



2024 Family Guidebook

Land Acknowledgement

Camp Kawartha is located on the traditional territories of the Michi Zaagiik Anishinaabeg (Mississauga Ojibway), adjacent to the territory of the Haudenosaunee on the land recognized by the Williams Treaty. Camp Kawartha acknowledges the brutal conditions and ongoing impacts which the Williams Treaty placed on Indigenous peoples.

As a camp established by settlers in 1921, we acknowledge our own history as an institution on stolen Indigenous land, as well as the role camps have played in appropriating Indigenous cultures. We acknowledge that this history of settler-colonial thinking is not a thing of our distant past but one that actively impacts our community today. Camp Kawartha strives towards reconciliation and understands that this means active de-colonial thinking on every aspect of our operation.

We offer our gratitude to the original caretakers of this land and acknowledge our ongoing responsibility to foster kinship, honour Indigenous voices and educate both ourselves and our community on the history of this land. We aim to be guided by humility and equity, and act in a manner that fosters the rejuvenation of the land, so future generations may come to know this land.

Land Acknowledgements are only a starting place in decolonizing our practices. Camp Kawartha continues to take steps towards further learning and strives for true reconciliation.

Summer 2024 Forward from the Summer Camp Director

One of my favourite longstanding Camp Kawartha traditions is our session-closing ceremony, candle lighting. At the end of each session, our entire community gathers, candles in hand, and closes out the session by sharing songs, poetry, and memories from the session as the sun sets over Clear Lake. In my final year as a leadership camper, a staff member that I looked up to shared a poem they wrote that has stuck with me ever since; the poem closing out with the line:

“When I am at camp, I am the best version of myself.”

I found it resonating with me as I watched the flicker of my candle burn down; it is a line that has since been repeated at many candle lightings and campfires over the years.

Those who have been lucky enough to grow up within the Camp Kawartha community will tell you the same thing – that Camp Kawartha draws out the best of all of us. The versions of ourselves that aren’t afraid to be bold, be courageous, to imagine a better future for each other and the world. That wake up at 7am to jump in the freezing lake, or that conquer the rock wall even when it seems daunting. The versions of ourselves that aspire to something greater; in leadership, in teamwork, in our personal growth, and in the natural world around us.

When we are at camp, we are the best versions of ourselves.

Camp Kawartha is unique in so many ways; it has been the privilege of my lifetime to be able to call it home for so many years, and to have Camp Kawartha be an essential part of my formative growth.

I am so grateful for the opportunity to welcome new and returning families to Camp Kawartha for another incredible summer, to work alongside our camp community to create incredible, lifelong memories for each of our campers, and to help each of our campers discover the best version of themselves.

We look forward to seeing you all soon,

A handwritten signature in cursive script that reads "Emma Robert". The signature is written in black ink and is positioned above the printed name.

Geller (She/Her)
Emma Robert

Camp Kawartha: Who We Are

Summer Camp has the distinction of being Camp Kawartha's foundational program and has continued to nurture generations of campers since the camp first opened its gates in 1921.

Starting as a local initiative to get underprivileged boys out of the city to enjoy the benefits of nature for a few weeks each summer, it has always been our goal to create a safe and inclusive community in which children of all ages can develop their personal and practical skills and positively expand their life experiences.

A century on, our passion to help raise the next generation remains undiminished and has evolved to be more inclusive and more supportive than ever before. We continue to work with charitable organizations from across the province to provide children with the opportunity to come to Camp. We take pride in being inclusive of all people from all backgrounds and identities. We treasure the deep connection we share with our camper families and the wider camp community that is now represented on every continent on Earth. We strive to provide a deeper, more informed connection with the natural world, and we actively encourage the development of leadership skills and positive role models in all of our campers.

We are a small camp, but we have deep roots and a big heart. Your summer home away from home, and we can't wait to see you all again soon.

How to use the 2024 Summer Camp Family Guide

This guidebook contains all the information that new and returning families will need as they prepare for the upcoming summer! A table of contents can be found on the next couple of pages; if you have any questions, we recommend checking the table of contents to see if the topic has been covered within the guidebook. This book has a sequential order, and progresses from registration through to preparing for camp, to what to expect once at camp! Packing lists and additional resources can be found at the back of the guidebook. If you have any further questions about registering and preparing for camp, please contact our registrar, Serhii, at serhii@campkawartha.ca.

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About Us

About Camp Kawartha

Rooted in over 100 years of history on Clear Lake, Camp Kawartha is so much more than just a Summer Camp. Spanning back generations, Camp Kawartha has become a home for thousands of children and community members. A place of inspiration, of love, of community and caring, Camp Kawartha embodies possibility – both within ourselves and within the world around us. As we strive to teach campers the foundations of caring for the earth and learning about the natural world, campers in turn learn about themselves and their own potential to enact positive change within their community.

At Camp Kawartha, we strive to give campers a close-knit summer camp experience, and a family-style feel to summer camp. Being a small camp, our community is just the right size for everyone to get to know each other, and for each camper to be seen and appreciated for who they are and what they are passionate about. The small size of our camp allows for camp to feel like ‘home’ for each of our campers as they return year after year, see familiar faces, and form lasting connections with each other and the natural landscape.

We continue to offer the ‘classic camp’ experience in the modern day, with plenty of opportunity for adventure and exploration. Our focus on Environmental Kinship and nature connection allows campers the opportunity to learn about the natural world and develop an understanding of their impact and capacity for positive change. It is our hope that each camper can leave camp feeling like they have a place where they are celebrated, a community where they belong, and inspiration to carry the camp spirit into their everyday life beyond Clear Lake.

Mission & Vision

Mission – Camp Kawartha inspires environmental leaders and stewards of all ages through dynamic, accessible, year-round outdoor programming and powerful partnerships to create meaningful change.

Vision – That Camp Kawartha will be recognized as a national leader in the delivery of high quality and inspirational outdoor and environmental programming, practicing, teaching, and promoting sustainable living practices to children and adults of all ages and abilities.

Location & Natural Landscape

Camp Kawartha has two facilities – our Environment Centre is located in Peterborough, and our primary facility on Clear Lake is located at 1010 Birchview Road, Douro-Dummer, Ontario. **All of our overnight camps are held at our Clear Lake location.**

Our Clear Lake campus offers a beautiful and scenic natural landscape. Our facilities include classic style rustic cabins, a large dining hall, a beautiful campfire circle with a view of the lake, a large swimming and boating area including a sandy wade-in beach, our brand-new, fully stocked health centre with several treatment rooms, a volleyball and basketball court, a collection of rock walls and high-ropes courses, archery range, and 186 acres to explore and play in!

Surrounded by vast natural landscapes, Camp Kawartha has a little bit of everything. Situated in nature-rich forested areas, Camp Kawartha is surrounded by Maple, Oak, Birch, Poplar and Spruce trees. Our range space is home to several wetlands, rivers and streams, as well as plenty of critters and plant life that call Camp Kawartha home. Through attending Camp Kawartha, all campers have the chance to connect with the natural world and the beauty of the landscape and its inhabitants.

History

In October 1921, the Rotary Club of Peterborough purchased several acres of land on Clear Lake from a local farmer, Mr. Samuel Bryson for \$250. The Club intended to develop a boy's camp "free from the artificial life of cities" for underprivileged boys. The first summer of camp ran in 1922 and hosted 40 boys.

In the 1950's, Camp Kawartha was purchased by the Peterborough YMCA, and eventually went on to become a Co-Ed camp. After many successful years of operation, the YMCA closed the camp in 1982 when it encountered financial challenges.

In 1985, a group of Rotarians and concerned citizens formed **Camp Kawartha Incorporated**. The property was purchased to ensure that the Camp could continue to provide incredible summer camp experiences and re-connect campers to the natural environment. In the years that followed, Camp Kawartha's operations expanded to provide year-round programming with a focus on leadership and has continued to operate as a 'four seasons' not-for-profit ever since.

Since the late 90's, Camp Kawartha has increasingly focused its efforts on outdoor education and environmental initiatives. These initiatives include the construction of

several environmentally friendly and carbon-neutral straw bale buildings that now make up the main office, the extension on the dining hall, the greenhouse, and the new health centre!

During the first year of the COVID-19 pandemic, Camp Kawartha was forced to close but successfully reopened in time for the summer of 2021. In the spring of 2022, Camp Kawartha was hit by a historic storm, which resulted in significant damage to more than a dozen buildings, the destruction of a cabin and the loss of over 600 trees. Fortunately, with the support of our incredible community, Camp Kawartha was able to weather this storm and regain its footing just in time for Summer 2022.

As we look forward towards the future, Camp Kawartha plans to continue its efforts towards environmental rejuvenation and continue in its mission to provide meaningful camp experiences to all our community members!

Preparing for Registration

What can Summer Camp Do for You?

Regardless of whether you are a dedicated day camper, an aspiring canoe tripper or a long-time camper with hopes of guiding the next generation of summer campers, every camper's experience at Camp Kawartha is unique and often formative in their early development as individuals.

Historically, attending Summer Camp was an opportunity to escape the city and get back to nature for a while. In the wake of the 2019 global pandemic, this reconnection has become more crucial than ever before and for many campers this remains an important motivation to return to Camp Kawartha each summer.

For many others, Camp Kawartha is place where lifelong friendships are forged and sustained. Camp is a connection point that transcends borders and provides campers with the opportunity to meet campers and staff from across the world and from every walk of life. It is a gathering space for new ideas, new experiences and for campers to grow as individuals in ways they never thought previously possible.

Whatever your camper's motivation, Camp Kawartha has always provided campers with the tools and opportunities to be the best versions of themselves. By building relationships at camp, our campers are learning important social skills such as how to communicate, how to cooperate, how to lead and how to appreciate the wider world around them. Through active participation in our Summer Camp activities, campers learn valuable practical skills that will benefit them for the rest of their lives.

Many campers become so inspired by what they have learned at camp that they go on to share their acquired knowledge and passion with future generations. Camp Kawartha boasts a significant number of accomplished and successful alumni across a wide variety of professions - such as teachers, outdoor educators, doctors, engineers, lawyers, physiotherapists, and emergency workers - many who attribute their success and inspiration, at least in part, to their early summers at Camp Kawartha. In fact, some campers have been so inspired by their summer experiences that they went on to become future board members and Summer Camp Directors at Camp Kawartha.

Perhaps most important of all is the sense of community that Camp Kawartha provides to all its campers past, present and future. Over the last century, our summer camp community has expanded from a few local families to a truly multi-national, multi-cultural and multi-generational community that encompasses thousands of families

from across the world. For most, Camp Kawartha will always be their home away from home, a safe and inclusive space where everyone is welcome, and children of all ages can grow to be the best version of who they want to be.

Is your camper ready for camp?

We know that it can be challenging to determine when your camper is ready to go to overnight camp – being away from home for any amount of time can be nerve-wracking for many children!

When considering if your child is ready for an overnight experience at camp, there's a variety of factors you might want to think about. See some of our bullet points below to assess if your child is ready for sleepaway camp.

- **Interest:** Has your child expressed an interest in overnight camp? Have they been to day camps before that they seemed to enjoy? Are they interested in the activities that Camp Kawartha offers?

Campers who come to camp because they *want* to are much more likely to enjoy their time at camp than campers who come to camp because they *have to*. If your camper has an interest in some of our activities, they are much more likely to find something that they connect with at camp.

If your camper continually expresses that they do not want to go to camp prior to their arrival, it may be better to wait a year or two while they warm up to the idea.

- **Experience:** Has your child gone to sleepovers at friends' houses? Have they had success staying overnight at sleepovers? Have they had success staying at relatives houses for an extended stay?

Sleepovers are a good indicator of how your child might feel while at sleepaway camp. If your child has a lot of trouble managing homesickness at sleepovers, or asks to be picked up prematurely from sleepovers, they may need some time to develop their confidence before attending overnight camp.

- **Independence:** Is your child able to complete most daily tasks independently?

Our counsellors are there to support campers as they go about each day, but a camp setting is quite different from the support that a camper may get from their families at home. While at camp, campers will need to dress themselves, complete basic hygiene including showers and tooth brushing, make their beds, and make choices for their own wellbeing such as wearing sunscreen or drinking water; our counsellors

are happy to help when campers need assistance (and of course offer plenty of reminders!) , but campers should have some independence in these everyday tasks before coming to camp.

- **Communication:** Can your camper voice when they need something or are uncomfortable? Is your child able to communicate how they're feeling with their peers and teachers?

At camp, our counsellors work to create an open and welcoming environment where any camper can express how they are feeling, if they are uncomfortable, or if they need something. Campers who come to camp will need to let their counsellors know if they are upset or if they need help with something, so that our staff can ensure each campers needs are met. Campers will also need to be able to communicate with their peers as they learn to share a living space with them.

Still not sure if your camper is ready for camp?

Not to worry! Camp Kawartha intentionally offers a variety of session lengths so that there's an option for all campers. We recommend sending your camper for a shorter session for their first time, so that they can get a taste of camp and see if it's something that they enjoy and would want to do for longer. Starting with our Day Camps, campers can get a taste of Camp Kawartha, without the added pressure of an overnight. We offer overnight experiences as short as three nights, and as long as one month! If you still are having trouble deciding about what would be the right choice for your camper, reach out to our Summer Camp Director, who would be happy to speak with you about your options.

Types of Camp

Day Camp and Kinder Camp

Our Day Camp and Kinder Camp programs are an awesome introduction to summer camp for our youngest campers. These camps run Monday to Friday and are a great chance for young campers to connect with the natural world and each other, while enjoying all the beauty and fun that our Clear Lake camp has to offer! The Kinder Camp program is for children aged 4-6 (must be 4 years of age as of the start date for their session), and our Day Camp is for children aged 7-10.

Each day, our Day Campers and Kinder Campers will have the opportunity to engage in a host of camp-classic and nature-based activities. Campers will swim, participate in crafts,

nature hour, and enjoy lots and lots of time outdoors! In a given week, campers will have the opportunity to engage in either sailing or canoeing and will soar to new heights on our rock-wall!

Day Camp and Kinder Camp begin at 8:30 each morning and run until 3:30pm. All our programs run rain or shine. We're looking forward to having your little ones at camp and giving them an awesome Camp Kawartha introduction at Day Camp this summer!

Overnight Camp

Running for over 100 years, our Overnight Summer Camps give campers a classic camp experience! Our beautiful Clear Lake property boasts a beautiful dining hall, cozy cabins, a beautiful waterfront, over 180 acres of hiking trails, and so much more for overnight campers to explore. In small cabin groups, campers will have the opportunity to make memories and develop lifelong friendships. Our expert counselling staff consists of caring role models devoted to creating magical memories for each of their campers.

At Overnight Camp, campers will experience the best of what Camp Kawartha has to offer, as they swim, sail, canoe, kayak, windsurf, enjoy arts and crafts, drama, dance, land sports, archery, and connect with the natural world! Each night our evening programs offer bursts of creative fun – whether it's a pirate themed capture the flag or a Halloween themed dance, evening program transports our camp to new worlds!

Camp Kawartha provides a fun-filled summer experience for all our campers, but we strive to go above and beyond in all that we do. With a focus on leadership and connecting campers to the natural world, our campers learn to build connections with the communities around them. Our staff help campers to develop the skills of teamwork, communication, collaboration, initiative, leadership, self-confidence, and so much more. Our low staff ratio (approximately 2 campers to 1 staff) means that campers receive plenty of individual attention each day, and that they can be known on an individual basis. Many of our campers return year after year to our Camp Kawartha community, their home away from home!

We offer a variety of session lengths from 3 nights to 3 weeks, so campers who are new to camp can give things a test-run before jumping into a longer session. For more seasoned campers, our 2-week sessions, Pre-Leadership camps and Canoe Tripping sessions give campers the chance to enhance their skills, try new things, and begin to take the first steps towards our Leadership Programs!

3 Night Session (Session N)

Our 3-night session, Session N, runs at the very end of the summer, and is a fantastic chance for campers who are new to camp or who are a bit nervous about being away from home to get a taste of what an overnight experience is like. Session N, or Session 'Nature', is also more keenly focused on nature connectivity. This session offers campers more opportunities to get connected to the natural world, through evening programs, interest choices, and activities that are geared towards learning about our local neighbourhood!

Session N is also unique in that it is an opportunity for graduates of our LIT program to volunteer as counsellors! This means that the counsellors for session N are fresh with enthusiasm and eager to create an awesome experience for each camper. Our regular staff are also on site during this session to mentor our LIT graduates in taking the step into the role of cabin counsellor.

1-Week Sessions (Sessions A, B1, B2, C, E & F)

Our one-week sessions are a fantastic starting place for many campers who are new to camp. These sessions give campers the chance to experience all of what Camp Kawartha has to offer. Over the one-week stay, campers will have the chance to engage in 'exposure periods', which allow campers to try each activity at least once in their session. One-week sessions also include all for the classic camp fun, including theme days, evening programs, tuck, camp silliness, and so much more!

2-Week Sessions (Sessions B & D)

Our two-week sessions provide the classic camp experience to campers who are looking for a longer, more in-depth stay at overnight camp. In a two-week session, campers will have the chance to foster lasting friendships, enhance their skills in their chosen activities, and get the maximum fun out of summer camp! Each two-week session allows campers the opportunity to choose four activities that they will repeat each day; these 'classes' give campers the opportunity to develop skills in their chosen area, be it kayaking, canoeing, or archery!

Two-week sessions also include more theme days, more evening programs, and more time for enjoying the best of what Camp Kawartha has to offer! These sessions are ideal for campers who are familiar with camp and are comfortable being away from home for an extended period.

PLC (Pre-Leadership Camp)

Our Pre-Leadership sessions developed as a way for campers who love camp, but are still too young for leadership, to get to spend some extra time at camp, and build on their leadership skills! This three-week session helps campers to make the transition from a 'camper' role within our community, to a leadership one. Through this program, PLC campers will have the chance to explore their own personal leadership style, develop teamwork skills within a group, and still engage in the classic camp activities. This program is designed to blend the best of both worlds through combining everything that comes with leadership, with all that regular overnight camp has to offer.

PLC is also the first time where campers will have the chance to go on a canoe trip! The world of canoe tripping is exciting and intimidating all at once – but our canoe trippers and PLC counsellors are there to guide campers through their first out-trip excursion. PLC campers also have a town-day in the middle of their session, where they will have the chance to do laundry and grab a few snacks before heading back to camp!

Canoe Trip Programs (Junior Trip, ACA, Senior Trip, Wilderness & Leadership Skills)

Our Canoe Tripping Programs provide campers with the opportunity to have an immersive experience in the natural world through back country canoe camping! Our canoe trips depart to the Kawartha Highlands and Algonquin Park, and consist of days spent canoeing, portaging, and learning the essential skills of camping! Through the different lengths of excursions that we offer, we have canoe trips that range from 2 - 9 nights, so that there's a canoe trip for all levels of experience!

In each Canoe Trip Program, campers have the opportunity to develop their skills in paddling, canoe-over-canoe rescues, and portaging before they depart on their canoe trip. Once on trip, campers will have the chance to practice making camp each day, packing, setting up tents, helping with cooking and fire building, and more! Our experienced canoe tripping staff hold Wilderness First Aid Certifications and have extensive knowledge of the routes and safety protocol for each trip. For more information on our canoe tripping programs, please read the 'Canoe Trip' section of this guidebook!

Leadership (CSD & LIT)

For many of our campers, the leadership years mark the final two years of being a camper, and preparation to move on from being a Camp Kawartha camper to other endeavours – be it as a community leader, or a Camp Kawartha counsellor! Many of our former leadership campers will happily tell you that their leadership years were their favourite, most memorable years of being a camper. Our leadership programs are unique in the opportunities for connection they offer; as leadership campers spend most of their month-long stay directly collaborating and connecting with their peers, leadership is a time to make lifelong friendships and develop essential leadership skills to last a lifetime! Separate from our regular camper sessions, these programs require an application and acceptance into the program to enroll; see ‘Leadership Applications and Selection’ for more.

Our Leadership programs start at age 15 with our Counsellor Skill Development program. This program focuses on the ‘Hard-Skills’ of being a camp leader – notably, swimming, canoeing, and first aid skills. In Counsellor Skills Development, campers participate in leadership initiatives, community involvement, and work towards achieving swim and first-aid certifications.

Leadership concludes in your final year as a camper with our LIT program – for Leaders in Training! Where some camps have a ‘CIT’ - or Counsellor in Training program - our LIT program is designed to gear campers towards much more beyond being a Camp Counsellor. We believe that the essential leadership, teamwork, and communication skills developed in our LIT program go far beyond the Camp Kawartha environment and can be applied to anything our campers go forward to take on! In LIT, campers will have the chance to ‘shadow’ a cabin of campers and develop their understanding of being a community leader as they directly practice it with our younger campers. Leaders in Training also have the opportunity to develop evening programs, theme days, and so much more!

Both of our Leadership programs offer a Wilderness option, for campers who are interested in furthering their leadership skills in a natural setting. Our WCSD (Wilderness CSD) program is geared towards the completion of an Ontario Recreational Canoeing Level and includes a 3-night and a 7-night canoe trip. With the longest canoe trip that Camp Kawartha has to offer, our WLIT (Wilderness Leader in Training) program offers campers a chance to learn about leadership during their 9-night canoe trip in Algonquin or Killarney Park!

Summer Schedule

Our summers generally operate on a fixed schedule, though we update our schedule each year to meet demand and interest of campers. Dates are typically released in September or October, and registration opens online on November 1st.

We see exceptionally high demand around registration time; families are encouraged to be sure that they know exactly when our registration opens so that they can be prepared with their session choice. It's not uncommon for some of our sessions to fill up within minutes of their opening!

Generally, our typical summer schedule is as follows:

Session A (1 week) – First week of July
(June 30th – July 6th in 2024)

Session B (2 weeks) – Middle two weeks of July
(July 7th – 19th in 2024)

Session B1 & B2 (1 week sessions running during B) – Middle two weeks of July
(July 7th – 12th and July 14th – 19th in 2024)

Session C (1 week) – Last week of July
(July 21st – 26th in 2024)

Session D (2 weeks) – First two weeks of August
(July 28th – August 9th in 2024)

Session E (1 week) – Third week of August
(August 11th – 17th in 2024)

Session F (1 Week) – Last full week of August
(August 18th – 23rd in 2024)

Session N (3 Nights) – Last Sunday-Wednesday of August
(August 25th – 28th in 2024)

PLC 1 – First Three Weeks of July
(June 30th – July 19th in 2024)

PLC 2 – First Three Weeks of August
(July 28th – August 17th in 2024)

Our tripping programs move around to meet demand. This year, both July and August have CSD programs, WCSD is running in July, regular LIT is running only in July, and WLIT is running in August.

Registration

Registration Dates & Details

Registration typically opens at **7pm on November 1st** each year and can be accessed through our [Online Registration Portal](#).

In the event that November 1st falls on a weekend, registration will open on the following Monday at the same time.

Registration will be available to both returning families and new families. All Kinder Camps, Day Camps and regular Overnight Camps will be available at launch. Leadership programs will only be made available following the successful submission and acceptance of a Leadership Application.

A reminder about summer camp launch will be sent out to returning families up to 2-weeks prior to the launch.

Registration will close at 4pm on May 31st, 2024.

Top Registration Tip: To maximize your chances of securing your preferred session for your camper(s), it is strongly recommended that you review the available sessions and ensure your account information is up to date prior to registration launching. It is also recommended that you have any pertinent medical information readily available (including vaccination dates and health insurance details).

Important Notes for Registration

High Demand

Please note that Summer Camp sessions are in increasingly high demand and several of our sessions have been known to fill up within a matter of minutes once available. While

we strive to accommodate as many campers as possible and appreciate the frustration of not getting into your preferred session, it is important to note that Camp Kawartha is a comparatively small camp and is limited by the physical bed space available. Families are encouraged to utilize the waiting list should their preferred session be unavailable, and we will contact you as soon as a space becomes available.

Limited Session Spaces

Although the number of beds assigned to each session fluctuates from year to year, certain sessions will remain smaller in size - and by extension more competitive to register for - in order to maintain the quality of the programming and to ensure that these programs remain logistically viable. Combined with the general demand for summer programming, this can result in these smaller programs filling much faster than most and parents are advised that they will need to register promptly in order to secure a space. The aforementioned sessions include, but are not limited to, the following:

- **Kinder Camp Programs** (Clear Lake)
- **Day Camp Programs** (Clear Lake)
- **Pre-Leadership Camp Programs**

Creating a New Household Account:

It is always uplifting to see the level of support that friends and family consistently offer to provide in order to send kids to camp each year. While we do not want to deter this enthusiasm, it is important that **the legal parent or guardian of the camper(s)** is directly responsible for providing the relevant details to set up a household account and any subsequent registrations for their camper(s). Friends or relatives who are interested in paying a campers session fees can do so separately by contacting the Summer Camp Registrar.

Technical Issues During Registration:

We recognize that there are occasionally technical issues that prevent an eligible camper from being registered. While we strive to correct any such issues ahead of time, we acknowledge that they persist and that you may be unable to reach the Summer Camp Registrar in a timely manner during the initial launch.

In the event that you are prevented from registering an eligible camper and cannot reach the Summer Camp Registrar, please complete and submit the registration to the

best of your ability - including registering any other campers in your household that are able to register - and contact the Summer Camp Registrar by e-mail once you have submitted your application.

Do not override the date of birth of your camper to make them eligible for a session.

This could cause numerous issues with your camper's registration and could result in a camper being removed from a session if inaccurate information has been provided. If a session you think should be available is not appearing as an option for your camper, follow the instructions above.

Do not wait for a response from the summer camp registrar to complete your registration. Session spaces fill fast, and the volume of inquiries directed towards the Summer Camp Registrar during the initial launch could prevent a timely response. Measures are taken each year to ensure that campers do not miss out on a session space due to technical errors beyond their control.

If you were unable to register your camper(s) due to a technical error, you are not obligated to make a payment to secure that camper's space. Please select Electronic Funds Transfer as your payment method so that you can complete and submit your registration without needing to make any payments in-system.

Age Cap Restrictions:

If your camper meets the minimum or exceeds the maximum age requirement for a session during the relevant summer camp year but does not meet the age requirements at the time of the actual session, there is a chance that the registration portal will not recognize your camper's eligibility when you register.

If you are concerned about this affecting your camper, please contact the Summer Camp Registrar prior to November 1st to avoid any complications during the registration process.

Accessing the Online Registration Portal

1. To register for a Summer Camp program, use the following link (<https://campkawartha.campbrainregistration.com/>) to reach the Login Page of our Online Registration Portal, or click the '**Register**' button on any Summer Camp page on our website.

- a. From the Login Page, returning families should sign-in using their existing family account information. If you are a new family, simply select the '**Create Account**' button and follow the instructions provided to set up your new account. When creating a new account, please ensure all relevant family member information and contact information has been correctly added to your profile prior to registration.

If you are unsure about having a pre-existing account, please contact the Summer Camp Registrar to confirm.

2. Once logged in, you can register for the current summer session by scrolling down to the 'start a new registration' subsection and select the 'start application' button under relevant 'summer camp' season in the list.
 - a. Select your campers' sessions from the available sessions listed, add them to your cart and follow the instructions to complete your registration. **Selected sessions will be automatically held for you for 30 minutes but will release the space if registration remains inactive beyond that timeframe.** Please make sure to answer questions as accurately as possible and provide any supporting documentation as needed.
3. Once all of your registration forms have been completed, it is important to click the '**Submit**' button to finalize your registration or the information will not be saved in our system and the space will be released.
4. **You will receive a confirmation e-mail upon submitting your application**, if you do not receive a confirmation e-mail contact the Summer Camp Registrar immediately.

Payments and Installments

Payment for Summer Camp fees can be made one of four ways;

- **Credit Card**
- **Electronic Funds Transfer (EFT)**
- **Gift Card**
- **Subsidy**

See below for more details on each payment method. **If you need to discuss an alternative payment method, or set up an alternate payment plan, please contact the Summer Camp Registrar as soon as possible.**

Payment by EFT:

EFT payments should be sent to accounting@campkawartha.ca. Please provide a brief note with your payment as to what the payment is for and for which session/s. **Payment plans are available for EFT payments but must be established with the Summer Camp Registrar at registration.** If you anticipate an e-transfer being delayed, please contact the Summer Camp Registrar as soon as possible.

Payment by Credit Card:

Credit Card payments can be made **directly through your Household Account** both during and after registration. If you encounter any challenges with making your credit card payment, please contact the Summer Camp Registrar as soon as possible.

Payments made by credit card can also be set up for automatic payment instalments when you register. If you choose to pay only the deposit upon submission of your registration, the balance will automatically be processed as **three post-dated equal instalments** due on the following dates:

- **Instalment #1: January 31st**
- **Instalment #2: March 31st**
- **Instalment #3: May 31st**

For registrations submitted after January 31st, Camp Kawartha will process both the deposit and 33% of the balance at the time of registration. After March 31st both the deposit and 66% of the balance will be processed at registration and any remaining balance will be automatically processed on May 31st.

All registrations submitted after May 31st must pay in full at time of registration.

If you choose to pay by instalments, please ensure that the credit card provided will still be valid at the time of each instalment. If this is not the case, contact the Summer Camp Registrar as soon as possible. If you require an alternate instalment schedule, this can also be discussed with the Summer Camp Registrar during registration.

Gift Certificate:

If you intend to use a Gift Certificate to pay for your camper(s) registration fees, select the Gift Certificate method of payment to complete your registration. For more information on purchasing a Gift Certificate, please contact the Summer Camp Registrar.

Subsidy Applications:

Financial assistance is available for day and overnight campers from low-income families who do not have the financial means to afford the full cost of their Summer Camp session fees. In order to begin the Subsidy Application process, register your camper(s) for their preferred sessions as normal and select the Subsidy Applicant Payment Method to complete your registration and secure your camper's space.

Subsidy Applications must be registered by December 31st.

Once registered, our financial assistance team will contact applicant families no later than January 31st to provide the relevant application forms.

Please note that while we endeavour to support as many camper families as we can, subsidies are not guaranteed and are dependent upon available subsidy funds and the applicant's fiscal need.

Please note your camper's registration is not confirmed until it has been secured with payment.

Cancellation Policy

We recognize that unanticipated circumstances can prevent your camper/s from attending Summer Camp and the following information has been provided to clarify the Cancellation Process and what families can expect should they decide to cancel.

All cancellation requests must be directed to the Summer Camp Registrar no later than May 31st, 2024.

All cancellation requests must be issued, by e-mail, to the Summer Camp Registrar and are subject to the following conditions:

Between November 1st and December 31st: a refund will be granted for all Day Camps, and Overnight Camps, less the session deposit (as outlined below) per session/camper.

Day Camp Deposit: **\$75 per camper/session**

Introductory Overnight Camp Deposit: **\$150 per camper/session**

1 Week Overnight Camp Deposit: **\$250 per camper/session**

- 2 Week Overnight Camp Deposit: **\$500 per camper/session**
- 3 Week Overnight Camp Deposit: **\$750 per camper/session**
- 4 Week Overnight Camp Deposit: **\$1000 per camper/session**

Session adjustments will also be accommodated pending availability.

Between January 1st and March 31st: both the session deposit (see above) and the January instalment amounts (1/3 of remaining session fees after deposit) for Overnight Camps will be non-refundable and non-transferable.

The cancellation fee for Day Camps and Environment Centre Day Camps will be **\$150 per camper/session.**

Session adjustments will also be accommodated pending availability.

Between March 31st and May 31st: both the session deposit (see above) as well as the January and March instalment amounts (2/3 of remaining session fees after deposit) for Overnight Camps will be non-refundable and non-transferable.

The cancellation fee for Day Camps and Environment Centre Day Camps will be **\$150 per camper/session.**

Session adjustments will not be accommodated. Parents wishing to switch sessions after March 31st will be waitlisted for their preferred session until a space becomes available.

After May 31st: any cancellations received after registration has closed for Summer Camp 2024 (May 31st at 4pm) will result in the complete forfeiture of camp fees (all payments are non-refundable and non-transferable). This applies to all Day Camps, Environment Centre Day Camps and Overnight Camps.

No refunds, reductions or credits will be granted for late arrivals, early departure, withdrawal or early dismissal.

Medical Cancellations

All campers are subject to the above policies; however, concessions will be made in the event of an unavoidable medical cancellation both before and during Summer Camp.

Should you need to cancel your camper's registration on medical grounds, we require you to provide a **signed medical note from your doctor**.

All medical cancellation requests should be directed to the Summer Camp Registrar (confidential medical information can be directed to the camp health team instead) by e-mail and will be accommodated at the Summer Camp Director's discretion.

Anxiety Induced Cancellations

Camp Kawartha recognizes that anxiety is a growing concern and reality for many of our campers. We feel that Camp is an ideal environment to assist and provide campers with accommodations to help them overcome anxieties and find successful strategies in coping with anxiety and stress. Our staff provide a nurturing and supportive network conducive to acknowledging and alleviating anxiety.

If there is any doubt regarding your child's readiness for Summer Camp, **please contact the Summer Camp Director no later than March 31st** to discuss the right course of action for your camper. As much as Summer Camp is an enriching growth experience, we also recognize that based on the circumstances of your camper, this may not be the best choice for them at this particular time. Early contact with the camp allows the best opportunity for both parties to make a collaborative decision as to whether participation is the best option.

Families requesting a cancellation due to concerns about their camper's anxiety levels, will be accommodated at the Summer Camp Director's discretion provided they have discussed their concerns with the Summer Camp Director prior to March 31st.

Families requesting the same cancellation without prior consultation of the Summer Camp Director, will be subject to the standard cancellation policy outlined above.

Cancellations due to Closure

In the event that the Camp is forced to close as a result of circumstances beyond our control, parents will be entitled to a full refund of paid fees in the event that a satisfactory alternative (such as switching sessions) cannot be provided. This exemption will also be applicable to campers who are prevented from attending Summer Camp due to government mandated regulations.

Depending on the circumstances of the closure, refunds issued as a result of this policy may take several weeks to process. Any questions or concerns regarding such refunds should be directed to the Summer Camp Registrar.

Camper Code of Conduct

It is our commitment to provide a rich and wonderful camping experience for all campers. To assist us in offering the best camp experience we possibly can, please review our camper code of conduct (see below). 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. Campers are expected, in accordance with their age, to take appropriate care of themselves (personal hygiene, getting sufficient sleep, dressing appropriately for the weather and activity, drinking enough water throughout the day, wearing sunscreen)

Respect the environment. Camp Kawartha has over 186 acres of beautiful habitat. We want campers to be caretakers of this area for future generations. Ways this can be accomplished include not damaging trees or vegetation, not injuring wildlife, using water wisely, and not littering.

Respect others. We expect campers to treat one another, their counsellors, nurses, kitchen and support staff with courtesy and respect.

If any camper behaves in a way which compromises our ability to foster a sense of respect and preserve the dignity of every person at camp (campers 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 camper 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, vaping, alcohol, and illicit drugs are strictly prohibited at our camp. Campers may not have any cigarettes, e- cigarette, Juuls or other vaping devices, drugs or alcoholic beverages in their possession.

Weapons or any implement that our staff deem dangerous or potentially dangerous are strictly prohibited.

Any camper that breaks any of the following in-house rules may be sent home based on the seriousness of the offence.

After discussion with the camper and parents/guardians, the final decision will be made by the Summer Camp Director.

If a camper is sent home, **there will be no refund or credit on camp fees.** Policies outlined below apply to conduct directed towards any community member (camper peers, staff, or volunteers).

Inappropriate behaviour such as bullying, teasing, harassment, swearing, acts of aggression, pranks, violating personal space, practical jokes or disrespect for other people or the environment are not tolerated at Camp Kawartha. What may seem harmless to one individual may have lasting emotional or physical consequences for others.

Any act of discrimination or harassment based on any of the following **will not be tolerated:**

- Age or physique
- Ancestry, colour or race
- Citizenship
- Ethnic origin
- Place of origin
- Creed (Religion)
- Disability
- Family status
- Gender, gender identity or gender expression
- Sexual orientation
- Any act of sexual harassment will not be tolerated.

Camper sexual intimacy and romantic relationships are discouraged and against Camp Kawartha policies. We view camp attendance as a chance to form close friendships, not

romantic relationships. If our counsellors are aware that a romantic or intimate relationship is developing between campers it is a chance to talk about feelings, boundaries, consent, and appropriate conduct.

Ownership and use of cell phones by campers at camp is prohibited.

Stealing or borrowing other people's possessions without their consent will not be tolerated.

Vandalizing or damaging camp property and equipment is a serious offense and will not be tolerated. This includes any damage to cabins, bunks, window screens, doors, washrooms, classrooms, dining hall, any other buildings, signs, program equipment and the natural environment. Families will be held responsible for the cost of repair or replacement, including labour costs.

Defacing camp property in any way is also considered a serious offense. Any graffiti including writing, drawing, carving or painting names/pictures etc. on bunk beds, furniture, walls, cabins, or any other buildings are all examples of this and will not be tolerated. Families will be held responsible for the cost of repair or replacement, including labour costs.

Tampering with any safety devices including smoke alarms and fire extinguishers is a serious offence and will not be tolerated.

Campers must remain inside our designated boundary (this will be explained to campers during their tour of our facilities).

Campers may not visit each other's cabins during the day or evening (this is to ensure camper supervision).

Campers must stay in their cabins after "lights out" at night, except if a washroom trip is necessary. If so, campers must alert their counsellor and younger campers may visit the washroom with a buddy.

Cabin Mate Requests

For many campers, being able to share the experience with a friend or a sibling is an important component of the Summer Camp experience and is something we actively encourage at Camp Kawartha.

Most of the cabins at Camp Kawartha accommodate 6 campers and 1 cabin counsellor to supervise the group. These cabins are in turn clustered together around the camp to provide ample opportunity for campers to meet and befriend campers outside of their assigned cabin and there will be regular opportunities for camper to participate in a variety of activities together.

A few of our cabins can accommodate between 8 and 10 campers and will have 2 cabin counsellors assigned. These cabins are typically assigned to older campers or campers participating in our leadership programming.

Most of our cabins are assigned by gender, but as of 2023 we began offering an all-gender cabin pending sufficient demand by participating families. Families interested in assigning their camper(s) to an all-gender cabin should contact the Summer Camp Director directly for an accommodation.

In addition to gender assignments, cabins are assigned by age (typically with one year of each other) and by session.

All campers will have the opportunity to request a cabin mate as part of the registration process. Cabin mates can also be requested or altered throughout the year by contacting the Summer Camp Registrar directly. **Please note that we will do our best to honour your cabin mate request but cannot guarantee cabin placement.** Cabin assignments will not be confirmed until June. If your camper's attendance at Summer Camp is conditional upon your cabin mate request being approved, please take this into consideration prior to registering your camper. **Refunds will not be provided for cancellations related to unfulfilled cabin mate requests.**

Once cabin placements have been assigned, changes are both disruptive to the camper's arrival day and the administrative process. Last minute changes also negatively affect activity scheduling for the session.

The following conditions should be considered when making your cabin mate requests;

- Limit of **one** cabin mate request per camper.
- Multiple cabin mate requests will be considered **but cannot be guaranteed.** Camp Kawartha reserves the right to split up groups of campers to avoid large groups dominating cabins and potentially excluding new campers. In a typical cabin, group requests exceeding four campers will not be considered.
- Both campers must be the same age and registered for the same session.

- Both campers **must indicate each other** in their cabin mate requests making it a **mutual request**. If you forget to make a cabin request, you may do so by email no later than May 31st. **We cannot guarantee one-sided requests.**
- **Cabin changes will not be made on arrival day.** If you have any questions regarding cabin placement, contact the Summer Camp Registrar before May 31st.

Waitlist

Campers are placed on the waiting list in the order in which they are received. You will be contacted by our main office should a space open up. Please ensure your contact information on your account is accurate and up-to-date. If you have special requests (e.g. cabin mate request), please fill out the camper profile form on your account for the waitlisted camper.

You can log back into your account at any time to see a summary of your waitlisted campers, add campers or sessions, update household details, emergency contacts & pickup authorization, complete outstanding forms.

Leadership Applications and Selections

All of our leadership programs require an application and acceptance into the program in order to enroll. In line with working to keep our leadership programs small, we cannot guarantee acceptance to any applicant. Our applications for leadership programs consist of the completion of online application questions as well as the composition of a 'Personal Statement Piece', showcasing the applicants' creativity, enthusiasm, and interest in the program.

All campers who are the right age to complete an application for one of our leadership programs will be emailed in early October with information on how to apply. Acceptances into Leadership programs typically take place in early November.

Our Team

Our Small but Mighty Year-Round Summer Camp Team

During the non-Summer months, Camp Kawartha's Summer Camp Department is run by a very small administrative team. Many families will become familiar with each of our staff as they complete their registration! See below to meet the administrative team!

Serhii Chlek, Registrar

Serhii is our Summer Camp Superstar, and champion of all things registration! Having joined the Camp Kawartha Team after coming to Canada from Ukraine in 2022, Serhii has been in a number of roles over the years, and has newly joined our year-round team as registrar!

Serhii can be reached at serhii@campkawartha.ca . Depending on the time of year, Serhii can get lots of inquiries (we have over 1000 families and only one of him!) so he will do his best to return your inquiry as soon as possible!

Geller (Emma Robert), Summer Camp Director

Our Summer Camp Director, Geller, began attending Camp Kawartha when she was 7 years old, and never stopped! Geller has seen it all, through growing up at Camp Kawartha (formerly a Maple, Balsam, Aspen, Oak, and Bel camper!), completing Kawartha's leadership programs, and then working for years as a staff member!

During the year, Geller works to set up the upcoming summer season from staff hiring to parent guide writing (☺). If families have any questions specific to what they can expect for their campers experience or for any accommodations that their camper might need, they can reach Geller at emma@campkawartha.ca

Brenda Perry, Kitchen Manager

Brenda is our Kitchen Manager extraordinaire! Having worked in the Kitchen industry for many years, Brenda has just recently moved into the role of Kitchen Manager (Fall of 2022). She has been hard at work putting together an awesome kitchen team and developing food strategies for the upcoming summer.

For families needing to discuss their campers dietary needs, Brenda can be reached at kitchen@campkawartha.ca ahead of the summer.

Kitty (Andrea Lewis), Health Care Coordinator

Andrea, also known by camp name "Kitty" (from roughly 20 years ago), stepped into the role of Health Care Coordinator in 2023! Camp Kawartha is very near and dear to her heart and she is thrilled to be back! She grew up at Camp Kawartha as a camper, a counsellor, and the director of the Leader in Training program.

Andrea became a Registered Nurse in 2009 and was the camp nurse at Kawartha in summer of 2010 and 2011. She spent the last 14 years of her nursing career at The Hospital for Sick Children (SickKids), where she worked in General Paediatrics, Respiratory Medicine, and the Intensive Care Unit. Andrea and her family recently moved to the Peterborough area, and now she works in the Neonatal Intensive Care Unit at Peterborough Regional Health Centre.

Andrea is so excited to be taking on the role of Healthcare Coordinator for Camp Kawartha. She and her husband, Jordan, have two young children, Colby and Paige! She's looking forward to witnessing the spirit of camp through her own children, and all the children she will have the pleasure of meeting in this role!

Hilary Cooper and Sadie Snell, Assistant Summer Camp Directors

Hilary and Sadie both started as campers at Camp Kawartha, and over the years joined the staff team! Through their storied experience at Camp Kawartha, Hilary and Sadie have been with the Camp throughout some of the camp's most challenging years (COVID-19 pandemic and Derecho Storm all considered). Hilary and Sadie bring so much enthusiasm, experience, organization, and fun into everything they do, and it's very exciting to have them stepping into the role of Assistant Summer Camp Director this summer!

Our Summer Staff Team

Our summer staff are the backbone of the Camp Kawartha Day and Overnight camp experience! In an average summer, we have between 50-65 staff members on our team! Staff hiring begins in January, and our training begins in late May.

There's lots of different roles those on our staff team play. Our summer staff consists of our Junior Staff, who are generally cabin counsellors, our Intermediate Staff, who are canoe trippers and specialists, and our Senior Staff who are area heads and directors! Each staff has a key role to play in the smooth everyday running of camp.

Many of our staff began as Camp Kawartha campers before moving on to become staff members. This means that they have a deep understanding of the benefits of summer camp, and a dedication towards creating an experience for each camper that is meaningful and impactful. Camp Kawartha staff are known for being silly, friendly, and outgoing!

Most of our staff live on site for the whole summer! Our staff members who do not live in camper cabins live in staff cabins during the summer (these areas are off-limits to campers). Having dedicated staff who live on site for the whole summer helps us to create an

environment that has a family-like feel to it, with consistent role models for our campers to look up to!

Certifications and Training

To be on staff, all our staff are required to have standard first aid, CPR-C, and those 18+ are required to have a clear police check. All our staff participate in a 1-week period of staff training before our campers arrive, where we focus on helping them to develop their lifeguarding, first-aid, and camper-care skills. During our training camp, we also have sessions on our camp policies, accessibility, inclusion, consent, and more.

Many of our staff hold an up-to-date certification in National Lifeguard, which allows them to act as a Camp Kawartha lifeguard once they complete their skills during our training week. Many staff hold specialty certifications including Wilderness First Aid or Wilderness First Responder (held by all our trippers), Mental Health First Aid, Pleasure Craft Operators Licenses, CUI Ropes Level 1 or 2, ORCA (Ontario Recreational Canoeing Association) levels, and Swim Instructor certifications. Each of these certifications apply to a different area of camp, so staff are well equipped to take on their role in a safe and effective way.

Camp Names

Camp Names are a Camp Kawartha tradition!! When you first get to camp, your camper's counsellor might introduce themselves as something silly or zany – such as Welsh, Frito, or Frozone!

Each of our new counsellors are given a camp name at the end of our pre-camp training week. These names represent an aspect of the counsellors character, or something iconic that they did during our training week. Camp Names give counsellors a distinct sense of identity, and welcome them into the community of staff members. Camp Names also help to protect our counsellors privacy; counsellors real names are not shared with campers but may be shared with parents upon request.

Preparing for Camp

Contacting Our Team

If you have any questions or concerns leading up to your child's arrival at summer camp, please contact our team as soon as your concern arises. We do our very best to respond to every communication received, but please note that during the summer season our offices are very busy as we are prioritizing real-time camper care, and questions over email may take a few days to receive a response.

In the case of an emergency, if you need to contact our Summer Camp Director while your child is at camp, you can call or text her anytime at 647-963-6206.

Please note that some camper needs, such as accommodations, food allergies, and specific medical concerns require communication well in advance of your campers stay. Please note these camper needs on your registration form and reach out to our team in the springtime to discuss any specific concerns that you might have.

Accommodations

If your camper will require an accommodation during their time at camp, please be sure to note that on their form during registration. As a camp, we do our best to accommodate a variety of needs, but due to a variety of factors, we cannot offer 1 on 1 support. We review all camper forms in the springtime and will be in touch with families who have requested an accommodation to our regular programming or policies to discuss the accommodation and their campers' specific needs.

Preparing Your Camper

Assessing their Readiness

Before coming to camp the first time, it's essential that families work to help prepare their camper for camp. This will help ease the transition to being away from home for some time. If you have questions about if your camper is ready for camp, see the **'Is Your Camper Ready For Camp'** section of this guidebook. See below for a couple ways that families can help to prepare their camper for camp.

Five things you can do to help prepare your camper for camp:

1. **Sleepovers!**

Attending a sleepover at a friend or family members' home is a great way to begin preparing for summer camp. Sleepovers give children the chance to practice being away from their family and home for some time and build up resiliency to feelings of homesickness.

2. Positive Talk

Talking positively about the camp experience before your camper attends camp will help your child to develop positive feelings about coming to Summer Camp. We encourage families to talk to their campers about how much fun they will have, what they can expect, and what some of the benefits of Summer Camp are.

While families might want to convey to their child that they will be missed while away, we recommend not focusing too much on how much they will be missed, as this can make feelings of homesickness more challenging to navigate once the child is at camp. Families can help their camper to understand that while they will be missed, the family will be OK while they are away, and will be glad to see them when they get back.

3. Building their Confidence

Helping your camper to build their confidence prior to arriving at camp will help them to feel up to the task of staying away from home for the duration of their session. Families can help their camper build confidence prior to their session through a variety of ways. Families can consider using encouraging phrases such as "We know you can do this!" or "We're so proud of you for being brave and giving Summer Camp a try!".

Families should stay away from making their campers any promises about being able to call home or come home during their session. **Campers are not allowed to call home while at camp.** Families should not promise their child that they can come home, as that might make the camper determined to go home rather than open to trying what camp has to offer. Promising your camper that they can come home if they don't enjoy camp also sends the message to your camper that they might not be up for the challenge. A camper's first summer at camp *should* be a bit unfamiliar, and homesickness is perfectly normal— this means they're stepping a little bit outside of their comfort zone and into the growth zone! If our counsellors assess a case of homesickness to be very severe, we will be in touch with families about next steps.

4. Discussing Expectations

One of the best ways to prepare your camper for camp is to talk about what they can expect when they get here! We encourage families to show their camper photos from the google photos album, talk about the different activities that we offer, talk about what the cabin might be like, show them our daily schedule, and more!

If you're planning to send your camper some letters while they are at camp through our camper mail, you can let your camper know that you will write to them while they are away. This will help your camper to stay connected to you while they are at camp.

Families should be sure to give their campers realistic expectations of what they can expect at camp, which also means talking with your camper about some things they might find new or uncomfortable. If you know your camper is nervous about swimming, talk with them about our swim check so that they aren't surprised with it on arrival day. As with everything, there will be some parts of camp that your camper loves, and some parts of camp that aren't their favourite. Talking with your camper about realistic expectations will help them to look forward to the things that they are excited about, while also understanding that some moments of the Overnight Camp experience will be new or unfamiliar – and that it's okay to feel nervous about that!

We also caution parents against making any concrete promises like "You can call home every night", "You will definitely be in a cabin with your best friend" or "You will have a top bunk, since we're going to arrive early". Because of the complexity of running a Summer Camp, and trying to accommodate each individual campers needs, there are some things that we cannot offer or promise. Staying away from making firm promises to your camper will help to ensure that you are setting them up with realistic expectations for their upcoming experience.

5. Packing everything they will need!

Helping to ensure your camper is equipped for their stay is an essential step in getting them prepared for coming to camp. We recommend reviewing our packing list a couple weeks before your camper's arrival day, so that you can ensure that you have plenty of time to gather together anything your camper might need. Involving your camper in the packing process will help them to feel in control of their belongings and will help them to adjust to the idea of going away from home. The support of a caring parent or caregiver while packing can also help campers to feel well supported by their family members in the days leading up to their arrival at camp.

In the case that your camper ultimately decides they are not ready for camp, please review our refund policy. **Please note: Partial refunds are available for cancellations**

between registration and May 31st. Cancellations following May 31st at 4pm will result in the complete forfeiture of camp fees. See our refund policy for more information.

Open House & Parent Nights

We are excited to be offering two parent info nights, as well as an open house, so that families can get all their Summer Camp questions answered prior to their camper's arrival at camp! Families will be sent information about parent night and open house ahead of the summer season.

The open house will give campers and families the chance to explore all that Camp Kawartha has to offer, from getting picturesque views of our waterfront, to exploring the inside of cabins. We recommend that any families of nervous campers attend the open house, as this often helps to ease their campers' nerves as camp approaches!

Beginning to Pack

We know that getting all set for camp can be stressful, which is why we have put together a recommended packing list for all families. We encourage families to review the packing lists a couple weeks ahead of their arrival, so that they have enough time to prepare everything that they will need for a successful camp stay! See the appendix of this guidebook for our Packing List & Canoe Trip Packing List.

Prohibited Items

Please review our Camper Code of Conduct within the appendix to ensure you have not packed any prohibited items with you. Any prohibited items will be confiscated and depending on the severity of the item in question, may result in early departure from camp and the complete forfeiture of all camp fees.

Reviewing your arrival Time

Make sure you review your arrival time and plan your route the night before your scheduled arrival. This will help to ensure you are on time for all the fun!

Camp Kawartha has two different addresses. **All of our overnight camps are held at our Clear Lake location:**

1010 Birchview Road, Duoro-Dummer, Ontario, K0L 2H0.

If you are using Google Maps etc... to find us, be sure to select the Clear Lake location on your navigator. In the case that you accidentally head to our Environment Centre, located at Trent University, our main site is around a 30-minute drive from there.

Please review the Arrival Times document for the upcoming summer within our appendix. We recommend that families strive to arrive 5-15 minutes after the beginning of their scheduled arrival window. Our gates will not open prior to the earliest arrival time listed, as our staff are busy setting up for the arrival of campers!

Transportation

Camp Kawartha unfortunately cannot provide bussing or transportation for any camper. Our Clear Lake Camp is only serviced by a road for cars, and public transport does not run past the Camp.

We encourage carpooling to cut down on carbon emissions, however if you need to speak to our nursing team about specific concerns about your camper, we request that you come to drop-off in-person so that you can answer any questions our healthcare team might have.

If you are planning to carpool for pick-up, you must list the person who will be picking up your camper as a verified pick-up person at the time of registration.

If your plans change during the session, and someone else will be picking up your camper, you must email our Summer Camp Director (emma@campkawartha.ca) with the full name of your verified pick-up person for your child.

Arrival Day

The Morning of Your Camp Arrival

We know that the morning of your camper's arrival at camp, they'll be feeling a range of emotions! Some campers will jump out of bed feeling excited to finally be headed to camp, and others might wake up feeling nervous or tentative about being away from home. It's perfectly normal to have a range of emotions before coming to camp – whether it's your first time or you've been coming for years, the first day of Summer Camp is different for everyone!

Before leaving your house, we recommend ensuring you have done the following:

- **Have a good breakfast & lunch!**
The first meal served at camp will be dinner, so you want to ensure you're fueled up for the day.
- **Go over your route one final time – make sure you have the right address!**
If you think you might be more than an hour later than your scheduled arrival time, send our Summer Camp Director a quick email to let us know!
- **Review your Packing List one final time.**
It's easy to miss or forget something – going over the list a final time will help to ensure you've accounted for everything you will need! Take extra care to ensure you have all the essential medication that you will need during your stay.
- **Head on your way to camp!**
Our counsellors are hard at work preparing for your arrival!

Arriving at Camp

The morning before you arrive at camp, our counsellors are doing some final prep work to get everything all set for the new group of campers. **Please note: Our gates will not be open prior to the earliest arrival time listed.** We recommend planning to arrive 5 – 15 minutes after your scheduled arrival time window begins.

When you first come through our gates, our parking staff will help you to find a spot in our lot. It can get very busy at times, so be sure to exercise caution in the parking lot! Please note that we have very limited room for parking; we request that families refrain from bringing trailers or RV's to camp where possible (those who must may be accommodated by parking on our range area).

Once you get out of your car, you and your family will be led through our arrival archway, where you'll line up to meet the head counsellors and find out your cabin assignments. **Make sure you bring your bags and any medications with you!**

Checking In

Meeting our Head Counsellors and Finding Out Your Cabin

Our head counsellors will be waiting to sign your camper in to Camp once you get to their table! They will ask for any outstanding paperwork that you might have, and let you know what cabin your camper will be in. Then, they'll direct

you along to where your cabin mates and counsellors have stationed themselves on our Upper Playing field. **Please note: We cannot make cabin changes or accommodate cabin requests on arrival day that were not previously communicated to us prior to arrival day.**

Meeting your counsellors

Once you find out your cabin, you'll head over to where your counsellors and other cabin mates are stationed. There, you'll be introduced to your counsellors and any of your cabin mates that have already arrived. You can drop off your bags with them, and then head on our arrival day 'loop' down to the Health Centre for your lice check and to meet our nursing staff. **Be sure to bring your medications down to the health centre with you!**

Fun Fact: All our counsellors at Camp Kawartha have 'Camp Names'! These fun names are a tradition at Camp Kawartha and are a way to bring more fun into the everyday life of camp. Your counsellor may have a unique or silly name that they go by – so don't be surprised if your counsellor is named something unexpected! You can read more about camp names in our staff section of this guidebook.

Doing a Lice Check & Meeting the Nurse

Once you have met your counsellors and dropped off your stuff with them, you will be led down to the health centre for a lice check. Our trained staff will check your hair for any signs of lice – it's a little bit tickly but doesn't hurt at all and is actually quite relaxing! If you're all clear, then you can head up to the upper part of the Health Centre where our nursing staff will be waiting for if you have anything you would like to discuss with them or to drop off your medications. If you don't need to see the nurse, then you'll be on your way back to the upper playing field to say goodbyes and jump into an awesome session at Camp!

Parents – please be sure to be doing lice checks prior to sending your child to camp. Campers who are found to have lice upon arrival will be treated by the individual who dropped them off. This is done with oil and vinegar followed by a fine-toothed nit comb while at the camp (this can take 2-3 hours depending on the length of the hair). The camper will be checked again every 2-3 days, otherwise all other campers are checked weekly for lice and if found while the child is at camp, it is treated by the counsellor.

Saying Goodbye and Jumping into Camp!

Once you're back at your table with your counsellors and cabinmates, it's time to say your goodbyes and for family members to head on their way. To help ease the transition into camp, we encourage parents/guardians to say a quick goodbye and then be on their way; this will help your camper to turn their attention towards the fun of summer camp and to begin making connections with their counsellors and other cabinmates.

Please note that we cannot offer family tours of our site during arrival day, due to a variety of constraints. If you are interested in a tour of our camp, you are encouraged to join us at our open house!

Once parents leave, our counsellors work to begin to integrate each new camper into the cabin group, through a variety of games and get-to-know-you activities. The first day can often be a challenging day for campers who are nervous or homesick, which is why we try to pack it full of activity to help ease the transition into camp. You can see in the section below what the rest of arrival day will look like for campers.

We know that dropping a camper off at camp can be challenging for many families, and some families will be worried about how their camper is doing that first day of camp. We cannot provide families with individualised updates throughout their session, as our staff are busy placing their focus on providing your campers with care. While it can be hard having your camper away from home for any amount of time, know that they are developing the skills of leadership, independence, and collaboration while at camp, and making lifelong friendships too! If you have any specific concerns, please touch base with us and we will work with you to address them.

Camp Life

Arrival Day (Following Dropoff)

Getting Settled

After drop-off, once all campers in your cabin have arrived, you'll head on down to the cabin to begin getting set up! To make it fair, we can't promise campers that they will get the top bunk/bottom bunk before they get to their cabin. There, our counsellors will help campers to decide what bunk will be right for them, and to begin getting established at camp.

Campers will get their bed spaces set up and begin to unpack their belongings in the cabin. Each bunk bed has a wooden drawer underneath it for each camper; the cabin also has hooks to hang your coats, and some cabins have cubbies for camper belongings. Campers are encouraged to unpack their belongings, but if there's not enough space for all their things, they may also keep some of their items within their suitcase.

Each camper will make their bed (our counsellors are happy to help!) and begin to set up this space. As campers are getting established, our counsellors will take the chance to speak with each camper one-on-one, outside of the busy cabin environment, and complete what we call a head-to-toe check!

Head to Toe Checks

"Head-to-toe checks" serve two main purposes. First, they are a chance for each camper to get some one-on-one time with their cabin counsellor. This allows our counselling staff to check in with each camper and see how they are feeling after arriving at camp. Second, it is a chance for our counsellors to talk with each camper about their health needs and to understand how each camper can be best supported while at camp.

During a head-to-toe check, our counsellors will ask campers about their various health needs. We want to get a sense of what we might anticipate happening during a camp session, what is normal for each camper, and the best ways we can help. Our counselling staff will ask a variety of questions from 'Do you ever get headaches? What do you do if you do get a headache?' to 'Have you ever been to camp before? How are you feeling about being at camp?'. Later, the answers to these questions are discussed with our nurse, so that we can have a full picture of each camper's health. We know it can be a bit intimidating for each camper to speak one-on-one with their counsellor, which is why we complete head to toe checks outside of the cabin in a calm environment for each camper – this also allows campers the privacy to let their counsellors know whatever is on their mind.

Swim Checks

After head-to-toe checks, it's time for swim checks! Campers will get into their swimsuits and head down to the waterfront for our swim check which is conducted by our Waterfront Director. Before their swim check, they will go over the swimming area rules, and receive their swimming and boating number. To read more about our swimming area rules, please see swimming area and rules.

In order to use the swimming and boating area at camp, each camper must complete a swim check. Our swim check includes:

- A disoriented entry (roll) into the water
- A 50-meter swim of any stroke
- 1 minute of treading water (keeping head and airway above water for the entire time)
- A kayak dunk and exit under water

After completing our swim check, campers will be given either a green, yellow, or red string. Our swim stings are soft yarn that is worn as a necklace for each camper for the entirety of their stay at camp (strings are worn around the neck so that they are visible to our lifeguards while the campers are swimming).

- A green string means that a camper can swim in the deep end and shallow end without a lifejacket.
- A yellow string means that a camper must wear a lifejacket in the deep end but may swim in the shallow end without a lifejacket.
- A red string means that a camper must always wear a lifejacket in the swimming area, in both the deep and shallow end. As well, a red string means that a camper must have a staff member accompany them when they go swimming.

We know that some campers may feel nervous about completing a kayak dunk and exit underwater. If campers don't feel comfortable completing this, they may still get a green string, but will have a red bead on it to signify that they may only ride in an open-faced kayak in boating classes.

The string colour is based on the judgement of our Waterfront Director and is non-negotiable once it has been decided. Campers may be given the opportunity to retry their swim test on another day, at the discretion of the Waterfront Director.

Our counsellors do their best to minimize any conversation around comparison of string colours between campers and will often wear red or yellow stings themselves. We try to keep conversations around swimming positive and use the term swim 'check' instead of 'test' to ease camper anxiety.

Following your swim check, it's time to head to the nurse for your nurse visit!

Nurse Visits

We prioritize camper health and wellbeing at Camp Kawartha, which is why each cabin groups visits the nurse after arriving to camp. This quick visit is a chance for the group to meet the nurse and for the healthcare team to become familiar with each camper! The healthcare team will also meet privately with the group's counsellors to review their campers' medication schedules and any health concerns. If your camper has any

significant health concerns, please be sure to speak to us ahead of their arrival, and to touch base with the nurse at drop-off.

Cabin Rules, Camp Tour, Fun etc..!

Once nurse visits and swim checks are all done, campers will head back to their cabins to complete a couple different activities before dinner time. Each cabin will write up their own set of agreed upon cabin rules, created by the campers in collaboration with our counsellors. This is a good chance for campers to have meaningful discussion about privacy, boundaries, respect, fairness, and kindness. It's also a chance to talk about the importance of keeping the cabin clean!

Following cabin rules, campers will be given a tour of the camp, including designated boundaries that they aren't allowed to cross. This will help campers begin to orient themselves with the space where they will be staying for the next couple of days or weeks! If time permits, campers may also get up to some additional fun – a short trip to our range space, some arts and crafts, or some games before flag raising and dinner time!

Flag Raising

Flag raising is a time for the whole camp to gather on our lower playing field and get to know each other! During flag raising, we raise the Camp Kawartha flag, sing our Camp Kawartha song, and campers in each cabin introduce themselves! This is also when our head counsellors go over the '3 R's' of Camp Kawartha: Respect Yourself, Respect Others, and Respect the Environment. Our Head Counsellors talk with all campers about what they can do to treat others with kindness, take care of their wellbeing, and to treat the natural environment with kindness and caring.

Dinner

After flag raising, it's time for dinner! All campers wash their hands before dinner, and then head to round-up to sing a song before the meal. 'Round-up' is when the whole camp gathers on the porch of the dining hall before meals to sing a little song and then head into the dining hall.

The first night of camp, we like to serve a dinner that is comfort food for campers – typically pasta with garlic bread and Caesar salad! At the first dinner, campers will be introduced to the systems that we have in the dining hall and will have the chance for lots of laughs! Campers also learn our essential safety protocol at dinner time, including what to do in case of a fire or if our staff are conducting a missing camper search. To

learn more about our food service and mealtimes, please see [Camp Food and Mealtimes](#).

[Camp Rules & Camp wide Games](#)

Dinner is followed by a fun camp-rules skit or video, and a couple of camp-wide games on our upper playing field! Campers are introduced to some more of our camp protocols and rules we all follow to keep the camp clean, and then go on to play some camp-classic games! Gaga-ball is a favourite of many, and a great way to get in some daily physical activity before campfire!

[Campfire](#)

Our first night of summer camp always concludes with an all-camp campfire! Our first-night campfires are held at the campitheatre (our main campfire circle), where the whole camp gathers together to sing songs, laugh a lot, and enjoy each other's company out in nature as the sun sets on Clear Lake! Songs like "I Wanna be a Penguin" and "The Day I Went to Sea" are campfire classics! Campfire is wrapped up with a quick snack before bedtime!

[Bedtime](#)

After a long day of camp fun, campers will get ready for bed! After brushing their teeth and getting into pajamas, campers crawl into their cozy beds and prepare for lights out. Each night before bedtime, cabin counsellors lead their cabin groups in a brief reflection called 'Check-In' 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. Staff often get creative with Check-In methods to keep things interesting throughout the session.

On the first night of camp, we have an Early-to- Bed, meaning that cabins turn their lights out early in the evening to allow campers some extra sleep after a very busy day! Bedtime is 9:15 for campers 8-10, 9:30 for campers 10-12, 9:45 for campers 12-14, and 10pm for campers 14 and up. Leadership campers lights out time is 11pm.

The first night is typically a time that is more challenging for campers who experience homesickness. Our counsellors have a variety of different methods for helping homesick campers, from going for walks around the camp, having a cup of calming tea, or doing some stargazing. It is perfectly normal to experience some level of homesickness – particularly if it is your first time away from home! Luckily, our camp days are packed full of activity and fun, so campers typically are very tired by the time it's lights out and fall

asleep more easily. One of the best ways to help with homesickness? Thinking about all the awesome things you're going to do tomorrow!

A day in the life of Camp

One of the questions we get a lot is: "What does an average day look like at Camp Kawartha"? It's a great question – with a lot of different answers! Between theme days, silly evening programs, WOW moments, canoe trips and so much more, no two days at camp are alike! The schedules and descriptions below can give you a sense of what each day generally contains!

Daily Schedule*:

7:30am – Polar Dip

8:00am – Breakfast

8:40am – Field Games

9:30am – 1st Activity Period

11:00am – Snack and 2nd Activity Period

12:30pm – Lunch

1:30pm – Rest Hour and Tuck

2:30pm – First Interest Choice

3:30pm – Snack and 2nd Interest Choice

4:30pm – GBRS (free time)

5:45pm – Dinner

6:45pm – After Dinner Free Time

7:30pm – Evening Program

8:30pm – Snack and Bedtime Routines Begin

9:15 – 10pm – Lights out (Age Specific)

11pm – Leadership Lights out

Weekly Schedule*:

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am	Staff	Polar Dip					
8:00	Preparing for Camper Arrival!	Breakfast					
8:40		Health Hustle					
9:30		Canoeing	Kayaking	Eco Skills	Sailing	Drance	Packing!
11:00	Arts and Crafts	Land sports	Windsurfing	Archery	Rock Wall		
12:30pm	Camper Arrival	Lunch!					Picnic Lunch
1:30		Rest Hour					Departure
2:30		I.C. Searching for Treasure in Clear Lake	I.C. Cloud Watching	Theme Day: Pirates have Taken over Camp!	I.C. Nature Crafts	Double IC. Rock wall!	
3:30	Swim & Nurse Checks	I.C. Dance Battles	I.C. Ultimate Frisbee				I.C. Hike to the Wetlands!
4:30		GBRS					
5:45	Dinner!						
6:30	After Dinner Free Time						
7:30	E.P. Campfire!	E.P. Cat-Astrophe	E.P. Loo's Zoo	E.P. Bamboozled	E.P. Zingtong!	E.P. Candle Lighting	
8:30	Snack and Bedtime Routines						
9:15	Youngest Campers Lights Out (8-10)						
9:30	Intermediate Camper Lights Out (11-12)						
9:45							
10:00	Older Campers Lights out (13+)						
11:00pm	Leadership Lights Out						

* Please note that the daily and weekly schedules both reflect an *average day* at camp, and cannot possibly represent exactly what a camp day will look like as we often have to adapt to weather etc..

Polar Dip

The day begins each morning with Polar Dip! Any camper is welcome to head down to the lake at the very beginning of the day for a quick plunge in the chilly morning lake water!

Activities (Classes)

Each morning has two activity periods. In a one-week session, campers have exposure periods, meaning their cabin group is scheduled to complete each activity one time during their stay at camp. Exposure periods are designed to give each camper a taste of all the activities that we have to offer. Campers will have the chance to further explore each activity at their leisure during GBRS time or in interest choices!

In a two-week session, campers sign up with their activity choice requests ahead of time and are put into four of their requested classes. These classes repeat every other day, giving campers the chance to develop their skills in that area and learn the ins-and-outs of the activity. For example, a kayaking class might begin with spending the first class on learning the parts of the boat and paddle and getting familiar with the strokes, and then over the two weeks, move into more advanced skills such as kayak-over-kayak rescues, learning about the history of the kayak, competing in kayak races, learning how to portage kayaks, or even learning how to complete a kayak roll. In some classes, at the end of the two weeks, campers receive a 'level' reflecting their skill level that they have achieved in that area.

We offer 11 main activities that campers will try over the course of their stay: Canoeing, Kayaking, Windsurfing, Sailing, Arts and Crafts, Drama, Dance, Landsports, Eco Skills, Archery and the Rock Wall.

Mealtimes

Mealtimes are one of the best times of days as our whole community gathers, and are an important time for everyone in our community to fill up! For more information on our mealtimes, including information about dietary needs and a sample menu, please see [Camp Food & Mealtimes](#)

Rest Hour & Cabin Cleanup & Tuck

Rest hour is an important time of day for our campers and staff to 'reset' and have the chance to cool down in the middle of a very busy day! From 1:30-2:30, rest hour takes place during the hottest part of the day, so that campers are out of the sun and out of the heat. During rest hour, campers hang out in their cabin with their cabinmates and

counsellors. Campers spend this time doing a quiet, calm activity, whether that's reading, writing a letter home, chatting quietly with a cabin mate, or resting their eyes for a bit.

Rest hour is also a time for the cabin to pitch in and cleanup! During rest hour, campers will be expected to make their beds, tidy up their belongings, and take turns sweeping the floor. This helps to ensure the cabin has good hygiene every day, and that nothing wet is being left inside. It also helps campers to develop the skill of keeping a tidy area. Sometimes, if a cabin is super clean, the campers might even get a little treat on their bed!

Our campers can also work towards earning the 'Golden Broom', which is an award that goes to the cabin at the end of the session with the cleanest cabin. Each afternoon, our nurse checks each cabin and gives it a score out of 10 – the cabin with the highest score at the end of the session wins!

Everyone's favourite time of day, Tuck, also takes place during rest hour! Campers will receive tuck every other day, and it is included in their camper fees (families do not need to send any additional money for their camper's tuck). Our tuck shop has lots of different candies for campers to choose from, from sour watermelons to gummy worms! Each camper gets 12 pieces of tuck every other day. All of our tuck is peanut-free; we have a variety of options for campers who do not eat gelatin or who have braces.

Interest Choices

Interest choices are the time of day where campers get to choose which activity they would like to do! These include a variety of things from activities that are more relaxing, to those that are more active! Generally, there is at least one water-related option. The interest choice sign-up gets passed around at lunch, so campers can sign up for whatever activity interests them! These are often a goofy time of day where counsellors use their creativity to make unique programs for campers.

GBRS

GBRS is a favourite time of day for many campers! Standing for General Boating, Ropes and Swimming, GBRS is when we open up our boating area, swimming area, and rock wall, and campers have free time to do what their heart desires! It's a great time to try something new or to refine a skill you've been working on. GBRS is every single day (weather dependent) which means that campers have at least an hour each day to spend doing what they would most enjoy! During GBRS, our Swimming and Boating areas are supervised by our lifeguard team, and the rest of our main activity area (cabin cluster, upper playing field, east cluster) are supervised by other staff members.

After Dinner Free Time

After dinner free time is when the whole camp gathers on the upper playing field to engage in some land-based free time. Campers may choose to enroll in our basketball tournament, Court of Dreams, our volleyball tournament, Beach of Dreams, or engage in a more relaxed activity such as reading, bracelet making, or playing guitar. After dinner, free time is a great chance to catch up with friends, or hang out with siblings or friends from a different cabin.

Evening Programs ('EP')

Evening programs are a zany, silly, fun time of day where the camp is transported to a different universe! Our evening programs have a wide range of games each night – some nights are active running games, where others are more relaxed station-based games. Each evening program typically has a task or a challenge for campers to complete – be it with their cabin groups or in a team. It's hard to explain the 'average' EP at Camp Kawartha, because each night is something new – whether that's dressing your counsellor up as a race car to compete in CK Drift or learning about the local animal species in Lou's Zoo – EP always has something unique to offer!

Bedtime Routines

Our bedtime routines are an essential part of the day for camper wellbeing. Beginning after evening program, our campers start to prepare for bedtime with a snack and tooth brushing before making their way back to the cabin for Check-In and Lights Out.

Check-In

Once everyone is back in the cabin and in their PJ's, campers will get into bed to wind down for the night. Our counselling staff will lead the cabin in a 'check-in', which is a C.K. tradition to hear about each camper's day. The classic check-in model is rose, bud, thorn, odd-leaf, where campers share their rose (something good about the day), their bud (something they are looking forward to tomorrow), their thorn (something that wasn't their favourite about the day), and their odd leaf (something silly or unexpected about the day). This helps our counsellors to get a sense of each camper's wellbeing, and it gives each camper a chance to share, reflect, and practice their listening skills. Counsellors will lead a variety of different check-ins throughout the session!

Lights Out

Lights out varies by age, beginning at 9:15 (for youngest campers) and ending at 11pm (for Leadership campers). Campers are given time to wind down by reading or writing silently in their bunks before lights out, to help settle them before

sleep. When it is time for lights out, campers are expected to remain in their bed, unless getting up to go to the washroom or to get a drink of water.

Our counsellors remain in the cabin until 10pm, or until all campers within the cabin are settled and asleep (whichever comes second). Once all the campers in the cabin are sleeping, our 'Night Hawk' team takes over camper supervision from 10-12. The 'Night Hawk' are a group of staff who are stationed nearby to the cabin cluster and who monitor camper wellbeing throughout the 10-12pm period. Campers are shown where the nighthawk tent is, so that they know where they can get assistance when required. Our 'Night Hawk' staff also complete continuous rounds of the camp, checking on each cabin to ensure that all campers are sleeping. In the case that a camper is struggling with homesickness etc..., their counsellor will return to the cabin to help them manage it. Our staff return to their camper cabins at 12, and remain there for the rest of the night.

For campers who have nighttime concerns including bedwetting, nightlights, sleepwalking, nightmares and more, see our F.A.Q.

Amenities & Camp Life Ins-and-Outs

Cabin Accommodations

Something on a lot of camper's minds before they come to camp is: "What will the cabin be like?". See the section below for more information on our Cabin Accommodations.

Each cabin has:

- A counsellor bed and camper bunk beds
 - Most of our cabins have 1 counsellor bed and 6 camper bunk beds.
 - Some cabins for older campers have the counsellor bed in a separate back room to allow for further camper independence.
 - Our leadership campers do not live with a counsellor in their cabin, as it allows them to help develop their independence.
- A smoke detector and a fire extinguisher
- Windows with screens and curtains
- Lights
- A heater and thermostat (though this doesn't get any use during the warm summer!)
- A broom, dustpan, hand sanitizer, and a garbage can

- Boxes under the bed for each camper to store their clothes in
- Hooks for campers to hang up jackets.
- An alarm clock.
- Fans for when it is very warm. Some of our warmest cabins (those that are in full sun) have been equipped with air conditioning units for use during extreme heat.
- 2-3 electrical outlets.

Some cabins also have cubbies for extra storage. Cabins can also be equipped with a nightlight (provided by the camp) and a doorbell (provided by the camp, used in the case of sleepwalkers).

Campers are required to bring their own fitted sheet, pillow, and sleeping bag (see packing list). There is enough room under the bunk beds to fit most suitcases, but very large suitcases that don't fit under the beds can just be stored at the end of the bed.

Please note that none of our cabins come with connected washroom facilities, and not all have air conditioning.

The Cabin Crew

As a 'family style' camp, our cabin groups are kept small to replicate a close family environment. For our younger campers, this means that each cabin generally has 6 campers and 1 to 2 counsellors. For our older campers, cabin sizes may range from 6 to 10 campers and 1 to 2 counsellors.

For many campers, going to overnight camp is the first time where they will be sharing a space with those outside their families. This can be a challenge for some campers, as they learn how to navigate respecting each other's belongings and personal space. Our counsellors are there to help campers develop a respect and understanding for how they can share the space with their peers.

Washrooms & Showers

Camp Kawartha has three main washroom facilities: the KYBOS, the Dining Hall Washrooms, and the Colossals.

The KYBOS are our eco-friendly outhouses! These washrooms are located towards the end of our camp property, away from the camper cabins but still very accessible to the cabins in the cabin cluster. These washrooms are gendered (there's a Boys KYBO and Girls KYBO), but in line with our inclusion policies, campers can use whichever washroom

they identify with or feel most comfortable using. Our KYBOS are made with cedar to help neutralize their smell and have hand sanitizer for when you're done!

Our dining hall washrooms are our all-gendered washrooms on site and are single rooms. A great spot to wash your hands before mealtime!

Our 'Colossals' are our largest washrooms on camp and house our shower facilities. These washrooms are gendered, but in line with our inclusion policies, campers can use whichever washroom they identify with or feel most comfortable using. Each side of the Colossals has 5 stalls (the boys' side has 3 stalls and 2 urinals), including an accessible stall.

Each side of the Colossals also features 4 shower stalls. Campers are scheduled for showers in the Colossals several times throughout their stay (typically every 3rd day, unless they are on canoe trip). We try to keep showers short to help conserve water. We recommend that campers bring something that they can carry their shower supplies to and from the shower stalls in. Each shower has a small, private change room in front of it, so campers can change privately before their shower. We also recommend bringing shower shoes!

Campers are also welcome to have a shower in our 'Cold Showers' at any point. It's worth noting that these showers aren't actually 'cold' – they just got that name because the water comes from the lake (and goes through a series of filtration systems first). These showers come equipped with lake-friendly shampoo, because all the water from these showers goes back into the lake once used!

The Dining Hall

The dining hall is the central hub of camp! This is where our whole camp gathers to enjoy meals together three times a day. We also use the dining hall for rainy-day programming, as well as for an extra indoor space whenever needed! The 'Extension' on our dining hall (a strawbale building added on in the early 2000's) is also a great place for playing cards or indoor games!

Our dining hall is full of activity and fun! Mealtimes are often filled with song, laughter, games, and lots of silliness. Our campers sit with their cabins at each meal and enjoy a 'family style' meal together. On theme days, our dining hall might be transformed into another world – back to the future, medieval day – who knows! Either way, the dining hall is the place to be!

Swimming Area & Rules

Need a cold dip on a hot day? Our Swimming Area has got you covered! Our swimming area features:

- A 'Swim Board' for campers to sign in and out of the swimming area
- A swim shed full of pool noodles, inflatables, flutter boards, and more!
- Lots of lifejackets for campers of all sizes
- Cubbies for campers to store their towels in while they swim
- A sandy beach and a wade-in shallow end (roughly 25mx25m)
- A big L-Shaped dock
- A deep end sectioned off by swim lanes (roughly 25mx25m)
- A barge at the end of the deep end, which has a water slide!
- A water trampoline!
- Plenty of lifeguard equipment

The swimming area is open to different groups of campers throughout the day and is open to everyone at polar dip and GBRS. On extra hot days, we will also run a 'solar dip' during rest hour so that campers can go for a quick dip at the hottest part of the day!

Over the century that Camp Kawartha has been running, we have taken great care to develop safety policies and protocol for the safe running of our boating and swimming area. At the start of each session, every camper must complete our swim check in order to be allowed to swim at Camp Kawartha. See the Swim Checks section of this guide for more information.

Our swimming area rules help to keep everyone safe. They are:

- Swimmers must be 'blocked on' before entering the swimming area and 'blocked off' when exiting
- No campers may swim without lifeguards present
- Swimmers must stay within the lane ropes at all times
- No diving in the shallow end
- No running on the dock
- No swimming under the docks or Barge
- No roughhousing or horseplay
- A maximum of 8 people are allowed on the barge at a time
- A maximum of one camper is allowed on the slide at a time. Campers must ensure there is no one beneath them prior to sliding

- Campers must ask a counsellor before getting an item out from the swim shed
- Lake appropriate footwear is recommended when standing in the shallow end
- A maximum of 3 campers are allowed on the water trampoline at a time

Campers must follow our swim rules to be allowed to swim while at camp. Any violation of swim rules may result in a camper being dismissed from the swimming area.

Our camp is on a lake, which does mean that our swimming area commonly has fish, seaweed, rocks, and seashells within it. When there are lots of campers swimming, the fish tend to stay away as the movement in the water scares them. The shallow end is wade-in, and campers can touch the bottom up to a point. Our deep end is deep enough that campers must be able to tread water proficiently. Some parts of the deep end are deep enough that it is not possible to see to the bottom (by the barge). For campers that are nervous about the conditions of the lake, they can be assured that they will never be made to swim where they are uncomfortable. The lake temperature ranges but is generally warm enough for long swims throughout July and August. In the case of thunder, the swimming area will be closed for at least 30 minutes following the latest thunder heard. The swimming area may also be closed in the case of very high winds or unseasonably cold temperatures.

Boating Area and Rules

Looking to enhance your watercraft skills? Our boating area is full of fun! Our boating area features:

- A boat board for campers to 'block on' and 'block off'
- A sail dock
- A canoeing beach, a windsurf beach and a kayak beach
- Canoes, windsurf boards, kayaks, sailboats
- Paddles for each type of board
- Lifejackets for each camper
- Safety kits for each boat
- Two lifeguard chairs as well as binoculars and megaphones for the lifeguards
- A 'crash' boat for emergency use (only to be used by counsellors, this small motor boat is used for rescues etc..)
- Cubbies for campers to store their belongings
- A boat shed

When campers have their first boating class, our counsellors will go over the boating area rules with them. Much like our swimming area, these rules help to keep everyone safe. They are:

- Boaters must ensure they are 'blocked on' when entering the boating area and 'blocked off' when exiting
- Lifejackets must be worn at all times
- No swimming is allowed in the boating area
- All canoes and sailboats must carry a safety kit at all times
- All campers and staff must assist with the equipment cleanup and ensure that all items are put away
- Campers must spread out when standing on a windsurf board
- Do not stand or sit on the boating equipment while on shore
- Poor weather may result in the closure of the boating area

The boating area is open each day at GBRS, so each camper may go boating each day if they wish. Our boating area is much larger than our swimming area and has at least 2 active lifeguards on duty during classes and 3 active lifeguards during GBRS. Our camp has neighboring properties close by, so campers must do their best to always stay within the boating area. In the case of high winds, thunder, or other inclement weather, the boating area may be closed.

Campers must build up their skills to take out some boats on their own. Any camper is welcome to take out a kayak on their own and a windsurf board on their own, but campers who wish to take out canoes, sailboats, or windsurf boards with a sail must pass a test to ensure that their skills are developed enough to safely do so. Campers may build their skills in classes, or work with their counsellors to build up their skills to complete the tests successfully.

Waterfront Safety & Lifeguards

During pre-camp, our lifeguards complete plenty of training to ensure that they are ready to support our campers and diligently supervise the swimming area. To be hired as a lifeguard, all staff must hold a valid National Lifeguard certificate from the Lifesaving Society. In our pre-camp training sessions, staff must demonstrate all the lifeguarding skills successfully to be allowed to work as a lifeguard during the summer. Staff also practice additional first aid training and situation-response scenarios.

To open the swimming area, we require a minimum of 2 lifeguards present at all times. During busy times of the day (i.e. GBRS), we will have at least 3 lifeguards who are on active duty surveying the swimming area. Each lifeguard is equipped with:

- A whistle
- An aid
- A fanny pack containing first aid supplies including gloves and a breathing mask

Our swimming and boating area also include:

- A spinal board
- A reaching pole
- A lifesaving ring
- A first aid kit filled with essentials
- A walkie talkie to communicate if help is needed

Climbing Wall & Adventure Courses

Looking to soar to new heights? Camp Kawartha has 7 high ropes courses, 3 auto-belay rock climbing walls, a 'lobster claw' dynamic challenge course, and plenty of low-ropes elements!

All of our ropes courses are supervised by a staff member with their Level 2 ropes certification (an intensive high-ropes training course that requires at least 200 hours of experience). Campers have access to our ropes courses when scheduled for their use, and have access to our three rock walls each day at GBRS. Before using any of our ropes courses, campers are taught how to properly put on their harness and helmet; all harnesses and helmets are double checked by staff. All equipment on the ropes course is checked at least once a day.

Our low-ropes courses are a fantastic way for campers to work on their team-building and communication skills with their peers. Older campers in 'adventure' classes and leadership campers will be challenged by what these elements have to offer! Our original low-ropes course was destroyed in the 2022 Derecho and a new and improved low ropes course was installed before the 2023 season!

All of our adventure courses are 'challenge by choice', meaning that campers are never forced to reach the highest point of the course or complete a low ropes activity, but are instead encouraged to do their best and assess their comfort level to push themselves a little bit.

Gardens & The Range

Our gardens are a beautiful place for campers to connect with nature, learn about the natural world, and develop an understanding of local food systems. We have a vegetable garden near our parking lot space, Abby's Garden, which hosts local species of flowers and includes a frog-pond, and a healing garden by our Health Centre! A new vegetable garden, located in an area where many trees were lost during the 2022 Derecho, was established in 2023.

Our range space boasts 180 acres of beautiful greenspace and lots of different terrains! We also have kilometers of hiking trails, including several routes complete with forests, wetlands, grassy fields, rivers and more! Campers will have the chance to explore the range through our Eco Skills classes, where they will begin to explore the essential skills of bushcraft and more! We will often use the range space as a spot to play big camp-wide games, such as our famous 'survival' game. The range is the perfect spot to learn about the natural world from a fully immersed perspective! If you're lucky, you might even spot deer, owls, porcupines, foxes, lots of birds, and so much more on the range!

Supervision & Building Self-Sufficiency

As a camper-first camp, we focus on always ensuring adequate camper supervision throughout the day. At the same time, we want to help our campers develop a sense of independence and freedom. Given the minimum age to attend overnight camp, we trust our campers with the independence to conduct themselves at different times throughout the day. Times like GBRS, after dinner free time, and times in-between classes, campers might not be directly accompanied by a staff member but will instead be supervised by our area supervisors. In the case that we have particular concern about cabin dynamics or camper wellbeing, campers may be directly accompanied at all times.

Attending Summer Camp can help campers to develop a sense of self-sufficiency and independence. Many campers find that attending summer camp is a chance for them to feel in-control of the decisions they want to make – during GBRS it's up to them if they'd rather swim or go kayaking! This sense of freedom in a supervised environment can help campers to develop confidence and explore their interests in a variety of areas.

Managing Homesickness

It's common for campers to experience homesickness while they are at camp. Following along with our 'Is your camper ready for camp?' section of this guide, and our 'Preparing your camper for camp' section will help you to get your camper all set for their stay.

Some campers will experience homesickness while they are at camp – this is completely normal. Our counsellors work to help ease feeling of homesickness by getting campers well-established at camp, connecting them with their peers, and getting them engaged in lots of activities that they will enjoy. If any camper is severely homesick, we will be in touch with the family to discuss support strategies for their camper.

We often get asked if campers can call their families while at camp. Calls home are not an option for campers attending camp. We strive to help our campers develop resiliency through navigating their feelings of homesickness, and calling home has commonly been found to worsen feelings of homesickness for campers. Due to the aforementioned reasons, and the limited number of phone lines and capacity for arranging phone calls/parent visits, **phone calls home and parent visits are not something that we offer campers while at camp, except in very exceptional circumstances.** If you are aware of an exceptional circumstance that may apply to your camper, please contact our Summer Director, Emma, as soon as possible to discuss if arrangements can be made.

Siblings & Friends at Camp

Many of our campers come to camp with siblings or friends, and a question that we get asked a lot is "will my camper be able to see their friend/sibling/cousin while at camp?". Depending on age differences, most siblings that attend camp will be placed in separate cabins, except for twins or siblings who are very close in age (under two years apart). Having a separate cabin from a sibling can help each camper to develop their independence and unique identity apart from their sibling.

If campers have siblings/friends who are in a different age group, they will definitely still be able to see their sibling while at camp! Campers in different cabins may not be in morning classes/activities together, but they can sign up for the same interest choices, choose to do things together at GBRS, or hang out together during after dinner free time. There's plenty of chances throughout each day for siblings and friends to connect, even if they aren't in the same cabin group. This does look a little bit different for campers who are enrolled in leadership or who are on canoe trips, given that these programs operate on a different schedule, but there is almost always an opportunity for campers from different groups to connect from time to time.

If you would like to read more about making cabin mate requests, please view the 'Cabin Mate Requests' section of this guidebook.

Camp Lingo

Something unique to Camp Kawartha is all our camp lingo! See below for some common terms!

The Colossals – These are our washrooms that contain our showers! Located by the Upper Playing Field

The Cabin Cluster – The central hub to our cabin life, and the location of 8 of our camper cabins! Just down the stairs past the basketball court.

The East Cluster – The cabin area on the east side of our camp, typically home to older or leadership campers. This includes the Super Cabin, which contains Oak, Cedar and Sumac!

Campitheatre – This refers to our campfire circle! Located right by the lake, the campitheatre is the perfect spot for singing songs and laughing with friends!

GBRS – General Boating, Ropes, and Swimming! Free time for campers to enjoy all of our areas for an hour each day.

Tuck – The candy that campers get every other day! Handed out at our tuck shop.

PLCs – Pre-Leadership Campers! These 13 – 14 year-old campers stay for 3 weeks and are gearing up for leadership.

CSDs – Counsellor Skills Development! This refers to the group of leadership campers enrolled in our counsellor skills development program.

LITs – Leaders in Training! Our most senior group of campers, the LITs shadow cabins and are immersed in camp life.

The Range – The beautiful 180-acre nature space across the road, also home to our archery range, hiking trails, wetlands, and more!

The Extension – The strawbale building that was built onto our dining hall in the early 2000's. Home of the salad bar and gaga ball.

Round-Up – When the whole camp gathers on the porch of the extension to sing a little song and share announcements before meals.

E.P. (Evening Program!) Held each night between 7:30 – 8:30pm, E.P. is different each night!

Health Hustle – Health hustle is the time of day after breakfast where our whole camp gathers on the upper playing field to play a couple games and get our bodies moving for the day ahead!

The Bongo – The water trampoline in our swimming area!

KYBOS – Our eco-friendly outhouses located on the edge of the cabin cluster.

Zingtong – A beloved camp classic EP, usually played towards the end of the session, where all the counsellors become zombies and the campers have to team up to save them!

Bamboozled – Another beloved camp classic EP, like capture the flag but there's 8 teams all trying to steal each other's flags at once – things are sure to get wacky!

Night Hawk – The group of counsellors assigned to supervision at night, and who the campers can go to if they need assistance

A&C – Arts and Crafts!

Drance – Drama & Dance! Drance is one of the land activity classes that we offer.

C.O.D. – The Counsellor of the Day! The C.O.D. is the counsellor who rings the bells, chooses the songs, and makes announcements each day.

Brand New to Camping?

Some campers come to camp with lots of previous camping experience, and others are brand new to it. Whatever your camper's experience level, they will be sure to learn the ins and outs of camping in no time! We have put together a couple bits of information that those who are new to camping might be wondering about.

Wild Animals & Bugs

Camp Kawartha is a part of the natural world, which means sharing the space with beings within our neighbourhood. The local wildlife includes deer, beavers, raccoons, porcupines, squirrels, foxes, coyotes, black bears, a wide range of birds, and many other smaller mammals (fishers, gophers etc...). This wildlife generally prefers our calm range space to our busy main camp, and are rarely seen around camp. In the case that wildlife comes to share the space with us, campers will be taught to respectfully give the animal space, or to leave the area. Bears or Coyotes on site are extremely uncommon but may result in a brief hold and secure until the animal wanders away or until animal services are called to remove the animal from the site. Our counsellors do not carry weapons of any sort on them to fend off wildlife (neither on site nor on canoe trip). Before any canoe trip, our campers are briefed on what to do if they encounter a moose or black bear. Many of our canoe trips in Algonquin park have seen moose before, and from a distance they can be quite a majestic sight!

Mosquitos are part of the natural environment like all other living beings; they are the most prominent at the end of June and beginning of July. If campers are bothered by mosquitos, they are welcome to bring bug spray and afterbite with them.

Ticks have become more prevalent in our area over recent years. Our counsellors work hard to instruct campers on how to complete a tick check, and to remind campers to do tick checks each day. When going out on the range, we encourage campers to wear long pants tucked into socks to help lower the risk of getting a tick. If a camper does get a tick, their counsellor or the nurse will remove the tick, and next steps will be determined with the healthcare team.

The Lake!

Our camp is situated on Clear Lake. Typically, Clear Lake thaws each year around the beginning of April, which gives it plenty of time to warm up by the summer months. By summertime, our lake is a comfortable swimming temperature for campers – many campers want to spend as much time in the lake as they possibly can! On colder or windy days of the summer, the lake may be a bit chilly for some campers who are

particularly prone to getting cold, but campers will never be made to swim if it is too cold for them.

Our lake has lots of different species of fish; generally, the fish stay away from the swimming area while there is a lot of activity going on. Clear lake does not have any dangerous fish in it. We do occasionally have zebra mussels, which are small clams with sharp shells, so campers are encouraged to wear footwear when standing in the shallow end.

Sleeping in Cabins

Our cabins are classic and connect campers with a more rustic style of camping. They do not include any additional amenities like bathrooms, televisions etc... Our cabins are quite effective at keeping mosquitos out, and so our bunks do not have bug nets on them. We ask that all campers bring the bedding that they will need for their session.

Electronics

One of the best parts of attending camp is the chance to disconnect from technology! Aside from radios in our cabin, our camp does not feature any modern technologies, including TVs, video games, or cell phones. Disconnecting from technology can allow campers the chance to connect with the natural world, with themselves, and with each other. It can also give campers a much-needed break from the busy world that we live in. For more information on electronics, please see our technology policy.

Weather Expectations & Packing

During the summer the weather and temperature can fluctuate widely. During the day, temperatures can be as high as 35-38 degrees Celsius, or as low as 12-15 degrees Celsius. Temperatures can get even lower at night, particularly towards the end of August. During the summer months, we typically get rain, thunderstorms, and very occasionally hail. We encourage families to send their campers with enough clothes for each type of weather, including plenty of t-shirts and shorts for very warm days, and jackets, sweaters, and long pants for very cold days. See our packing list for more.

Hygiene

A huge part of the fun of summer camp is being immersed in the natural world, which also sometimes means getting a little bit dirty! We're not afraid to let campers play in the mud or roll in the grass. You can expect your camper to come home with a FULL bag of dirty laundry. Campers are always allowed to have a shower in our 'cold' showers (which aren't actually cold) but are only scheduled for showers about twice a week. With

campers jumping in the lake every day, showering every day isn't necessary or practical (especially considering we have 200+ people living on site and 8 showers). If a camper needs to shower as a result of being soiled, their counsellors can always arrange for them to have a shower.

Programming

Camp Kawartha's Programming is one of its hallmark traits – we offer unique, creative programs day after day! Our programming starts with our programming team and is delivered by our awesome staff and counsellors.

Health Hustle

Each morning after breakfast our entire camp gathers on the playing field for Health Hustle! This time of day is a chance for everyone to get their bodies moving and enjoy some high-energy fun! Health Hustle normally is a mix of different field games such as capture the flag, octopus, pirate ship, and more. Sometimes our staff get creative during Health Hustle and like to try something new. LITs and CSD's also occasionally get the chance to lead Health Hustle for the whole camp, which allows them to practice their programming skills.

Classes

Archery

Our archery range is located on our range across the road! Class begins by grabbing your water bottle, hat, sunscreen, and closed toe shoes before departing for the archery range.

Each archery class begins with a lesson or review on our safety procedures for archery. Campers will learn archery terms, our safety protocols, and the calls for archers. The campers take turns stepping up to shoot and will get individual training on their shooting. In some classes campers might play games such as shooting at balloons with fun jokes or challenges in them! Archery is also a great chance to win cabin points to put towards the cabin cup!

Our archery range has room for 6 campers to shoot at a time. When campers are waiting for their turn to shoot, they will hang out at a picnic table under our wooden shade shelter, and can play cards, make bracelets, or just enjoy each others company.

Please Note: Due to the level of risk in archery class, any camper who does not follow safety protocol may be removed from archery.

Landsports

Landsports is a chance to practice your sport skills or explore new games and activities. In a two-week landsports class, each class is a different sport. We offer basketball, volleyball, gagaball, frisbee golf, ultimate frisbee, soccer, and more! Some landsports classes might also choose to create combinations of sports or invent their own sports!

Drance

Drance is our super-combo of drama and dance! Drance takes place in our 'classroom' space, where campers will have access to our collection of costumes to bring their characters to life! In a 2-week class, campers will work towards a final project, be it a play, a musical, a dance piece, a music video or more!

Eco Skills

In working towards our mission of helping to foster kinship with each other and the earth, eco skills allows campers take a deep dive into the natural landscape around CK. In Eco Skills class, campers will have the chance to explore our range space by going on hikes, learning about the plant and animal life in the local area, learning about edible plants and foraging, practice fire building and shelter-making, and so much more!

Arts and Crafts

Arts and crafts is a chance to let your creative juices flow!! We strive to do nature crafts where possible, including leaf-pressings, natural tie-dye, nature-weaving, and nature-inspired drawing or painting. We also do classic arts and crafts, including tie-dye, pottery, bracelet making, and collaging!

Adventure/Rock Wall

While all campers will have the chance to try the rock wall while they are at camp, our older campers will enhance their leadership and teamwork skills through adventure class! In adventure class, campers will learn about leadership through initiatives, high ropes, and low ropes courses.

Canoeing

What's more classic camp than canoeing class?? Nothing! Canoeing class starts off with the basics; the parts of the boat and paddle, the different strokes, water safety, and of course getting out on the water! Canoe classes will also play games such as tag or Simon says! In a two-week session, campers may also get the chance to learn about the history of canoeing, practice canoe over canoe rescues, or give portaging a try!

Kayaking

Kayaking is an awesome chance for campers to explore their independence while on the water! Like canoeing class, Kayaking class starts with the basics of learning the parts of the boat and practicing paddling, and over time, in a two-week class, campers will have the chance to practice their skills of kayak-over-kayak rescues and may even practice some white-water skills like Kayak rolls.

Windsurfing

Windsurfing is an awesome sport that campers can hone in their skills over the years they are at camp. Most of our windsurf classes start off similar to our other boating classes by learning the parts of the board and the sail, and then practicing paddling on a board without a sail outfitted. The sails are pretty heavy, and learning to use one takes time and practice; in a two-week class, each camper will get one-on-one time with a staff member to practice their skills with individual coaching. It may take a couple of years at camp for a camper to get the hang of the balance on the board and hauling up the sail, but once a camper gets good at it then they'll be flying! Windsurfing class is also a fantastic opportunity for water-loving campers who want to have fun splashing around in our boating area and practicing their balancing skills on the board!

Sailing

In sailing, campers will start by learning the parts of the boat, and how to rig up the sailboat. After setting sail, there's so much fun to be had by exploring Clear Lake, practicing tacking and gybing, and soaking up the sun! Camper boats always have a staff member in them to help with steering and directions, with the exception of any sailing pros in the class that have passed their 'white bead' test and are able to take out a sailboat on their own.

Departure Day

Breakfast & Packing

Departure day starts with waking up for a final polar dip, for those campers who want it! Nothing like a brisk plunge in the lake to get your heartbeat pumping first thing in the morning!

Following polar dip, campers will have breakfast and do a very brief health hustle before heading down to the cabin to begin packing. Our counselling staff will have garbage bags for each camper to place any wet clothes that they might have hanging on the line in. We discourage campers from packing any wet clothes within their suitcase. Back in the cabin, our counsellors will help their campers get all packed, and clean the cabin one final time.

Pickup

When you arrive at camp to pick up your camper, you will be directed to a parking spot, and then line up to have your ID checked and be brought down to your camper. **Please have 2 pieces of ID ready to go.** Our staff will verify your ID, and then direct you to your camper's cabin where they will be waiting with their counsellor, cabin mates, and packed belongings. This is a great opportunity to take a photo of your child with their cabin and counsellors! Each camper will receive a cabin photo with all their cabin mates as well.

On your way out, your camper may give you a brief tour of the camp, and you can be sure to stop at lost and found and our Gift Store!

Please Note: Campers MUST be picked up at their scheduled arrival time. We cannot accommodate campers staying beyond their pickup time as we must prepare for our incoming group of campers, which includes time-sensitive cleaning protocol. Please prepare to pick your child up for their listed pick-up time.

Camp Food & Mealtimes

Mealtimes are such an important part of the day in our camp community as campers have the chance to come together with their cabin groups, share in a family-style meal, and have fun! See below for information on what mealtime looks like at Camp Kawartha. If you have any questions about mealtime practices or your camper's specific needs, please contact kitchen@campkawartha.ca

Set-Up

Before each meal, a camper group is assigned to be on 'Set-up' for the meal; this basically means setting the tables for the whole dining hall. Campers will be instructed by the kitchen staff on what utensils to put at the tables, and which condiments to put out. Once the meal is finished, the cabin group that was on set-up also is on clean-up; this includes sweeping the dining hall floor, and putting up the benches so that our cleaning staff can come through following the mealtime. Helping with set-up and clean-up encourages campers to take ownership over mealtime, and for our community to flow smoothly.

Round-Up

Before each meal, our camp comes all together on the porch of our extension for 'Round-Up'. This is a time where we all sing a song, and any announcements might be shared with the camp. It also helps us to control the flow of campers into the dining hall so that there's not a mad dash of campers before meals.

At dinner time, we sing 'Johnny Appleseed' before eating. While this is typically a religious song, we sing our Camp Kawartha version which thanks the earth for the food provided (rather than any being associated with one religion or another). Campers who typically say a prayer or thanks before mealtime will be welcome to do so as well.

Family Style Meals

The family-like structure of Camp Kawartha is a huge part of what makes our community meaningful to our campers and staff. At Camp Kawartha, we serve family-style meals to campers. This means that each cabin group sits together at its own table and serves itself from the same several platters of food that are passed around the table. This also helps us to facilitate a smooth mealtime without too many people walking around our dining hall at one time.

Each meal, our campers play a game called 'FREEZE!' to determine who will carry up the scraped dishes from the table to our dish sorting station. At any point in the meal, a counsellor for each table will call out 'FREEZE!' and campers must stay frozen for as long as they can (this does not include chewing, sneezing, coughing, itching etc...; campers will not be considered 'out' if they sneeze etc..). The camper that moves first will be the one who carries the plates and cutlery up to the dish sorting station. If you end up helping to clear the table at one meal, then you have immunity from freeze for the meal immediately following! On the last day of camp, campers get to call freeze on their counsellors!

Sample Menu

See our chart below for an example of what an average day might look like for Camp Kawartha's meals and snacks!

Breakfast	<ul style="list-style-type: none">- Scrambled eggs, hash browns and bacon- Oatmeal Bar (chocolate chips, cinnamon, brown sugar)- Fruit (melon, grapes, strawberries)- Orange juice
Snack	<ul style="list-style-type: none">- Granola Bars (nut-free)
Lunch	<ul style="list-style-type: none">- Tacos / Taco salad with lettuce, tomatoes, sour cream, cheese, salsa, guacamole, and taco beef (or vegetarian substitute)- Salad bar- Juice
Snack	<ul style="list-style-type: none">- Goldfish crackers
Dinner	<ul style="list-style-type: none">- Vegetable curry (not spicy) with chickpeas, squash, tomatoes, zucchini, carrots, rice- Naan bread- Salad bar
Dessert	<ul style="list-style-type: none">- Brownies
Snack	<ul style="list-style-type: none">- Cheese & Salami

Dietary Needs & Picky Eaters

If your child has dietary needs, we encourage you to reach out to our kitchen manager, Brenda, ahead of your campers stay to discuss it with our kitchen team. We can accommodate most dietary needs and ensure that a good substitute is provided for any camper with allergies or sensitivities. It is important for our health team and our kitchen to have a full understanding of the extent of the allergen/sensitivity, so that we can appropriately prepare food in a manner that is safe for your child.

If you have a child that is coming to camp who is a picky eater, our counsellors are ready and equipped to help! We try to have a variety of options at each meal so that campers who have food preferences can find something that they like, even if it's not the main

meal that is being offered. If we have concerns about your campers eating habits, we will contact you to strategize on how we can support them during their stay.

Camp Policies

Camper Code of Conduct

Please review our Camper Code of Conduct prior to sending your child to camp. We encourage families to read over the Code of Conduct with their campers ahead of time, to ensure their campers have a full and complete understanding of our policies before they arrive at camp.

Our Camper Code of Conduct can be found under the 'registration' section of this guidebook.

Camper Calls & Calling Home

Part of the nature of camp is being away from family for some time! While this can be new and daunting for some campers, we do everything in our power to help make the transition to camp comfortable for each child. In the spirit of helping campers to develop independence in coming to camp, **we do not allow campers to call home while at camp, except in very exceptional circumstances.** A call home may make homesickness worse for a camper who is struggling to be away from home. If we have concerns about your camper's wellbeing while they are at camp, we will be in touch with you about next steps.

As a part of our technology policy, no camper is permitted to bring a personal phone to camp. If a camper is found with a personal phone, it will be confiscated and may result in their dismissal.

Photo Gallery

In previous summers, we have offered a photo gallery to families so that they could see some pictures of what's happening at camp during their child's stay. Our photo hosting site (Shutterfly) has recently closed down, and we are currently in the process of finding an alternative. If we are able to host a photo gallery this summer, a link to the gallery will be sent out to parents ahead of their child's session.

The photo gallery is intended to give families a glance at what's going on at camp during/after their child's stay with us. **We cannot provide photos of every child while**

they are at camp. With very limited internet capacity and a large number of campers to capture, uploading photos of over 130+ campers each week is not possible for us to undertake. We will do our best to upload photos to the photo gallery when we are able but must prioritize our internet services for office work and essential communication with families. With this in mind, please **do not** contact us during your child's stay requesting photos of your child. Our offices field hundreds of emails every day, and we will not be able to be responded to these e-mails.

If you are hoping for photos of your child while they are at camp, we highly encourage you to send them with a disposable camera! This way, they will be able to take pictures each day of their camp experience, and you will have them to reflect on and share once they get home!

Camper Mail

Hoping to get in touch with your camper while they are at camp? Then Camper Mail is the way to go! Our camper mail email will be shared with families ahead of their camper's arrival to camp. Our office prints off camper mail Monday-Friday. Camper mail is typically delivered at rest hour for campers to read while getting out of the hot midday sun!

If you need to be in touch with your camper more urgently, we can facilitate scanning/emailing of camper mail on a case-by-case basis. Or, in the case of an emergency, please text our Summer Camp Director at 647-963-6206.

Families are welcome to send care packages to their camper while at camp. We ask that families do not send any food containing nuts or traces of nuts to their camper while at camp. If a package is found to contain snacks with nuts in them, we will hold it until the camper's departure day.

Physical mail and care packages can be mailed to:

Camper Name
Session, Cabin,
1010 Birchview Road
Douro-Dummer, Ontario
K0L2H0

We have a mailbox by our office where campers can send their written letters. We recommend families send their campers with pre-addressed envelopes to make letter

sending easy for their child. While our counsellors will do their best to encourage campers to send home a letter, we cannot guarantee that each camper will mail home a letter, and it is left up to them to decide if they wish to do so! Some campers will promise they will write letters home... but then get caught up in all the fun and never end up doing so! If a camper needs help getting a letter home, we will be happy to assist them.

Gift Shop & Care Packages

If families want to order something from our gift shop for their camper, there are a couple ways that they can go about doing so!

First, they can head to our online gift shop at <https://shop.campkawartha.ca/> and follow our 'Care Package Instructions' (<https://shop.campkawartha.ca/pages/care-package-instructions>) to get their package delivered to their camper upon arrival, during their stay at camp, or at their campers pickup time!

Our gift shop is typically open on pickup days, so families can also take a visit to the gift shop on their way out! Gift shop prices are not included in camp fees.

Dealing With Conflict, Bullying & Camper Misbehaviour

With lots of young people getting used to sharing a space for the first time, conflict does occasionally arise while at camp. Our head counsellors work to train our staff to identify potential conflict before it becomes a bigger problem, and work with campers to collaboratively approach each situation. In cases where conflict escalates beyond small disagreements, our head counselors may work with individual campers or a whole cabin group to resolve conflict.

In the case that conflict escalates to bullying, we may consider additional action with the offending camper, including conversations with our Assistant Summer Camp Director, our Summer Camp Director, or the camper's family. In extreme cases of bullying, hate speech or discrimination, or any case of physical or sexual harassment, a camper will be immediately sent home without refund.

Communication with Families

We do our very best to be in touch with families throughout their child's stay! Our summer season can get quite busy, so we **highly encourage families to approach us with any concerns they may have about their campers stay before the start of the summer**

season. The earlier we can be in communication with you, the better. We will be in touch with families as soon as possible if we have concerns about their child while at camp.

If you have concerns that arise during your campers stay at camp, please contact our offices. Given the volume of communications we receive during the summer, we request that families reach out to the staff that will be best able to help them with their concern in a timely manner. Our team may forward emails on to the person who can best answer them in a timely manner.

- For concerns or questions **about early camper pickup, late camper drop-off, forgotten camper items, or lost and found** please contact our Assistant Summer Camp Directors, Sadie and Hilary, at sadie@campkawartha.ca or hilary@campkawartha.ca
- For concerns or questions about **general camper care and wellbeing**, please contact our head counsellors, Mimi and Moira, at mimi@campkawartha.ca or moira@campkawartha.ca
- For concerns or questions about your camper's **health, medication, or illness**, please contact our nursing team at healthcare@campkawartha.ca
- For concerns or questions about **camper mail, cabinmate requests, or registration (forms, payment etc..)**, please contact our registrar, Serhii, at serhii@campkawartha.ca
- For concerns or questions about **our giftshop, please contact our gift shop coordinator**, Karen, at karen@campkawartha.ca
- For concerns about your **leadership camper or volunteering for session N**, please contact our leadership coordinator, Andrew, at andrew@campkawartha.ca
- For questions or concerns about our **Day Camp or a camper enrolled in a Day Camp program**, please contact our Day Camp Director, Isaac, at isaac@campkawartha.ca
- For questions or concerns about our **Kinder Camp, or a camper enrolled in a Kinder Camp program**, please contact our Kinder Camp Director, Bronwynn, at bronwynn@campkawartha.ca

- For concerns and questions about **camper accommodations, ongoing camper concerns, concerns following your stay, and questions about our policies**, please email our Summer Camp Director, Emma, at emma@campkawartha.ca
- For concerns our questions about **our food service or your campers' dietary needs**, please contact our Kitchen Manager, Brenda, at kitchen@campkawartha.ca
- For **emergency communications** please call our Summer Camp Director, Emma, at 647-963-6206. If quick, but non-emergent communication is needed, you can also text this number.

*To keep this line open for emergency communication, please only call this line in the case of an emergency (i.e. death in the family)

Healthcare

From First Aid and CPR certification for all our staff, to having a healthcare provider, an AED and extra Epi-pens on site, we ensure that health and safety is an integral part of our programming. The healthcare needs of our campers come first.

If you have a specific concern regarding your camper's health, please email healthcare@campkawartha.ca to arrange a phone discussion to ensure that we can accommodate their needs.

Prior to Coming to Camp

[Click here to login to your online registration account](#) and confirm that you have completed the following:

Health form

- Have you included your child's **Health Card Number** OR **Insurance Information** for out of province or international campers?
- Is your **Emergency Contact Information** up to date?
- Have you shared all health (physical, emotional, mental) related concerns?
- If you need to update or add any information, contact our healthcare team at healthcare@campkawartha.ca

Camper photo

If you haven't already, **be sure to include a current photo of your child**. For emergency purposes, a photo is very important for us to have on file. If you do not have a school photo, please upload a head shot that is clear with good lighting, no hats or sunglasses, and with a clean background.

Anaphylactic emergency alert form (Only required for Anaphylactic Campers):

Filled in and uploaded. Please note; this is in addition to the Health Form. Be sure to include a current photo of your child.

Medications

If your child is bringing ANY medications to camp (including prescription, over the counter, and homeopathic medications), please refer to our: [Camper Medication Form \(click here\)](#).

The Healthcare Team

Our **Health Care Team** consists of the following:

- **A Health Care Coordinator:** This individual is involved with all components of the healthcare program, from organizing healthcare providers, training staff, developing Healthcare policies and procedures and communicates with parents and guardians about their health care questions or concerns.
- **A Local Physician:** Our camp doctor will assess and treat campers and staff off site when more advanced care is needed. They will also be available for support and advice for the Healthcare Coordinator and the nurse/paramedic on site.
- **Camp Nurse/Paramedic:** A Registered Nurse, Registered Practical Nurse, or Paramedic lives on site 24 hours a day. They are responsible for all medication administration and the assessment and care of all the campers and staff.
- **Healthcare Assistant:** This position is an individual who is in a healthcare program at a university or college. They live on site and assist the nurse/paramedic with all components of healthcare. If a camper requires a higher level of care, either with our physician or at the hospital, the healthcare assistant will accompany the camper.
- **Dentist / Orthodontist:** A local dentist will assess and treat dental and orthodontist issues on short notice.
- **Ambulance and EMS Service:** We are 15 minutes from Douro-Dummer Fire Hall (a volunteer Fire Department) and 15 minutes from the Lakefield Ambulance Station.
- **Hospital:** We are 40 minutes from Peterborough Regional Health Centre that has a large emergency department, a Pediatric Outpatient Clinic and Pediatricians on staff.
- **Peterborough Public Health:** Is available to help us manage infectious diseases or any health questions that arise during the summer and throughout the year.

ARRIVAL DAY: Campers who bring medication to camp or have health concerns will come to the Health Centre on arrival day with their parents/guardians. There they will meet with the nurse or paramedic and the healthcare assistant to discuss a plan of care for their session.

Health Centre and supplies

Our Health Centre is an eco-friendly straw bale building (2021) that has a fully equipped clinic with first aid supplies as well as patient assessment tools (BP cuff, thermometer, stethoscopes, oxygen saturation probe, etc.).

The following medications are stocked in the Health Centre:

- For pain or fever: Acetaminophen (Tylenol) and Ibuprofen (Advil)
- For nausea: Dimenhydrinate (Gravol)
- Antihistamine: Loratadine (Claritin) and Cetirizine (Reactine)
- Epinephrine (also located in the summer camp office and dining hall)
- Calcium Carbonate (TUMS)
- Throat Lozenges
- Calamine Lotion

The AED is located in the dining hall.

The nurse or paramedic lives in the Health Centre during their session at camp. There are three Wellness Rooms for campers who need rest or a quiet space to decompress.

Head to Toe Checks

Before camper arrival, all staff are made aware of information on camper health forms relating to special needs, accommodations, life-threatening allergies and health conditions. Once campers arrive, they will have a private discussion with their counsellor about their health status and their healthcare needs, known as a "Head to Toe".

Each cabin group will visit the health centre to ensure that all campers know the location of the Health Centre, are aware of who the healthcare team is and feel comfortable in this setting.

First Aid and CPR Training and Fanny Packs

All staff (summer and full time) are trained in Standard First Aid and CPR. Tripping staff have received certification in Wilderness Advanced First Aid (WAFA) or Wilderness First Responder (WFR).

All summer staff carry a fanny pack with first aid supplies. Fully stocked first aid packs are carried on Trip (canoe tripping) or when campers are going across the street to "The Range" which is 180 acres of forest, meadows and trails and the location of our archery site.

Injuries and Illness at camp

An injured or unwell camper is first assessed by their counsellor. If an injury is minor, ice or a band aid will be applied by the counsellor. If more treatment is required or the camper

appears unwell, they will be taken to the Health Centre to obtain a more extensive assessment by the healthcare team, or the healthcare team will come to them. If the nurse or paramedic deems that the camper requires a physician or dentist assessment, they will make the necessary arrangements to have the camper seen either in the doctor's or dentist's office or in the Emergency Department at the hospital.

Parents/guardians will be notified about this prior to the camper leaving the camp unless it is an emergency, at which point you will be notified as soon as possible.

If a camper is prescribed a medication, families will be billed for the cost through their household accounts.

Injuries and Illness while on Canoe Trip

A camper who is injured or becomes sick while on trip is assessed by the tripper (trained in WAFA or WFR). The tripper will contact the camp healthcare team and medical assessment will be completed over the phone. If it is decided that the camper must be evacuated from the trip, this will be organized by the healthcare team, the trip director and the summer camp director. Parents/guardians will be notified of this as soon as possible.

Mental Health

Our healthcare team comes from a variety of backgrounds and may or may not have had direct experience in mental healthcare.

It is very important that parents/guardians share the challenges your child is going through. Please thoroughly fill in your child's Health Form with any pertinent details. If you need to speak with the Healthcare Coordinator, email healthcare@campkawartha.ca or call the camp and ask to speak with the Healthcare Coordinator to ensure that we can meet your child's needs.

What we can do for campers with Mental Health Challenges:

- Support a camper with an ongoing mental health challenge.
- If the camper has a therapist at home, we can facilitate a virtual or phone appointment in our Health Centre.
- Allow a camper time to decompress by staying in one of our Wellness Rooms in the Health Centre for a short period of time.
- Provide accommodations to some of our policies where reasonable/necessary.
- Stay in contact with parents/guardians about how their child is coping at camp.

What we can't do for campers with Mental Health Challenges:

- Provide mental health therapy.
- Provide ongoing 1 on 1 support.
- In the case of a new, critical mental health event (suicidal ideation, new, uncontrolled, or major concerns about eating, uncontrolled anxiety, etc.) that is impacting the camper's experience, wellbeing, and general functioning at camp, we will be unable to allow your child to stay at camp. They will be supported in the Health Centre until parents / guardians arrive to take the camper home to seek out a professional medical assessment and treatment for their child.

Sun Safety

Please send your child to camp with a hat, sunscreen and water bottle. Campers are encouraged to wear appropriate sun protection, and hydrate frequently.

Allergies

If your child has allergies, please ensure that full details are provided in their health form. We are a Nut Safe camp, meaning we avoid any nuts in all our meals and snacks. If the camper has an allergy to a product, insect or plant, we will make every effort within reason to keep the camper away from that allergen. Campers who have a life-threatening allergy should come to camp with two Epinephrine Auto Injectors. The camp also has extra Epi-Pens stationed in the dining hall, summer camp office, health centre and out-trip first aid kits. **To ensure the safety of all individuals at Camp Kawartha, we prohibit nuts and foods containing nut sources at both our facilities.**

ARRIVAL DAY: Campers who have allergies that require medication, or an epinephrine auto-injector must visit the healthcare team in the Health Centre on arrival day. You are welcome to discuss specific dietary needs with the head cook on staff, by emailing kitchen@campkawartha.ca and/or visiting the kitchen window on arrival day.

Communicable Disease Policy

Screening

- Prior to bringing your child to camp, please screen them for the following symptoms (new/unexpected or outside of their baseline health): *fever, cough, shortness of breath, decrease or loss of taste or smell, muscle aches or joint pain, extreme tiredness, sore throat, runny or stuffy/congested nose,*

headache, nausea, vomiting and/or diarrhea, abdominal pain, pink eye, decreased or no appetite.

- The following self-assessment tool can be used as a guide:
<https://www.ontario.ca/self-assessment/>
- Do not bring your child to camp if you think they might be ill.
- We understand that camp is a new experience that can bring on a nervous feeling, causing physical symptoms (ex. “tummy ache” or fatigue due to lack of sleep the night before). If your child has any symptoms that are outside of their normal, please give us a call so we can help you assess your child’s health and determine the best course of action.
- Please notify the camp if your child has been in contact with a communicable disease within three weeks prior to arrival at camp.
- As you arrive to camp (overnight camp only), a member of the summer camp staff will screen every camper for symptoms.
- A camper who is showing signs or symptoms of a communicable disease (on arrival or during their stay) will be assessed by the nurse, and parents will be contacted. Ill campers must return home until they are fever free for 24 hours, and have had 24 hours of improving symptoms (any symptoms from the list above). Campers must be 48 hours free of gastrointestinal symptoms before returning to camp.
- Campers do not require a COVID-19 rapid test prior to attending camp this summer.

Vaccines

- Camp Kawartha recommends (but does not require) all campers and staff be up to date with their immunizations based on their age according to the Publicly Funded Immunization Schedules for Ontario.
- Campers and staff are not required to be fully vaccinated against COVID-19 to attend camp this summer.

Masking

- Masking is optional and not required at Camp Kawartha. Your child will be responsible for their own masking should they prefer, or you prefer them to do so.
- In the case of a severe outbreak of any communicable disease, masking may be implemented by the Camp Kawartha healthcare team or Public Health.

Head Lice

We have a tried and tested practice in screening for head lice on arrival day. Our preventative measures ensure an easy and straightforward process that allows campers to get on with the business of being happy campers from arrival to pick-up.

We understand that arrival day can be both an exciting and anxious moment for campers and parents. We also know that finding lice and/or nits can be emotionally challenging. We appreciate your support of our policies and procedures, which are grounded in maintaining a safe and equitable environment.

A few days BEFORE coming to camp:

Check your child's head for lice and/or nits. How and what to look for...

- Finding lice is tricky, and it gets missed – and misdiagnosed frequently. With sunlight, or a bright light, and a pair of magnifying glasses (if available), check the crown of the head and the hotspots. These are in the bangs, around the ears, and on the back (or nape) of the neck. Check the whole head, because frankly, lice could be anywhere.
- If you find something and you can flick it off, it's probably not a nit. Nits – or lice eggs – are cemented to the hair with the bug's special bond. If you can remove it, tape it on a white piece of paper and examine it.
- Lice eggs have colour; they're not white. They're teardrop shaped, brownish, and attached to one side of the hair shaft. They're tiny – but visible. Lice bugs – lice (or in the singular, louse) – are unmistakable. They're about the size of a sesame seed, and light to dark brown in colour.
- Check out [The Lice Squad \(click here\)](#) for everything you need to know about Lice and their products.

Arrival Day:

All campers will be checked for head lice by staff in a semi-private location. Note that our staff are not lice experts and could miss a louse or nit. If lice or nits are found, we will proceed with our tested and practiced non-toxic lice treatment. Each treatment will take 2-3 hours on the first day and will be repeated every 4 days during your child's time at camp until they are nit free. Overall, this will not isolate the camper from their group,

but treatments will take campers and a staff member away from activities. We will do our best to minimize the time while ensuring a thorough treatment.

Ticks and Lyme Disease

Over the last few years in Southern Ontario there has been an increase in Ticks that carry Lyme Disease. All of our counsellors will be trained in Tick Checks, Identification and Removal. You can help us help your camper to **prevent** tick bites.

- Pack light-coloured long pants and long sleeve shirts to wear while on nature hikes on “The Range” to make it easier to visualize crawling ticks.
- Provide bug spray so your children can spray their shoes and ankles before walking in long grass.
- Talk to your child about doing tick checks after they have walked in long grass or are on trip. [Please click here](#) for tick prevention information.
- Day campers: Parents, please do a tick check in the evening.
- Overnight campers: Parents, please talk to your child about how their counsellors will help them check for ticks behind their knees, on their necks, behind their ears and in their hair. This will be done in the cabin or while out on trip with other campers present.
- **If a tick is found**, your child will be seen by the camp nurse or paramedic (if on trip, by a staff with Wilderness First Aid) who will remove the tick as per the [Centre for Disease Control protocol \(click here\)](#).
- The camp physician will be contacted if it is suspected that the tick is a Blacklegged tick attached for >24hrs. Parents will receive a phone call regarding tick removal and be included in discussion of any next steps that may need to be taken.

Bed Bugs

Over the last few years, bed bugs are making a resurgence. Camp Kawartha has had to deal with this annoyance and is taking as many preventative measures as we can. We have a canine unit (aka, sniffer dogs) assess the entire site twice a year including immediately prior to the Summer Camp season. Additionally, our maintenance and housekeeping staff are trained on inspection, and will do so during our mid-summer changeover. When bed bugs are found in a cabin, that cabin is closed, heat treated and not put back in service until we are directed to do so by our pest control partner.

Here is how you can help us prevent bed bugs.

- If you have been travelling before coming to camp or live in an area where bed bugs have been a problem, please ensure proper prevention, detection, and treatment

methods. <https://www.canada.ca/en/health-canada/services/pest-control-tips/bedbugs-how-do-i-get-ridthem.html>

- Before packing items (clothes, shoes, sleeping bag, pillow, etc), place them in a hot dryer for 30 minutes. *Freezing is not effective.*
- Be conscious to wash items that may have been in storage for a significant amount of time and not part of a regular wash cycle (ie. Sleeping bag, sheets or blankets that may have not been used for a long period of time), and dry in a hot dryer for 30 minutes.

Please visit our website [Health and Safety page](#) for more resources.

If you have any questions or a specific concern regarding your camper's health, please feel free to contact our healthcare team at healthcare@campkawartha.ca. We will try to respond within 24-48 hours.

Health & Safety Policies

With over 100 years of operation, Camp Kawartha has had much opportunity to refine our policies when it comes to safety. See below for some of our policies. Please note that this does not include every safety policy that our staff are trained on, and that additional staff training and policy updates are ongoing.

Extreme Weather & Storms

Our most recent learning experience with the Derecho of 2022 taught us a lot about how we could approach extreme weather and storms in a safer, more controlled fashion. As a result, a team of our most senior staff put together a storm response policy that campers and staff alike follow.

Two of our most senior staff, typically the Summer Camp Director and the Assistant Summer Camp Director act as the 'storm designates' throughout the summer. It is their role to monitor the weather and enact our storm protocol at the outset of signs that a storm is approaching. We use weather radars and visible weather signs to assess developing weather (winds picking up, dark clouds approaching, rain beginning/picking up etc...). If there are signs that weather is developing and may begin to pose a threat, the weather designates will use our communication systems (walkie talkies held by many of our staff) to move us into one of our 'Weather Zones'. On their first day of camp, campers will be briefed on these 'zones' and the action that they require.

- **Yellow Zone** indicates that the winds have picked up and/or thunder has been heard. During yellow zone, our swimming area and rock wall close, and campers must return from the range. All other activity can continue as normal.
- **Orange Zone** indicates that the weather is developing and getting more severe. Orange zone requires that campers and staff all begin to make their way up to the dining hall space; campers who are in swimsuits may change and then head up to the dining hall. Counsellors will account for all their campers during this transition time.
- **Red Zone** indicates that the weather is appearing to be very severe. In this stage, campers must immediately make their way to the dining hall, and do not have time to return to the cabin to change. Counsellors will account for all their campers and very quickly and usher them up to the dining hall. Campers and staff who are unable to safely make it to the dining hall in time will shelter in the nearest building until the storm has passed. Red zone is also marked by the prolonged ringing of our camp bell. Once in the dining hall, our counsellors will be prepared to help calm camper nerves and provide gentle entertainment until the storm has passed. If the storm was very extreme, our senior staff will do an assessment of the camp (checking for damage, downed trees etc.) before allowing the campers out of the dining hall and back to their usual activities.

If a storm occurs in the night while campers are in their cabins, they will remain in their cabins for the duration of the storm and be encouraged to try their best to fall back asleep. If the storm is very severe, the campers may be asked to bring their mattresses down to the floor of the cabin, as an added safety measure.

Please note: In the case of severe weather, our staff, including our Summer Camp Director, will be very busy managing the safety and wellbeing of the campers in real-time. As a result, we will not be available to answer emails immediately, or provide minute-by-minute updates on your camper's wellbeing. If a storm is highly damaging or a very scary event for some of our campers, we will be in touch with their families as soon as we are able. Additionally, the internet and phone lines servicing our camp can tend to be damaged in storms; it may take us some time following a storm to be able to return to our regular capacity of communications. If anything requires immediate communication to any family (i.e. any injury caused by a storm), we will travel to where service is available to ensure that communication is made as soon as possible.

Missing Campers & Searches

Over the years, we have developed a policy and staff training for how we can conduct searches of our property in the case that a camper goes missing. To help prevent campers going missing, we take care to show our campers the designated boundaries of the camp on the first day.

We have an extensive search procedure that our staff are trained on during our staff training week. Starting with a preliminary search of the entire campground and moving into a search of both our land and water areas, these searches are designed to cover as much of the campgrounds as we possibly can with the staff that we have.

Our staff practice our search procedures at least once per session, and campers are told by their counsellors where to go for when we are practicing a search drill. During a drill, all campers are sent up to the dining hall, where attendance will be taken.

If a camper demonstrates an intent to run away from camp or attempts to run away from camp, they will be sent home immediately without refund, as it poses a significant risk to the camper's safety and wellbeing.

Fire

In the case of a fire at camp, our campers and staff will be sent to an appropriate holding area while emergency services come to intervene. In some scenarios, this may include waiting in their cabins for some time while the emergency is dealt with. Each cabin is equipped with a fire extinguisher, as are all of our camp buildings. In the case of a fire at the camp, campers and staff will receive directions from the Summer Camp Director or Assistant Summer Camp Director while emergency services are on their way.

Canoe Tripping & Wilderness Programs

Tripping Locations & Routes

What trip your child will go on depends on a variety of factors including their age, the program they are enrolled in and the availability of camping sites. Our youngest trips are done on the range, a large piece of forested land that is a part of the camp and would be for one night. As your child gets older the trips will leave camp property and take place in the Kawartha Highlands, Algonquin Park, and potentially in the Killarney Park.

Kawartha Highland Trips range from two days and one night up to five days and four nights. An example of a route we would do for a one-night trip would be from Wolf Lake to Crab Lake where they would camp for the night and then leave back the way they came the next day. Some other trips that we have done here in the past are Bottle Lake to Sucker Lake, Long Lake to Racoon Lake, the Serpentine Loop, and Anstruther Lake to Long Lake.

Trips to Algonquin are usually only done by our older campers aged 14 and older and are longer trips. Programs that do these trips have been CSD, WCSD, LIT, WLIT, Senior Trip and Algonquin Canoe Adventure. A standard route for a five day trip would be to do the Big Trout Loop starting and ending at Canoe Lake. We have also done trips down the Nipissing River and our longer trips tend to be to places our trippers have explored themselves whether that is up on the north end near Kioshokowi Lake or more East near Lake Travers.

Killarney is a place that we love to go to with our WLITs as it is quite beautiful but does also fill up quite quickly. Our tripping Director will try to see if they can create a trip here because it can be so memorable, although routes vary greatly from year to year depending on when we are able to have our leadership numbers set. They will use their tripping experience here to make sure that there will be sights to remember.

A Day in the Life of Trip

While on trip we are out in the wilderness and need to operate on a different schedule than we do at camp. The beginning of our days involve breakfast, taking down our campsite, and filling up the canoes with our packs. The time that we wake up depends on the day and how far we will need to travel.

Once the campsite has been disassembled it is time to head out on the water. Canoeing across lakes and portaging the canoes across trails takes up the majority of our day. The trippers lead our canoes and direct us where to go. Throughout the day there will be time set aside for snack breaks and lunch as well. Water bottles are kept full throughout the day as staying hydrated, especially in the wilderness, is very important.

Once we arrive at the campsite for the day the boats are unloaded, and everyone will help to set up the tents. Once everyone is on land, they will be able to change into their dry clothes and then help gather firewood. Once enough firewood has been assembled it is time to cook dinner and dessert. The day ends with a check-in about how everyone's day went. Then it's time for bed, everyone will head to their tents to get some much-needed rest for tomorrow's journey.

Packing for Trip and Preparing for Trip at Camp

When packing for trip it is always important to pack lightly, the more you pack the more you will need to carry. The packing itself will happen at camp a couple days before the trip leaves so all you need to do before coming to camp is to make sure you have the

necessary items. Campers do not need to bring tents, personal packs, or any camping equipment (pots, pans etc...).

Packing lightly also means that we discourage the bringing of certain items, and for other items, we will bring a communal supply. For example, we discourage campers from bringing bulky hairbrushes unless absolutely necessary ('trip braids' are a fun solution for those with long hair), or pillows (which are heavy and take up too much space). Campers may be allowed to bring a Therma rest or blow-up pillow if it can be compressed into a very small package that can easily fit into their dry sac. Rather than each camper bringing individual sunscreen, bug spray and toothpaste, the group will bring a couple of each for the whole group to share. These items must be stored within our food barrels to ensure that there are absolutely no scented items within the sleeping tents (as they attract animals).

To Pack for the Day

- Pea-less Whistle (FOX40 is good)
- Rain Jacket
- Wet Shoes with ankle support (Crocs do not provide enough support)
- T-shirt
- Bathing suit
- A pair of socks
- Quick Dry-shorts
- Sunscreen
- Spf lip balm
- Insect repellent
- Hat
- Refillable water bottle

To Pack for the Evening

- Dry shoes (no flip flops)
- Long sleeve shirt
- Sweater
- A pair of Pants
- Underwear for each night on trip
- A pair of socks
- Flashlight
- Toothbrush and toothpaste
- Sleeping bag (the more compact the better)
- Dry bag 20-30L
- Cards, journal, small book (optional)

Portaging

Most days on trip there will be some amount of portaging to travel from one lake to another. Portaging is a group effort where everyone works together to move all equipment packs and boats. Campers will be able to carry objects based upon their ability with personal packs (packs with everyone's nighttime packed items) usually being the lightest and canoes being the heaviest. These portages range in distance from less than 100m to over 3km. The longer portages are saved for older campers as they do tend to be more physically intensive.

While portaging one counselor leads the group and another is the tail. That way campers will not get lost. If anyone needs to take a break during the portage, they will have the chance to do so as many times as is needed.

Trip Foods & Meals

On trip, meals are incredibly important to keep everyone's energy up for the paddling that they will need to do the next day. As a result, our trippers make sure to work with the campers to design a meal plan that will work for everyone. These meal plans include accommodating people with dietary restrictions be that vegetarian, vegan, gluten free, or accounting for any other food-based allergy.

Food planning happens days prior to leaving for trip and the tripper will work with the group to find what meals we offer and should be brought on the trip. Breakfasts range from oatmeal, to pancakes, to eggs and bacon, and 'no-bake' (pan-fried oatmeal with apples and brown sugar). Lunch tends to be some form of sandwich or wrap as cooking is not usually an option during the middle of the day. These wraps have a variety of toppings and spreads including, salami, cheese, hummus, jam, soy nut butter and baba ghanoush. Dinner is where there are the most options as there is more time to cook, with meals ranging from stir fry, to chicken burgers, to alfredo pasta, and pizza.

Dishes are done on trip every morning and evening in a large pot with soapy water. By doing the dishes in a pot this prevents polluting the nature around the campsite and keeps animals away from the site as well. The dishwater is disposed of once all dishes are finished by pouring it into the thunderbox at the site we are on. The soap we use is biodegradable so that it has the least effect on the environment around us. One of the camper's tasks on trip is to do the dishes after meals! This helps campers to learn the importance of pitching-in and understand the principles of environmental kinship.

While on trip all dietary restrictions and allergies will be accommodated. This may involve making sure that spoons are only used once for spreads to avoid cross contamination, for example of the gluten from the bread to the spread. This can also mean that some meals will have two different options one vegetarian and one not though we do try to have everyone eating the same meal. For severe allergies such as anaphylaxis we make sure to avoid bringing those items on trip to make sure there is no risk of cross contamination.

Drinking water is readily available on trip and is provided in a variety of ways. At Camp Kawartha, we have drip bags that filter the lake water through gravity so that it is drinkable. Drip bags are a sustainable and ideal way to get water but they can take a long time and so we also bring pristine and aqua tablets on trip for when clean water is needed more quickly. These are chemicals that have been designed to purify water and make sure that there aren't any harmful microbes in the water that could get someone sick. The tripper is the person in charge of making sure that enough time has passed after the chemicals have been introduced to the water so that it has become safe to drink as well that the right amount of pristine has been used. Water is always collected at the centre of the lake where there are less particles floating in the water.

Sleeping on Trip

Sleeping on trip can be something that takes time to get used to. Every camper will be in a tent that fits between 3-6 campers. They will each have brought their own sleeping bag that will keep them warm through the night. As noted above, blankets and pillows take up too much space to bring on trip. Instead, campers often use the dry bag that their night clothes were packed in as a pillow and the sweater and pants that were packed help to keep them warm. Some campers find that the noises outside the tent make it difficult to sleep, so earplugs are allowed if they are helpful!

Counselors do not sleep in the tents with the campers and are instead in their own tent nearby. The counselors are close enough that they can still hear and supervise the campers while giving them their own space. If there is an emergency in the night, all campers will know where the counselor tent is and can get help needed at a moment's notice.

Medication on Trip

Medication on trip is administered and stored with the tripper. The tripper will have received instruction and training by the nursing team about how to administer any medication that a camper has on the trip. All administration of medication is recorded

and once the tripper returns is checked by the nursing team. The trippers will also carry ibuprofen (advil), acetaminophen (tylenol), and dimenhydrinate (gravol) that they can give out as needed and is also recorded. The trippers are made aware of any allergies or restrictions that are present for all campers on trip. The trippers will also always carry an epi-pen or epinephrine vial with them in the case of an anaphylactic reaction.

Wild Animals

As trip takes place in the wilderness there are many wild animals around at all times. Usually these tend to be squirrels, foxes, and beavers, though there is always the chance that larger more dangerous animals such as moose or bears could be in the area. All trippers have been trained about how to avoid these animals as best as possible as well as the signs that such animals may be in the area. In the case that a large wild animal is nearby the trippers will do all in their power to make sure that the children are as safe as they can be and to leave that site as soon as possible without escalating the situation. To minimize risk of encountering wild animals all waste is disposed of away from site and all food is stored away from sight that way if an animal does come in the night they will not come towards the tents. All campers are also trained on our protocol for what to do if they encounter a wild animal while on canoe trip.

Bugs

In the wilderness especially at certain times of year bugs such as mosquitos and flies are a common occurrence. Bug spray is something that Camp Kawartha encourages campers to bring on trip if they are worried about how the bugs may affect them. If a camper is particularly sensitive to bugs, or is heading out for a longer expedition, they may consider bringing a mosquito face net or a mosquito jacket.

Trip Emergencies

Before going on every trip our nursing team does a pre-trip check with every camper and our trippers. This check is to make sure that the trippers are aware of the condition of each camper as well as to assess any pre-existing injuries or health issues. The tripper is informed at this time about any medication a camper might have and how to administer them. On return from trip a similar post trip check is performed with the nursing team and trippers where any new injuries from trip are discussed, and the nursing team is informed of any first aid that needed to be performed during the trip.

While on trip every tripper will have some means of communication with the camp on them at all times. In the Kawartha Highlands this is simply a cell phone as cell towers are close enough to provide service throughout the park. The phones are kept power off at

all times except to let the camp know that the group has made it to a campsite successfully or in the case of an emergency.

In Algonquin, cell service is hard to come by and so our trippers use a combination of satellite phones and spot-x devices. The spot-x devices can be used to send text messages and are used to let the camp know when they arrive at the final campsite for the night. Satellite phones on the other hand are used when a phone call needs to be made such as in an emergency. If an emergency call is being made to the camp, the nursing team will work alongside the tripping director and summer camp director to help the tripper manage any emergency situation.

All trippers in the employ of Camp Kawartha have either their Wilderness Advanced First Aid (WAFA) or their Wilderness First Responder (WFR). These courses train the tripper in how to respond to a variety of first aid situations when medical response may be hours away. Every campsite will always have at least 1 WAFA or WFR present so that there is always a qualified staff present in the case of an emergency.

If an emergency were to occur and an evacuation is needed the tripper will work with the camp and emergency services to coordinate an evacuation point. For each and every campsite that the group will be staying at the nearest evacuation point will have been identified before leaving on trip. Depending on the severity and emergence of the situation, evacuations may occur immediately or may be planned for the next day. Trippers always carry a the map of the area, so if an emergency arises during the day they will use that to find the nearest access point for an evacuation.

Communications on Trip (Camper mail & Canoe Trip)

Due to the nature of trip being in the wilderness several means of communication that campers would normally have access to are not available. An example of this would be camper mail. While letters and emails will still arrive at camp, the campers will not receive them while on trip. Once they return from trip, they will receive all mail that arrived during their absence. This also means that while on trip campers will not be able to respond to any letters sent. The only communication between camp and the trip other than in the case of emergencies happens when the tripper checks in with camp and informs camp that they have arrived successfully at the campsite.

Swimming on Trip

While on trip, swimming can be a great activity both for cooling off, as well as for having fun with the group. That being said, swimming is not a guarantee on any trip and also

must be done following several safety protocols. Any time that swimming is happening on trip there must be trained lifeguards present and actively guarding the group. All swimmers must wear both lifejackets and their water shoes. This is due to the waters being unknown, and as a precaution against potential dangers such as undertows and other currents. The judgement of whether campers are allowed to swim while on canoe trip will be left up to the tripping staff.

Cliff jumping is an activity that will not happen while on trip. Due to the dangers that can be present when it comes to cliff jumping, such as unseen rocks and changing water levels the activity will not happen on trip in any form.

Day Camp & Kinder Camp

Day in the Life of Day & Kinder Camp

Every day at Day & Kinder Camp is slightly different with many activities to experience and explore. Each day there is a nature hour where the campers learn and interact with the environment, a craft activity including one day of tie-dye, and a swim period where the children have an hour of free swim time. In terms of meals, there will always be time provided for lunch as well as two snack breaks. There are also several activities that campers can expect do at least once during the week including archery, a trip to one of our wetlands, and rock climbing. Specific activities are weather-dependent and, as the week is packed full of fun, it is not always possible to 'make up' missed activities due to weather.

Below is an example schedule for a day of Day Camp! Kinder Camp follows a similar schedule, with different activities and a later swim time (right before pickup). Staff review weekly and daily schedules with campers so that they know what to expect!

8:30-9am: Arrival

9:15: Snack & Games

9:45-10:45: Nature Hour

10:45-12: Craft

12:15-1:15: Lunch

1:15-1:30: Change for Swim

1:30-2:20: Swim

2:30-3:30: Activity

3:30-4:00 : Snack & Get Ready for Pickup!

4:00pm: Pickup

Day Camp Packing List

- Life Jacket
- Sunscreen
- Hat
- Reusable water bottle
- Running shoes
- Swimsuit
- Water shoes
- Towel
- A **Nut-free** lunch, including no 'may contain' items.
- Snack for the morning and afternoon
- A white cotton shirt for tie-dye
- Long pants and socks (optional), for tick safety on the range

Theme Days

For Day and Kinder Camp, there will be a theme day once a week! These themes change each week and can range from wetlands, to dinosaurs, to space; parents will be notified of the theme for their camper's week ahead of time. For these theme days, campers are encouraged to come dressed up as something related to the theme – though it is not mandatory! Activities such as crafts and games will also be related to the theme!

Arrival & Departure (drop-off locations)

Arrival for both Day Camp and Kinder Camp happens from 8:30-9:00am on the upper playing field (just beyond the parking lot) at our main site. The Day and Kinder camp staff will be ready to greet you and are usually stationed under a tent. The campers will sign in and then will play games until the rest of the campers arrive! Once all the campers arrive, they will head over to either the Day Camp Clubhouse or the Kinder Camp Cave depending what program they are in. Children can be dropped off by car,

boat (although the Day Camp Director must be notified prior to the session start), or simply walked over if you live close enough.

Pick-up for Day and Kinder camp begins at 4:00 pm and ends at 4:30 pm. If you are going to be late picking up your child, please call our office at 705-652-3860 so we can reassure your camper and be ready for when you do arrive! Pick-up will happen at the same location on the field as morning drop-off.

Day Camp Swim

Every day there is a swim period for Day Camp and Kinder Camp, where the campers have the opportunity to swim, build sandcastles, and play water games together at our waterfront (weather-permitting!). Most days this activity happens in the afternoon, but families will be provided with the specific schedule for their child's week of camp ahead of time. There will always be at least 2 trained lifeguards present during any waterfront activities.

At the waterfront every camper should have a bathing suit, towel, water shoes, water bottle, and hat. Though we do have a sand beach for campers to play on, water shoes are recommended because the shallow area of the lake does contain some rocks and occasionally zebra mussels.

All Kinder Campers will be required to wear a lifejacket at all times while swimming or at the waterfront. On the first day of each session, any Day Camper who wishes to swim without a lifejacket may take a swim check, in which our Waterfront Director will evaluate their swimming abilities. This check involves swimming the length of our dock (roughly 20m). At the Waterfront Director's discretion, Day Campers who complete the swim check may be permitted to swim in the shallow end without a lifejacket. This decision will be based on competent completion of distance as well as other elements such as endurance and breathing.

Swim time happens in the shallow end of our waterfront for Kinder Camp, and most days for Day Camp, but once every week our Day Campers will be scheduled for a deep end swim! This gives our Day Campers the chance to use our barge and go down our slide. While swimming in the deep end every swimmer will wear a lifejacket regardless of how they performed on the swim check.

Sunscreen, Water, Hats etc...

Sun safety is something that we pride ourselves on at Camp Kawartha and we always make sure that it is our priority. Before every outdoor activity our counselors make sure that every camper has put on their sunscreen and has both their hat and water bottle. If a camper does not have sunscreen, we will make sure that it is provided to them, though we do ask that you bring your own sunscreen. Every camper should arrive with their own water bottle. If they run out of water their bottles can be filled at one of our many water stations across camp (including one in the Day Camp clubhouse). **Please be sure to put apply sunscreen prior to camper's arrival.**

Day Camp Meals

Meals in the Day Camp and Kinder Camp programs are not provided by the camp and should be brought from home. During the day there are two scheduled snack times (one in the morning and one in the afternoon) and lunch time. Lunch lasts for an hour and provides the campers with time to rest and recuperate before getting back into the activities. For Day Camp, all meals are eaten in the Day Camp Clubhouse, typically while campers sit on the floor with their peers and counsellors. For Kinder Camp, all meals are eaten inside the tent or at picnic tables in the Kinder Camp Cave.

Toileting

At Camp Kawartha we have three main washroom facilities. The one primarily used by both Day Camp and Kinder Camp are the Colossals, as they are located closest to the Day & Kinder Camp programs.

The Colossals are split into two sides, a boys side (for boys and those who feel most comfortable using the boys side) and a girls side (for girls and those who feel most comfortable using the girls side). These facilities have running clean water that is filtered and is drinkable though our drinking water we do bring in from outside.

If an all-gender washroom is something that would work better for your child our dining hall bathrooms are also available. These are four stalls in our dining hall that can be used by everyone. Day Camp tends not to use these facilities as often as they are in a high traffic area for our overnight campers.

Please Note: Our staff are not trained to provide toileting support to our campers (help wiping etc...). Please reach out ahead of your camper's session if you think this may be an issue for your camper.

Frequently Asked Questions

1. Do any of your programs qualify for Duke of Edinburgh awards?

No, technically none of our programs qualify for Duke of Edinburgh awards.

2. My children are both going to camp at the same time. How much will they see their sibling? Will they be in the same cabin?

Having a sibling at camp is a great way to help ease the transition from home to camp! Depending on the age difference between siblings, campers may or may not be in the same cabin as their sibling. Generally, age differences of under two years might result with siblings in the same cabin. In this case, we will do our best to split siblings up or pair them together at the family's request. For siblings in different cabins, they will have separate classes, eat separately at mealtimes, and spend rest hour separately, but may sign up for the same interest choices, spend GBRS together, and hang out during after dinner free time. There will be lots of chances for campers to connect with siblings or friends in other cabins!

3. Do you offer bussing or transport to the camp?

No, unfortunately we cannot offer bussing services or transportation for campers to or from camp. This includes international camper pickup from the airport.

4. My camper lost an item at camp. How can we get it back?

Due to the busy nature of camp, we cannot guarantee that everything that comes to camp will make its way home. It's easy for campers to accidentally leave things like goggles or water shoes at our waterfront, or to accidentally misplace hats, sunglasses etc. while at camp. We recommend that families do not send any valuables to ensure that nothing that gets lost will be sorely missed.

At the end of each session, we go through our lost and found and show the items to all the campers at camp. If something has been found that is theirs, they will have the chance to claim it. We also will have a lost and found table for families to look over on departure day. If your item has not been found, please send our Assistant Directors, Sadie and Hilary, an email, and we will do what we can to find it for you.

5. Our plans have changed and someone else will be picking up my camper from camp. Is this allowed? Who do we need to contact about this?

Please contact our Assistant Directors, Sadie and Hilary, about this as soon as possible. This is only allowed with explicit written parental permission and a valid I.D. of the person who is picking up the child.

6. Some part of my campers medical or personal information has changed since I filled out the camper forms. What should I do about this?

Please contact our registrar, Serhii, to be instructed on how to edit and reupload your forms. If the change affects your camper's medical health, or will require an accommodation, please contact our health team.

7. Can parents come visit their campers during their stay?

No, we do not offer visitors days at Camp Kawartha. Parents are invited to write their child a letter while they are at camp.

8. What happens if my camper wets the bed/is scared of the dark/has a nightmare?

Our counsellors are trained on how to support campers with nighttime concerns. We can make arrangements with campers who commonly wet the bed to discreetly put on nighttime briefs before bedtime in the bathroom or in our health centre, and discreetly dispose of them in the morning. If a counsellor becomes aware that a camper has had an accident in the middle of the night, the staff member will be able to wash the camper's sleeping bag in our laundry facilities, and get them a fresh sleeping bag/bedding to borrow until theirs are clean! The camper may also have a shower if needed. We do our best to handle wetting the bed discreetly so that it doesn't end up known by the whole cabin.

Many of our campers are scared of the dark or have nightmares; we have nightlights available for cabins that need them. Our staff will be nearby to provide campers with support should they have a nightmare or have difficulty sleeping.

9. What is the cabin cup? What is the golden broom?

"Cabin Cup" is our award that is given out at the end of each session that each cabin competes to win! During the session, campers work to earn "Cabin Points" by doing things such as remembering to bring their water bottles to meals, being sun safe, winning an EP, or using the KYBOS. At the end of the session, the cabin with the most 'Points' wins the cabin cup – a trophy FILLED with TUCK!!

To aid in the efforts to keep our cabins clean, cabin groups compete to win the 'Golden Broom' each session. Each day after rest hour, our nursing team evaluate each cabin for cleanliness and give it a score out of 10. At the end of the session, the cabin with the highest score in Cabin Cleanup will win the Golden Broom! A major part of Camp Kawartha history, a Golden Broom winner is a Golden Broom Winner for LIFE!

10. Will my leadership camper/PLC have the chance to do laundry while at camp?

Yes. Each camper group that stays for more than 2 weeks will have the chance to go into town for 'Town Day' (Peterborough or Lakefield) and do laundry. Our staff will be there to help campers who have never done laundry before and don't know how!

11. My camper is scared of fish/the lake. Will they still enjoy camp?

Yes, they will still enjoy camp! Our staff will gently encourage them to face their fears when they are ready, but no camper will be forced to swim or to go into the lake. Luckily, fish in our lake know that lots of splashing and activity happens at C.K. and generally stay away when the waterfront is busy. Campers will also have the whole session to warm up to the idea of being in the lake... and the water trampoline, barge, and waterslide are some nice incentives to get campers to explore their growth zone by jumping into clear lake!

12. My child has ASD/ADHD/Mental Health needs. Can they come to camp?

We have campers each summer who have diagnoses of ADHD, ASD, or a variety of mental health needs. We request that families of these campers please contact us ahead of time (ideally before registration) to discuss the camp environment, and see if our camp environment will be a good fit for their camper. Due to our staffing limitations, we cannot provide 1 on 1 support for any camper while they are at camp. We are, however, able to provide accommodations on an individual basis to help each camper have a good camp experience.

13. What happens if I forget something that I had meant to bring with me to camp?

We know it can be tough to remember everything – going over your packing list one final time before leaving can help. The camp has extras of the essentials for campers (toothbrushes, pillows, sleeping bags etc...), but if you accidentally left a special item behind, touch base with us and we can help arrange for you to drop it off or for an alternative arrangement to be made.

14. Can my camper bring their favourite stuffed animal with them to camp?

Campers are allowed to bring their favourite stuffies with them to camp... but we don't recommend doing so if the camper would be devastated if it were to get lost/dirty. Cherished stuffed animal pals are, however, more than welcome to send letters to their camper friends through our camper mail ;)

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Overnight Packing List

Items & Suggested Quantities	3-4 Days	1 Week	2 Weeks	3-4 Weeks
<input type="checkbox"/> T-Shirts (best for sun protection)	3	4	8-10	10+
<input type="checkbox"/> Shorts	2	4	6	6
<input type="checkbox"/> Long Sleeve Shirts (for evening protection against Bugs)	1	2	4	5+
<input type="checkbox"/> Sweaters	1	2	3	4+
<input type="checkbox"/> Pants	1	2	4	4
<input type="checkbox"/> Pairs of Socks	4	6	8-10	8-10
<input type="checkbox"/> Pyjamas (include both a light pair and a warm pair)	1	2	3	3
<input type="checkbox"/> Bathing Suit (Brightly coloured swimsuits are recommended)	1	2	2-3	2-3
<input type="checkbox"/> Beach Towel	1	2	2-3	3-4
<input type="checkbox"/> Pairs of Underwear	5	10	16+	16+
<input type="checkbox"/> Jacket				
<input type="checkbox"/> Closed toe running or hiking shoes – sandals can't be used on the basketball court or when going for hikes				
<input type="checkbox"/> Watershoes, crocs or sandals to be worn at the waterfront and wetlands				
<input type="checkbox"/> Rain gear for rainy days: raincoat, splash pants, rubber boots				
<input type="checkbox"/> Hat & Sunglasses are essential for sun protection				
<input type="checkbox"/> Sunscreen – choose one that is waterproof and SPF 30 or higher				
<input type="checkbox"/> Insect repellent				
<input type="checkbox"/> Re-fillable Water bottle (min. 750ml) (1 L waterbottles available for sale in our Giftshop)				
<input type="checkbox"/> Sleeping bag, twin-size fitted sheet & pillow				
<input type="checkbox"/> Flashlight - consider a crank flashlight that doesn't require batteries				
<input type="checkbox"/> Personal hygiene items: toiletry bag or organizer, hairbrush/comb, toothbrush, (we strongly recommend a toothbrush cover), toothpaste, soap, shampoo & conditioner, washcloth, towel, deodorant, chapstick, pads/tampons/period underwear etc... for those who need it				
<input type="checkbox"/> Laundry bag or old pillow case for dirty clothing				
<input type="checkbox"/> Pre-addressed and stamped envelopes to write home				
<input type="checkbox"/> Journal/notebook, pen/pencil, books (for rest hour)				
<input type="checkbox"/> White cotton items so that the camper might tie-dye them (e.g. t-shirt, pillow case, socks)				
<input type="checkbox"/> Regular or emergency medication (medication will be left with nurse at camp, must be in original packaging!) – see medication packing information.				
<input type="checkbox"/> ** (3-wk PLCs and 4-wk Leadership Campers Only) Money for laundry and food for Town Day excursion				

**** LABEL EVERYTHING! **** We recommend iron-on or sewn-in labels for clothing and permanent ink on adhesive tape for other items. Do not send expensive clothing or belongings...we encourage campers to use what they have on hand, or check-out second-hand stores and limit any new purchases. Please make sure your camper arrives with enough clothing to stay warm and dry for the entire session. Only 3–4 week campers will have access to laundry facilities approximately half-way through their session.

Packing Recommendations: Packing belongings in a duffel bag or old suitcase. Avoid using garbage bags, which only get torn allowing belongings to fall out. And since garbage bags all look the same, someone may go home with the wrong 'garbage bag' of belongings. If luggage or sleeping bag is tied, use a strong rope. Make sure all bags are clearly marked with your camper's name so that it cannot be mistaken for someone else's luggage. When packing, make sure that the camper helps so that they know where everything is and are able to do the task when leaving camp. Finally, avoid valuable/expensive accessories. In most cases, the camp cannot take responsibility for lost items.

Lost & Found: Camp Kawartha is not responsible for lost items or items left behind at the end of sessions. We strongly urge parents and campers to label their clothing and belongings, and check the 'lost and found' before departing on the last day. If you do forget something, you will be responsible for making arrangements to pick up or pay for the return of any items left behind. Items will be held for 3 weeks after the end of each session, and then donated to local charities. We simply cannot hold onto unclaimed items after 3 weeks.

Prohibited Items: (Prohibited items will be confiscated – see Camper Code of Conduct)

- No cigarettes, matches, or lighters, knives or weapons, drugs or alcohol, hairdryers, curling irons, or hair straighteners (fire hazard), perfumes or aerosol deodorants (irritants to those with allergies); vapes or Juuls
- Do not bring jewellery, money or anything that will be missed terribly if lost

****** Camp Kawartha is committed to preserving the spirit of camp – in our opinion, a cell phone, personal media players and other electronic devices inhibits one's link with camp experiences and diminishes the capacity to grow within a team and camp environment. For these reasons we prohibit campers from bringing cell phones and other electronics to camp.

Arrival and Departure Times – Overnight

**** Please note the following:**

- Our gates will not open prior to the earliest arrival time listed. Our staff are busy preparing for campers arrival during this time. Strive to arrive 5-10 minutes after your arrival time listed.
- If you are dropping off more than one camper of different ages, arrive at either arrival time listed.
- Unfortunately, we are unable to offer tours of the camp during arrival or departure days. If you are interested in a tour, you're encouraged to come to our open house!

Session	Age Group	Arrival Time	Departure Time
July Leadership Friday, June 28 th – Wednesday, July 24 th	CSD	12:30	1:30
	LIT	1:30	2:00
	WCSD	2:30	2:30
Session A & PLC 1 Sunday, June 30 th – Saturday, July 6 th	8-9 Year Olds	12:30	11:00
	10-year Olds	1:15	11:30
	11-year Olds	2:00	12:00
	12 Year Olds	2:45	12:30
	13 – 14 Year Olds	3:30	12:50
Session B & Wilderness and Leadership Sunday, July 7 th – Friday, July 19 th	8 – 10 Year Olds	12:30	1:30
	11- 12 Year Olds	1:30	2:30
	13 – 14 Year Olds	2:30	3:30
Session B1 Sunday, July 7 th – Saturday, July 13 th	8- 10 Year Olds	12:30	1:30
	11- 12 Year Olds	1:30	2:30
	13 – 14 Year Olds	2:30	3:30
Session B2 Sunday, July 14 th – Friday, July 19 th	8 – 10 Year Olds	12:30	1:30
	11 – 12 Year Olds	1:30	2:30
	13 – 14 Year Olds	2:30	3:30
Session C & Junior Canoe Trip Sunday, July 21 st – Friday, July 26 th	7 – 9 Year Olds	12:30	1:30
	10 Year Olds	1:15	2:00
	11 Year Olds	2:00	2:30
	12 Year Olds	2:45	3:00
	13 – 14 Year Olds	3:30	3:30

Session	Age Group	Arrival Time	Departure Time
August Leadership Sunday, July 28 th – Friday, August 23 rd	CSD	3:00	1:30
	LIT	3:30	2:00
	WLIT	4:00	2:30
Session D, PLC 2, & Wilderness Canoe Trip Sunday, July 28 th – Friday, August 9 th	9 – 11 Year Olds	12:30	1:30
	12 Year Olds	1:30	2:30
	13 – 15 Year Olds	2:30	3:30
Session E Sunday, August 11 th – Saturday, August 17 th	7 – 9 Year Olds	12:30	11:00
	10 Year Olds	1:30	11:30
	11 Year Olds	2:30	12:00
	12 – 14 Year Olds	3:30	12:30
Session F Sunday, August 18 th – Friday, August 23 rd	7 – 9 Year Olds	12:30	11:00
	10 Year Olds	1:15	11:30
	11 Year Olds	2:00	12:00
	12 Year Olds	2:45	12:30
	13 – 14 Year Olds	3:30	12:50
Session N Sunday, August 25 th – Wednesday, August 28 th	6 – 7 Year Olds	12:30	11:00
	8 Year Olds	1:30	11:30
	9 – 10 Year Olds	2:30	12:00
	11 – 12 Year Olds	3:30	12:30