perform songs and skits with the entire camp around the campfire circle. Campers are given time to prepare acts prior to Flag Raising.



Snack (Approx. 9:00 PM)

A quick bite and activity in the Dining Hall before bedtime.



Check-In / Bedtime (9:00 - 9:30 PM)

Counsellors assist the campers in getting ready for bed and lead a brief group discussion in the cabin to check-in on how each camper's first day went.

CAMPER EXPERIENCE / DAILY SCHEDULE

19

AM 7:25	Wake-Up / Polar Bear Dip
7:55	Breakfast
8:45	Health Hustle
9:35	1st Period
11:05	2nd Period / Snack
PM 12:45	Lunch
1:35	Rest Hour / Cabin Clean-up
2:25	Interest Choices
4:15	General Boat & Swim (GBS)
5:45	Dinner
6:45	Supervised Free Play
7:25	Evening Program (EP)
8:45	Snack
9:00	Junior Bedtime (Ages 8-12)
9:30	Senior Bedtime (Ages 13-14)
10:00	Leadership Check-In
11:00	Leadership Bedtime



Polar Bear Dip

Each morning, campers are given the chance to take a quick dip in the lake to help wake themselves up.



Rest Hour / Cabin Clean-up

During Rest Hour, campers return to their cabins to rest or do low-energy activities in and around the cabin and out of the sun. Rest Hour is also used to clean up the cabin just in time for the daily Cabin Clean-up check from the Nurse. Tuck is also given out at this time from the Tuck Shop located in the Cabin Cluster.

Preventing Bullying

Free time is a great opportunity for campers to socialize and gain independence. Free time is always supervised by staff to encourage positive camper interactions.

20



Meals

Meals are typically served in the Dining Hall. Before each meal, campers and staff meet at Round-Up to sing a song led by the Counsellors-of-the-Day. Dinner is sometimes served outside weather permitting.



Morning Periods

Campers participate in either 'Exposure Periods' or 'Classes' each morning to develop their skills in various subject areas. See page 24 to learn more about these periods.



Interest Choices

Interest Choices offer a variety of both zany and traditional activities that change daily and run during most afternoons. Cabin Counsellors sign campers up for activities on a clipboard that is passed from table-to-table at lunch time.



Evening Program (EP)

Each night at camp, staff organize a camp-wide program. Evening programs are extremely fun and typically involve elements of physical activity, navigation, knowledge testing, teamwork, and imagination.



General Boat & Swim (GBS)

During General Boat & Swim, campers may use the swimming and boating areas at their leisure. Campers may also participate in a variety of impromptu land activities such as basketball games, arts & crafts, high ropes or musical jams.

CAMPER EXPERIENCE / FOOD

21

Sample Daily Menu

Breakfast

Scrambled eggs, toast, oatmeal, fruit and yogurt.

Lunch

Make-your-own sandwiches with an assortment of meats, hummus, egg salad, pickles and cheese. Served with soup and salad.

Dinner

Spaghetti with meat sauce, garlic bread and caesar salad.

Snack

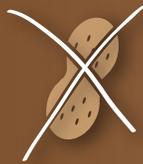
Nachos and salsa.

Our Mission

We aim to provide campers with healthy and delicious food that is as locally-sourced as possible. Every meal is also an opportunity to learn about sustainable eating.

Dietary Concerns & Allergies

If your camper is allergic to nuts, do not worry! Camp Kawartha is a fully nut-free facility. We also provide alternative meals when necessary to campers with gluten-free and dairy-free diets. Please do not hesitate to speak with our kitchen staff upon arrival if you have any further dietary concerns for your camper.



Locally-Sourced Foods

Our menu features many items that are locally-sourced including all beef, pork and chicken as well as garden-grown herbs and produce. Our on-site garden, which uses Bokashi-composted soil, provides all our fresh herbs and a portion of our produce including kale, carrots, lettuce, tomatoes and peppers.



Chicken



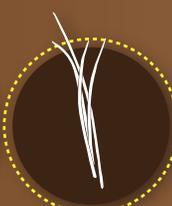
Beef



Pork



Produce



Herbs

○ Locally Sourced

● Garden Grown

CAMPER EXPERIENCE / ACCOMMODATIONS

22

Cabin Profile

Aspen

- Location:
Cabin Cluster
- Camper:
5 - 6
- Staff Beds:
1 - 2
- Sunset View:
Excellent



Our collection of 15 camper cabins can accommodate up to 120 campers in total. They are small enough to foster friendly interaction and big enough to provide each camper with their own space. With the exception of Leadership and Senior Tripping groups, all cabins have at least one live-in staff member.

Storage



Each camper is provided with a bin to neatly store their personal items. Bins are stored under bunks and are easily accessible.

Washrooms



Every cabin is just a quick walk away from one of our three washroom facilities. While we encourage the use of our eco-friendly Kybos (Outhouses), campers and staff may also visit the Dining Hall washrooms or the Colossals for a more modern experience.

CAMPER EXPERIENCE / SKILL DEVELOPMENT



Arts & Crafts

From collages to mask-making, campers take on fun and creative projects.



Drama & Dance

Got a camper with a case of the sillies? Here's their chance to get them out!



Guitar

Perhaps your camper could be the next Carlos Santana!



Canoeing

A great alternative to driving a car and great practice for a canoe trip!



Sailing

Drop-off a camper, pick-up a pirate! Yarrrrrrrr!



Archery

Don't worry! Campers only shoot at targets. No hunting involved.



Eco Skills

Adventures in the great outdoors with staff who love nature!



Landsports

Lots of running, jumping, skipping, passing and water breaks!



Windsurfing

Feels like going to camp in Miami but without all the sports cars.



Kayaking

A great way to develop independence and biceps at the same time!



Teambuilding & Adventure

We are pleased to offer a variety of teambuilding activities and adventure courses. Our rock climbing wall, high ropes courses, and teambuilding programs offer exciting opportunities for all ages. Generally, senior campers are given the chance to try our more difficult activities and courses while younger campers participate at a more introductory level.

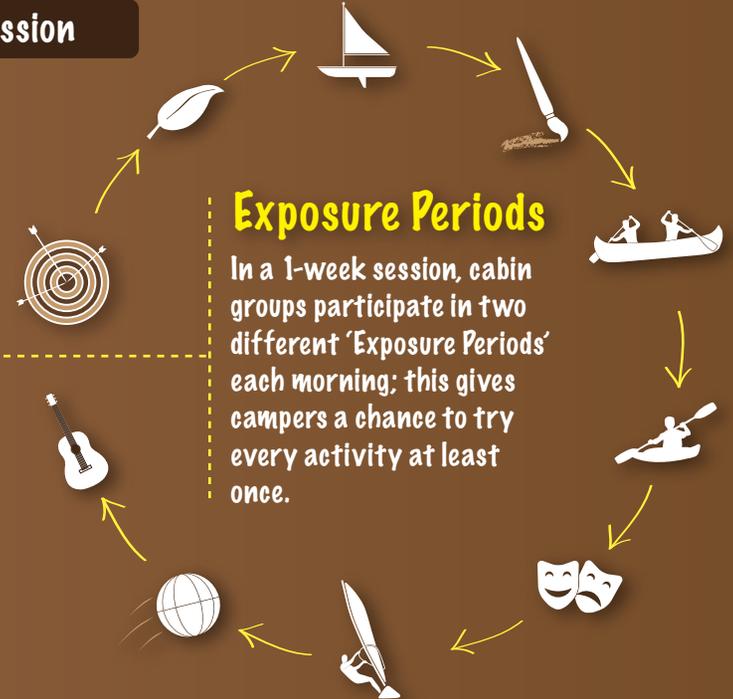


Mornings are designed to help campers develop their skills in a variety of activities instructed by staff. Take a look below to see all the different activities and examples of how they are scheduled.

1-Week Session

Start

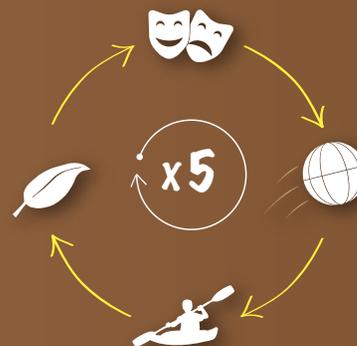
Finish



Exposure Periods

In a 1-week session, cabin groups participate in two different 'Exposure Periods' each morning; this gives campers a chance to try every activity at least once.

2-Week Session



*Schedules vary from examples.

Classes

In a 2-week session, each camper is assigned a schedule of morning 'Classes' in four different subject areas based on their Activity Choice Form. Classes run two-a-day on a semi-daily rotation with each class repeating a total of 5 times. Campers are led through a series of lessons each class to learn and improve their skills in certain subject areas. In this example, a camper has been assigned Drama, Landsports, Eco Skills and Kayaking.

The
Parents'
GLO
Camp
Kawartha



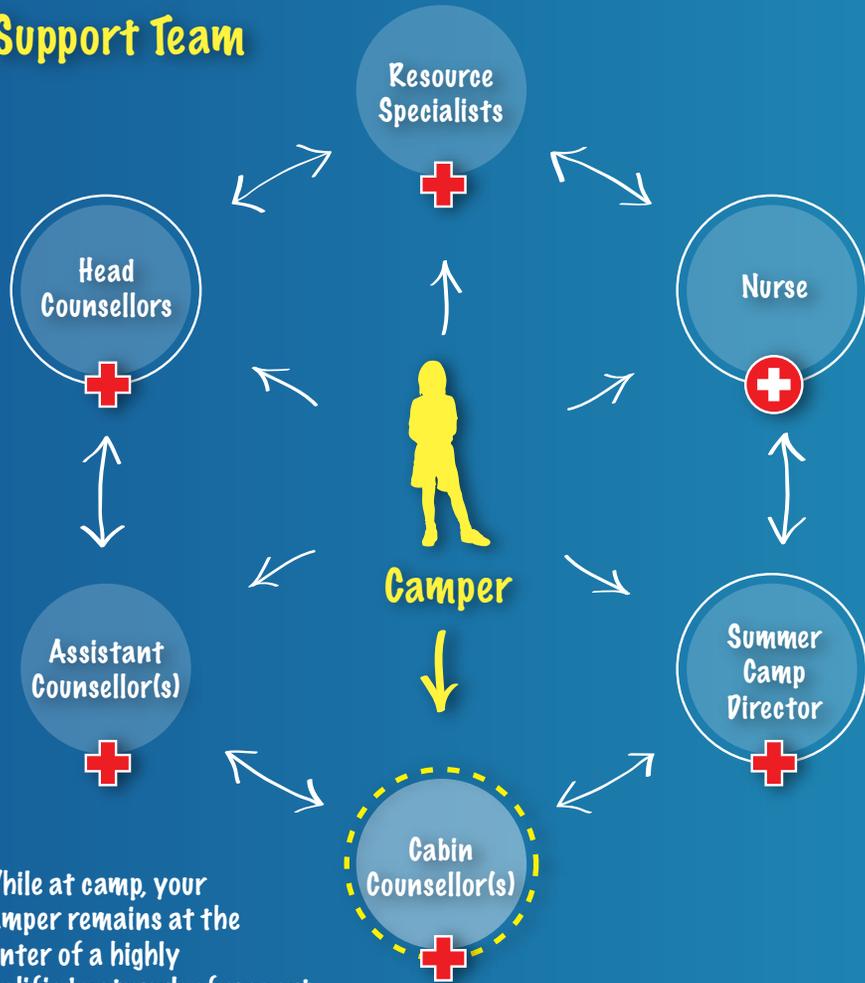
CAMPER CARE

In many ways, camp is like a giant house; the Dining Hall is the kitchen, the cabin is the bedroom, the fields and forests are the backyard, the campers are the children and the staff members are the surrogate parents. In this understanding of camp, every component is geared towards maintaining a safe house for your camper to stay in while they are away from home. This means providing campers with an environment that is both physically and emotionally safe. Camp Kawartha staff strive to make your camper feel right at home and free to be themselves while at camp. This section outlines several strategies and systems that are in place to support your camper and provide them with top-quality care. From our Nursing staff, to our First Aid supplies and training, to our Waterfront guidelines and protocols, you can rest assured that our camp is a very safe house.

CAMPER CARE / SUPPORT SYSTEMS

27

Support Team



While at camp, your camper remains at the center of a highly qualified network of support staff ready to tackle any concern that may come their way. Cabin counsellors act as the primary caregivers when dealing with campers' concerns and seek assistance from a larger network of staff when needed. If a cabin counsellor is unavailable, a variety of other staff are ready to step in and assist.

-  Primary Caregiver
-  Senior Staff Member
-  First Aid Certified
-  Medical Professional

Our staff is structured as a large support network of skilled and responsible individuals working together to ensure the safety and well-being of all campers.

28

Camper Tracking



Camper Tracking is a strategy used by the Head Counsellors to help monitor and support the progress of individual campers. On a weekly basis, the Head Counsellors will meet with each Cabin Counsellor separately to discuss the progress of each camper in their cabin. These discussions cover a range of set topics as shown above and serve as a basis for greater monitoring as required. Each discussion is documented on a written form and filed for future reference. These meetings help the Cabin Counsellors and Support Team troubleshoot and resolve camper issues such as homesickness and social conflict.

Medical Resources

 A **Registered Nurse** remains on site at all times. The nurse and Nurse's Assistant help to manage medication routines, assess and treat minor injuries and illnesses and liaise with external medical professionals when required.

 An **Automated External Defibrillator (AED)** is located in the Dining Hall and is ready to use in the unlikely case of cardiac arrest.

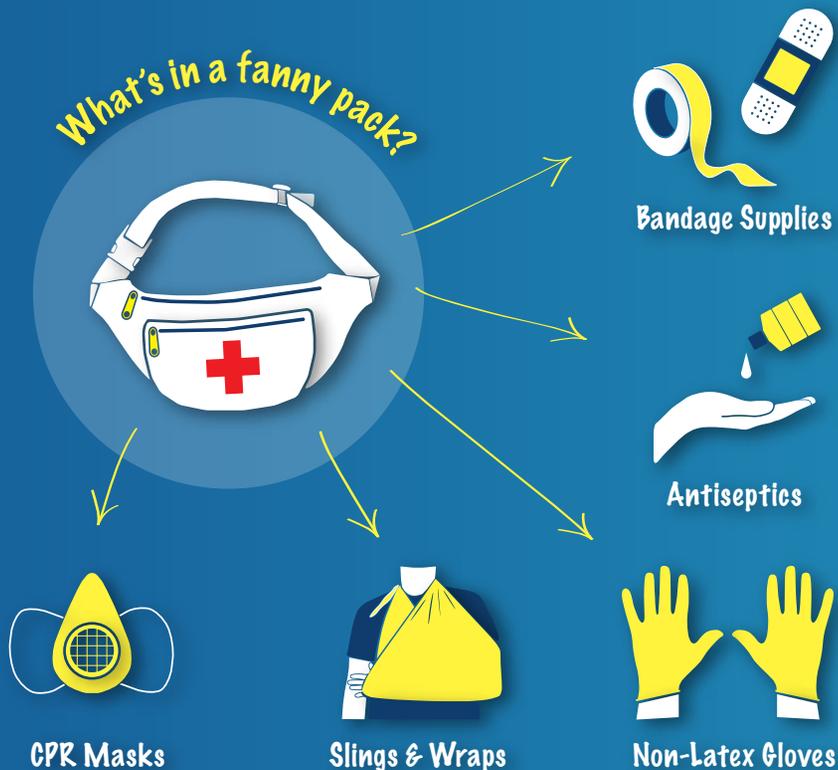
 **2 Family Doctors** (in both profession and their ties to camp) are available to take appointments on a daily basis for campers in need of a physician's consultation. **Dentists** and **Orthodontists** are also available on short notice. The **Peterborough Regional Health Centre** (hospital) is under 30 minutes away in the case of a more serious injury or illness.

CAMPER CARE / FIRST AID

29

Staff Fanny Packs

Fanny packs are used by staff to carry first aid supplies. At all times, staff are required to wear fanny packs filled with the supplies shown below so they may promptly respond to any incident that requires first aid.



Qualifications

To ensure the safety of all campers and staff, all summer camp staff are required to complete Standard First Aid and CPR Level-C training prior to the start of the summer. Whether dealing with a minor injury such as a small cut or suspecting a more serious injury like a broken limb, our staff are trained and equipped to take control of any incident and respond appropriately until help arrives.

CAMPER CARE / HEALTH & HYGIENE

30

Sun Safety



Camp can be a very sunny place. To avoid sunburns, campers are regularly reminded to apply sunscreen. We suggest that each camper pack sunscreen and a hat to ensure they are always staying safe in the sun. Sunscreen lotion dispensers are located in the Swimming and Boating Areas just in case campers need to cover up before heading out onto the water. We will limit exposure to sun in unshaded areas during land activities on days of extreme heat. We also limit sun exposure during the hottest parts of the day over lunch and rest hour.

Staying Hydrated

Staying hydrated is an important part of the day at camp. To help your camper stay hydrated, please be sure to send them to camp with a water bottle. Staff are always mindful of heat and hydration when leading activities and will often facilitate group water breaks. Clean drinking water is always available to campers from the water coolers in the Dining Hall. Cups are also available if needed.



Showers



Cabin groups are scheduled to use our hot showers 1 - 2 times a week. If campers would like to shower outside of their scheduled time, they are welcome to use our eco-friendly Cabin Cluster showers which use direct lake water and bio-degradable soaps. Of course, a good old jump in the lake is also a good way to stay clean and refreshed.

Washing Hands



Campers are reminded to wash their hands throughout the day, especially around meals and bedtime. This helps to prevent sickness and the spread of germs.

CAMPER CARE / WATERFRONT SAFETY

Staying Safe

Camper sign in and out of the swimming and boating areas with an assigned number. This helps our lifeguards keep an updated count of all swimmers and boaters.

31

Skill Assessment

At the start of each session, the Waterfront Director and staff will lead campers through two swim tests. One test involves swimming 30 metres and the other involves exiting an overturned kayak. These tests are used to assess each camper's skills and confidence in the water. After completing the tests, campers receive colour-coded necklaces (see below) indicating the Waterfront Director's assessment. These necklaces are worn throughout the session to help lifeguarding staff provide appropriate safety equipment and supervision to each camper. This system is meant to grant each camper equal opportunities on the waterfront while maintaining their individual safety.

Identification



Green Necklace

Strong swimmer

May swim in all areas without a life jacket

Sails & canoes alone at discretion of activity heads



Yellow Necklace

Average swimmer

Must wear life jacket in deep areas

Must be accompanied by a buddy when using boating equipment



Red Necklace

Weak or non-swimmer

Must wear life jacket in all areas

Must be accompanied by a staff member when swimming and boating

32

Life Jackets



Life jackets are worn during all boating activities by staff and campers alike. For activities in the swimming area, life jackets are only worn if a camper is required to (see Identification) or if a camper chooses to. All life jackets and personal flotation devices are readily available in the boating and swimming areas should a camper require one.

Supervision



All of our **Lifeguards** have received the NLS (National Lifeguard Service) award from the Lifesaving Society of Canada. Lifeguards also go through an extensive training process during pre-camp to tailor their skills to the Camp Kawartha waterfront.



Non-lifeguarding staff provide campers in need with **One-on-one Supervision** on the water. This helps us to maximize safety and provide every camper with equal opportunities on the water.



Our **Motor Boat Staff** are on alert during all boating activities. The motor boat is used to survey the boating area as well as respond promptly to any boaters in need of assistance.

CAMPER CARE / SEARCH PROCEDURES

33

Missing Campers

In the highly unlikely event that a camper cannot be located on the camp site, a series of protocols are carried out to locate the camper as swiftly as possible and ensure the camper is safe and in good health.



The most important component of our Missing Camper protocols is **prevention**. Counsellors are trained to constantly keep a count of campers when leading activities. Systems are also in place on our waterfront to ensure that every camper is safely accounted for.



To ensure missing campers can be located as swiftly as possible, it is important for the staff to **practice** search protocols on a regular basis. Approximately once every two weeks, senior staff organize impromptu search drills to ensure staff are ready to jump into action.



If a camper cannot be found after a preliminary search of the camp, an alarm sounds and staff carry out the **Full Search Procedure**. Designated land staff cover a series of search circuits on both foot and bicycle while designated water staff meticulously search the swimming and boating areas and surrounding waters. During a full search, campers are ushered to the Dining Hall and accounted for by the Nursing staff.



Once a camper is located, staff immediately assess the camper's health and well-being, respond to any medical needs as necessary and bring the camper back to safety.



If a camper cannot be located after 15 minutes of a full search, senior staff immediately call 9-1-1 for assistance from local authorities. At this time, the parents of the camper will also be informed of the situation.

CAMPER CARE / NIGHTTIME

34



Check-In

Each night before bedtime, cabin counsellors lead their cabin groups in a brief reflection during which each camper gets the chance to discuss how their day went. It's a camp tradition and inclusive activity that builds on listening skills and respect for others. The most common Check-In method is to ask campers to compare their day to a rose and thorn (see right). Staff often get creative with Check-In methods to keep things interesting.

Rose & Thorn Method

Rose
Describe something good about the day.

Bud
Describe something you are looking forward to.

Odd Leaf
Describe something strange about your day.

Thorn
Describe something challenging about your day.

Supervision



For a brief period of time each night, cabin counsellors are relieved from supervision duty by the **Nighthawk** staff. These staff are responsible for patrolling and monitoring the well-being of all cabin groups. If a camper has any concerns at night, the Nighthawk staff are stationed nearby and ready to assist. Nighthawk ends once staff check back in to their cabins at midnight.

Lights-Out

Lights-out times vary depending on the age of a cabin group. At the times outlined below, campers are expected to be in bed with all lights out and keeping conversation at a low volume.

8 - 12
9:00 PM

13 - 14
9:30 PM

Leadership
11:00 PM

Preventing Homesickness

Campers are most likely to feel homesick around bedtime. Sending a comforting memento from home like a blanket, photo or stuffed animal can help alleviate this feeling.

The
Parents'
GLO
Camp
Kawartha



TRIP

If your camper is at camp for a session of 2-weeks or longer or they are registered for our Junior Trip program, they will have the amazing opportunity of camping off site in the great outdoors. Exploring the natural world is a great opportunity for self-development. Every trip that goes out at camp is guaranteed to return with lots of adventurous tales and lifelong memories. Our trips are planned according to the age of each cabin group. Generally speaking, the older the cabin group, the longer and more difficult a trip will be. Trips range in length from a 1-night stay on our 150-acre Range to 9-night canoe routes in Ontario's most pristine parks. This section will help familiarize you with our trip destinations and the various aspects of trip life.

TRIP / DESTINATIONS

Getting there is half the fun! Most trips we send out, aside from Range trips, travel by bus with a licensed driver and canoes in tow. Trips typically depart in the morning and return in the late afternoon.



Killarney Provincial Park

Killarney 7 Hours 9 - 10 Days / 8 - 9 Nights
 Intermediate / Expert Senior Trip / Leadership

For trips like this one over 3 hours, groups are provided with a snack and typically stop for a packed or purchased meal.

Algonquin Provincial Park

3.5 - 6 Hours 5 - 10 Days / 4 - 9 Nights
 Intermediate / Expert Senior Trip / Leadership

Haliburton Highlands Water Trails

2 Hours Intermediate 3 Days / 2 Nights
 PLC 2 and 3-Week Campers

Kawartha Highlands Provincial Park

Under an hour Novice / Intermediate 2 - 4 Days / 1 - 3 Nights
 Junior Trip 2 and 3-Week Campers

Camp Kawartha Range

Across Road None (Hiking) 1 Night
 2 and 3-Week Campers (Ages 8 - 10)

- Camp Kawartha
- Destination
- General Route
- Park Boundary
- Nearby town
- Length of drive from camp
- Portage skill level
- Length of stay
- Age groups travelling



TRIP / DAILY LIFE

39



Food

Many parents cannot imagine how their picky eaters may fare eating food cooked over a campfire. Trip can work magic, however, and even the pickiest eaters quickly grow to love the process of campsite dining. Take a look below to see an example of what campers may eat on a 2-night canoe trip.

	Day 1	Day 2	Day 3
Breakfast	At Camp	Pancakes	Oatmeal
Lunch	Bagels and Spreads	Grilled Cheese	Wraps and Spreads
Snack	Dried Fruit	Bits & Bites	Arrowroot Cookies
Dinner	Burritos	Pesto Pasta	At Camp
Dessert	S'Mores	Brownies	At Camp

*Meals vary from this example.

Drinking Water



Staying hydrated on trip is a top priority. To ensure healthy drinking water, trip staff use two methods of water purification. One method uses **Gravity Bags** to filter out all dirt and bacteria. Gravity Bags are filled with lake water and hung from a tree branch to allow water to drip through a series of filters and into a large jug. Another method uses **Water Treatment Products** such as Pristine to kill all bacteria in the lake water with non-toxic chemicals.

Preventing Bullying

Portaging is a great time for team building. Staff work with campers to ensure they are providing one another with positive encouragement throughout a portage.



Portaging

Portaging is always a team effort. Campers and staff work together to get all the equipment and food barrels from one lake to another.



Cooking

Cooking is mostly done over propane stovetop and campfire. Staff typically lead cooking activities on younger trips.



Sleeping

Camper tents usually sleep 3-4 people. Staff sleep nearby in a separate tent.



When Nature Calls

Most campsites are equipped with a "Thunder Box" - a wooden throne atop a dugout - to take care of all bathroom business. To ensure health and cleanliness, staff pack toilet paper and hand sanitizer. If a campsite does not have a "Thunder Box," staff are equipped with a shovel to dig a small hole in the ground. Ahhh, the great outdoors!

40

Camper Packing List

- Compact Sleeping Bag
- Sleepwear
- Running / Hiking Shoes
- Closed-Toe Campsite Shoes
- Quick-Dry Pants / Shorts
- T-Shirt
- Bathing Suit
- Warm Wool Socks
- Underwear
- Hat
- Water Bottle
- Whistle
- Rain Jacket
- Toothbrush

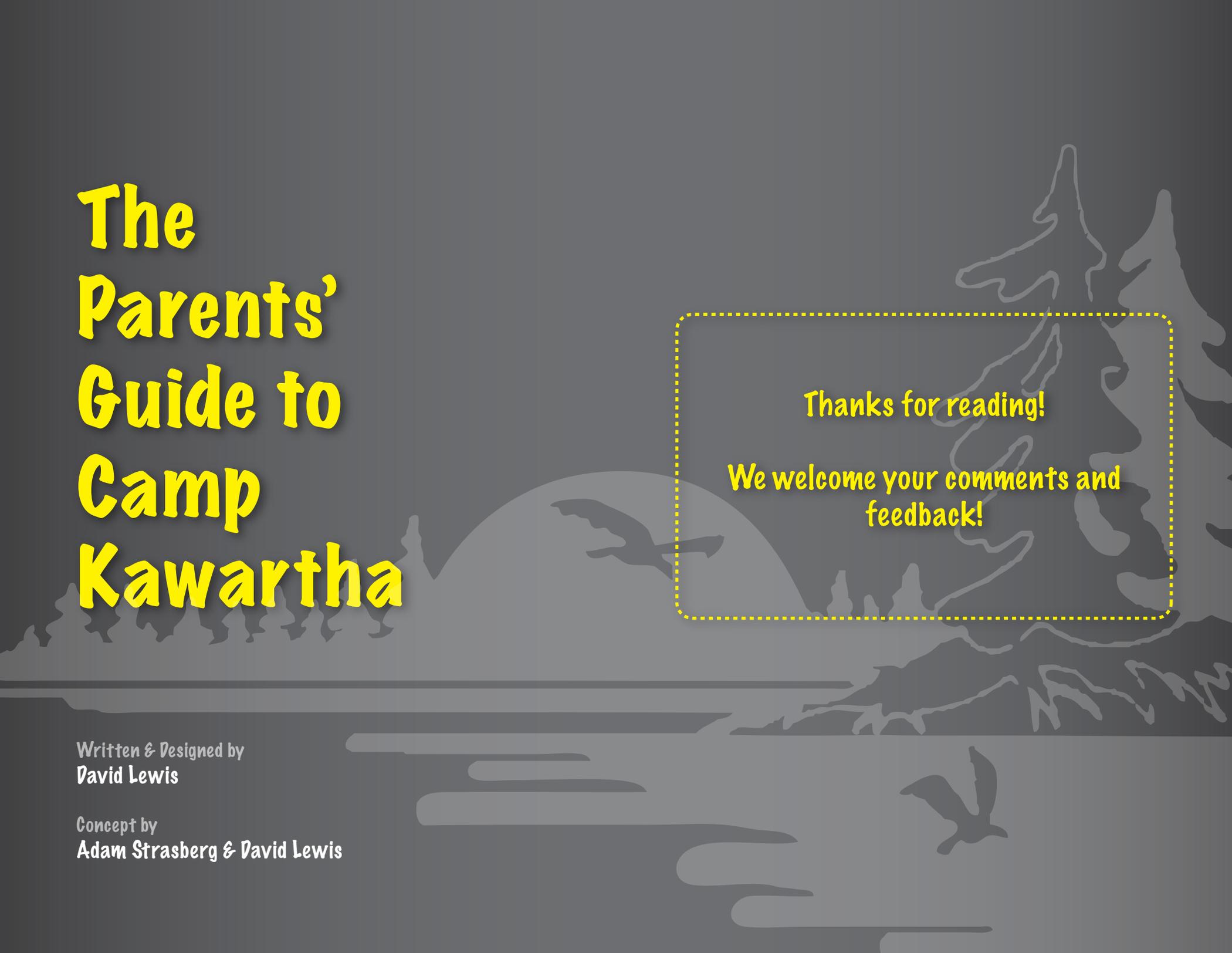
Staff Packing List

- First Aid Kit
- Phone (Satellite or Cell)
- Life Jackets + 1 Extra
- Paddles + 1 Extra
- Map
- Compass
- Tents
- Canoes
- Food
- Cooking Equipment
- Bathroom Kit
- Water Purifiers

Shared Packing List

- Toothpaste
- Bug Repellent
- Sunscreen

The Parents' Guide to Camp Kawartha



Thanks for reading!

We welcome your comments and
feedback!

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