



**ROTARY - YMCA**

# **CAMP PRESQU'ILE**

**CAMPER INFORMATION GUIDE**





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# WELCOME TO CAMP PRESQU'ILE

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Owned by the Rotary Club of Owen Sound and operated on behalf of the Rotary Club by the YMCA, Camp Presqu'ile is located on the shores of beautiful Georgian Bay. This guide is for campers and parents to help prepare for camp this summer. Whether it's your very first time away at camp or you're a returning camper, this guide will answer your questions.

Being at camp is a different experience than being at home. Our goal is to provide a safe and unique environment for children to push themselves out of their comfort zones, disconnect from technology, and grow. We sleep in cabins of 8-10 people, eat in dining halls as large group and we are outside most of each day with nature and the bugs! We expect all campers and staff to treat each other with respect and help others enjoy their time away from home. Our hope is for campers to return home with greater confidence, new friendships, and excitement for their outdoor surroundings, so they return to camp year after year!

We will be hosting information sessions online for parents and campers to attend and learn about the Camp Presqu'ile experience. We can't wait for you to join our community this summer!

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## The Presqu'ile Team

[presquile@osgb.ymca.ca](mailto:presquile@osgb.ymca.ca)





# CAMP PRESQU'ILE

# MISSION STATEMENT

Camp Presqu'ile is dedicated to building a safe, caring, healthy community by providing all youth with the opportunity to achieve personal growth in spirit, mind and body, and an appreciation for the natural environment. In partnership with the Rotary Club and YMCA of Owen Sound Grey Bruce our camping services are based on the following guiding principles.







# OUR GUIDING PRINCIPLES

## SMALL GROUP EXPERIENCE

- We focus on your development process and we keep our programs small, with an average of 8-10 participants to two counsellors.
- You'll have opportunities for social development, group interdependence, interpersonal problem solving, leadership development, and responsibility.
- We ask that you don't bring electronic devices, as we find it distracts you from focusing on yourself, your group, and your development at camp.

## NATURAL FOCUS

- Spending our time outdoors interacting with the natural world is at the heart of all of our programming.
- We have a beautiful 14 acre site located on the shores of Georgian Bay.
- We take a holistic approach to environmental education and environmental stewardship.

## HEALTHY LIFESTYLE

- Each day you'll be outside, rain or shine, enjoying the natural world and being physically active.
- Our counsellors ensure you get enough rest, drink enough water, and eat enough calories to stay healthy and get the most out of your time at camp.
- You'll leave camp with a positive outlook on life, feeling great about yourself, and confident in your abilities!

## DEMOCRATIC LIVING

- We want everyone who comes to Camp Presqu'ile to have a voice and have opportunities to take ownership of their experience. If issues arise within the group, discussion is encouraged to recognize differences and come up with productive ways of solving group problems.

## INCLUSIVE COMMUNITY

- Campers, Leadership participants, and staff of various dimensions of diversity come together into one community.
- Staff are trained on issues of bullying and inclusion to help prevent situations that could make you feel isolated during your time at camp.
- We offer financial assistance to camper families that need it to ensure we remove any barriers we can so everyone can enjoy Camp Presqu'ile.

## ENJOYABLE PROGRAMS

- Although there's a strong focus on leadership and skill development, there's an equally strong focus on fun!
- We encourage camp spirit and a positive attitude, and strongly believe this will lead to success in overcoming challenges. Our programs add to the participants' overall development by providing situations in which positive attitudes and fun approaches to problems lead to success.





# OUR PROGRAMS

At Camp Presqu'île we have a variety of programs suited for campers of different ages, levels of interest and experience. In all of our programs campers will be provided with the opportunities to choose activities, meet new people and take part in both small and large group programs.

## One and Two Week Camp

Our one- and two-week programs are the traditional Presqu'île experience for campers aged 6-14. In this program we focus on skill mastery and relationship building. Over the course of this program there are plenty of opportunities to learn and develop skills in daily lessons. Furthermore, campers will develop incredible bonds with their cabin mates and counsellors by spending time with them each day in programs, at meals, and as part of the larger camp community.

## Leadership Camp

Our Leadership program is designed for participants age 15-16. We aim to further develop interpersonal skills, help participants discover their leadership skills and become leaders within the community. As part of the

leadership program all participants take part in a canoe trip. They help to organize and lead this trip, providing a unique learning environment to further develop their skills.

## Campers with additional needs

At Camp Presqu'île, we believe that the camp experience can benefit all children. That is why we work to assist families in integrating children with additional needs into our camp programs. Additional staff support is given to camper groups, along with one-on-one staff support to individuals with additional needs. Campers with additional needs are integrated into the cabin group entirely and will attend all programs with their cabin group. If you have a camper requiring 1:1 support, please contact the Camp Office directly at [presquile@osgb.ymca.ca](mailto:presquile@osgb.ymca.ca) prior to registering.



# WHAT TO EXPECT

## DURING YOUR SESSION AT CAMP

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### **Cabin Life**

Campers will be a part of the same cabin group throughout their time at camp. You will live in shared accommodations, enjoy meals and take part in all camp games as a part of your cabin group. Each cabin group has two counsellors assigned to them for the duration of their stay.

### **Campfires**

Each session we have 2 campfires. We open and close our sessions at camp with a campfire. At campfires campers are given the opportunity to perform, sing songs and celebrate. Campfires are often a highlight of the session!

### **Contact with Home**

While at camp campers are encouraged to write home to stay connected to family and friends at home. Campers will not have access to phones or emails while at camp. Parents can access our Bunk1, our one way email service, if they wish or send mail to their campers. Parents are also able to drop off mail to be delivered throughout the session to their campers at the time of drop off. Info about Bunk1 can be found at the back of this guide.



### **Special Days**

Each session we have a special day with its own unique theme. Camp will be divided into teams and compete in activities throughout the day to see who will be victorious. In the last week of July and August we have a very special day, Presqu'ile Bound!

### **Tuck**

Campers will receive a yummy treat through the form of tuck during their session. Every camper will be provided with the same amount of money to 'spend' at the tuck shop and this has already been built into our fees.

### **Our Staff**

All of our staff are trained to help your camper transition into camp life and be successful while they are here. Our staff take part in a week-long training course before campers arrive that trains them in topics such as how to manage homesickness, emergency procedures, group dynamics and conflict resolution. Many of our staff have been campers at Presqu'ile in previous years and have a thorough understanding of the expectations of our community. In addition to onsite training, all staff must have National Lifeguarding Society and Standard first aid and CPR-C certifications.



# ORIENTATION DAY ACTIVITIES

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At the beginning of each session cabin groups participate in an Orientation Day to familiarize themselves with the Presqu'île community and the programs available. Each cabin will take part in the following activities on Orientation Day.

## Site Tour

To make sure everyone feels welcome at camp we do a site tour with all our cabin groups. Each staff team will take their cabin groups around the site to visit our program areas, main landmarks and get familiar with the camp to be able to navigate around site.

## Program Sign Up

Each day campers will have the opportunity to sign up for three programs in the morning and three programs in the evening. We generally do this at dinner time the night before but on Orientation Day we do it as part of our rotation. Campers will learn about the sign up process and then be given the opportunity to sign up for programs for the following day.

If a camper is unable to sign up for a program on their first day, that does not mean they will not take part in the program throughout the session. Each day we will re-sign up for programs providing everyone with the opportunity to try out a variety of activities.

## Cabin Photos

Campers will have cabin photos taken on their first day at camp which will be shared on facebook at the end of the session. Camp will not post photos from camp each day and photos from each session will be posted after campers have returned home.

## Swim Test

A major part of Orientation Day is for each camper to complete their swim test. This is a mandatory evaluation of swim levels to ensure that staff are prepared to support campers at all levels. Cabin groups learn about the expectations on the waterfront and then complete as much of the swim test as they can.

Please help us in reminding campers that there is no pressure to complete the test, only an expectation that everyone will try. This helps us to understand each camper's swimming ability so that we can best support them.

Campers are assigned a level based on their ability demonstrated in the swimming test. Based on the level they achieve; campers may be able to swim in some areas without a life jacket. Campers may try to achieve the next level at any time during the session under the supervision of their counsellors.



# EXPECTATIONS WHILE AT CAMP

**We work hard to support all campers and ensure that everyone's experience provides opportunity for fun and learning.**

## **Respect for Yourself**

At Camp Presqu'ile, we live by basic principles of respect. Every person at camp has the responsibility to know their own limits and take care of themselves by eating and sleeping enough, drinking enough water and putting on sunscreen. Camp is often a very busy place, much different than being at home or school.

We support campers to know when they need to rest and when they need to take some time for themselves. Counsellors make sure that all campers take time for personal hygiene, are given the opportunity for quiet time in our busy environment, and have the opportunity to talk about how they are feeling each day.

## **Respect for Others**

We also expect that each person at camp has respect for all others living at camp. The YMCA believes that every participant has the right to a safe environment and equal treatment by all without discrimination. A camp experience is a wonderful opportunity to learn about the incredible things a group can accomplish together while welcoming the differences in individuals. Living at camp can sometimes be stressful for some campers, and we ask that everyone respects the physical and emotional boundaries of others while living together.

While working in a group, challenges may arise and we work through them together in a safe and productive way. In the situation where a camper is unsafe and harming themselves or others, they may be removed from the program. See the Code of Conduct on the following page for more regarding our expectations of campers.

## **Respect for the Environment**

At camp we are careful that excess garbage is not left around for those critters that also live at camp. Respect for the camp environment also includes keeping all our buildings, trails, and equipment in good repair. Campers and staff are expected to take initiative in sustaining the beauty of our camp for future guests to our site and to provide a safe and healthy environment for everyone.





# CODE OF CONDUCT



At Camp Presqu'ile our staff are trained and experienced in providing high quality care for our campers, ensuring the needs of each individual are met. We expect that all staff, volunteers, campers and parents are focused on supporting Presqu'ile to be a safe environment for everyone, both emotionally and physically. If a situation arises where a camper threatens the safety or security of another camper, staff member, or themselves, we will make every appropriate effort to inform the parents involved, address the behaviour, and provide a positive camp experience for everyone. However, should disruptive behaviour continue, the child may be dismissed from camp at the discretion of the Camp Director or the designate. The camp will not be held responsible for any costs or provide a refund associated with a camper's dismissal on the grounds of disruptive behaviour.



In extreme circumstances, a camper may be removed from the camp environment without warning if their behaviour jeopardizes the safety of campers or staff, or if the camper is engaged in illegal activities (including possession of non-prescription drugs, alcohol and/or tobacco products).



## Information Sessions

We find that even after reading all the information the camp provides, children often have very specific questions that can be answered during our Camper Information Day. Once you have registered you will receive more information about our Information Day closer to the date in June. This information day will be held virtually.

# A GUIDE FOR PARENTS

Heading to camp for the summer is very exciting for both campers and parents! It's very natural, however, for both to feel a bit anxious. Campers will be leaving the comforts of home, adopting new routines, and meeting new friends. Read through this guide to help prepare parent and camper for a successful adventure.

There are a number of things you can do ahead of time to prepare for the transition and minimize anxiety so children feel in control over their own experience:

- Plan the camper's journey together as a family. Reviewing this booklet and all other camp information together will provide the opportunity to discuss the camp experience ahead of time.
  - For first time campers that are nervous, discussing camp without knowing what to expect can be very nerve racking. Introduce the idea of camp but try not to highlight it too far in advance. Re-visit the idea again closer to the summer and after reading this guide.
  - When discussing camp with your child, we recommend that you openly talk about the possibility of them feeling uneasy in the new environment. It's quite natural to feel strange in a new place without their family, but that they can look forward to sharing stories about the wonderful time they had at camp.
  - Have your child write a list of questions they may have.
  - Come to our Family Information Day to see pictures of camp, meet the directors, and have those questions answered.
- Talk about the types of things that will happen each day at camp as well as the overall program. Make sure they know, for example, that they will live in a cabin with the same group of campers, that they have the option to swim daily, and that they can choose activities each day.
  - Make sure your child has a hand in packing for camp. Please send old, recognizable clothes. This will go a long way to make your child feel more at home. Often brand new clothes are not recognizable and become lost.
  - Write a letter to your child before they leave so that they receive it at camp. We are happy to organize letters that you can leave with us on Arrival Day as long as you clearly label them. This often is the most reassuring message; that they are not missing anything at home and can be free to enjoy themselves in their new adventure.





Provide your camper with a journal or letter writing materials so that they can share their camp experiences with you while they are at camp.

- Providing photographs to take with them for the cabin or comforts from their home routines including blankets, stuffed animals or books, ensure they feel comfortable at night.
- Reassure them that you will miss them but you are proud of them and confident in their ability to be independent and ready to hear all about their amazing adventures when they return.
- Practice staying away from home before coming to camp. Have your child attend a sleepover with family or friends to help them understand what it will feel like to be away from home for a night or two.

This will also help build up confidence in your child as they anticipate camp.

### Homesickness

Homesickness can be a concern for campers and parents but if you follow the tips above you can help ease your campers' transition into camp. All of the staff at Camp Presqu'île make a special effort to help campers overcome homesickness



We specifically train our staff on how to best support campers who may be missing home by assuring them it is a normal part of being in a new place. We do our best to avoid removing a camper from camp due to homesickness.

Taking them away too soon may make it difficult for your child to overcome homesickness in the future. In the case of persistent homesickness, we will contact the home to provide an update and work on a plan that best suits the needs of the camper, family, and the camp. Please do not tell your child that they can call or get picked up if they need to.

We find that children need time to adjust and build confidence on their own and these calls often disrupt the process of working on independence and escalates homesickness. It's completely normal for parents to be nervous and miss your child as well. Please do not hesitate to call camp during your child's session to receive an update on how they are doing and speak to our senior team to put your mind at ease.

# WHAT TO BRING TO CAMP

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**Packing for camp can be fun for kids! Get your child involved so they can easily recognize their belongings. Since they'll be away from home, it's very important that they come equipped with all the items needed at camp. It is also helpful to write your child's name on all of their belongings in case anything gets misplaced.**

## **Bedding**

Campers must bring their own sleeping bags and pillows. If bedwetting is a concern, please note that our staff are trained to deal with this discreetly, working with children one-on-one. Campers are encouraged to ask their counsellors for help, day or night, and every effort is made to prevent accidents. Campers who may wet the bed are asked to bring extra bedding or sleeping bag liners to camp. The camp laundry service is available to quickly launder any bedding. Please make sure this has been noted on the Personal Information section of the registration form and that you mention it to staff upon arrival.

## **Eyeglasses/Contacts**

For children who require eyeglasses or contacts, we recommend that parents consider sending along an extra pair to be kept in the Wellness Centre in case they are needed.

## **Medication**

All medications are to be sent to camp in their original packages, clearly labelled with the person's full name and date of birth. All staff and camper medications are locked in a secure space within the Wellness Centre. We ask that you give the medications directly to our Wellness Director on the first day when you're dropping off your child. If your child wears a medic alert bracelet, we strongly encourage that they wear this bracelet while at camp, and that this information is clearly noted on the Health Form.

## **Shoes, Sandals, and Flip-Flops**

We ask that you send your camper to camp with summer footwear as well as a pair of running shoes to wear during land based activities and during running games. We also recommend a pair of flip flops to wear while in the shower house.





## PACKING LIST BASED ON 2-WEEK SESSION

### Recommended Items

- ☐ 1 rain coat with hood (waterproof)
- ☐ 1 pair of rain boots
- ☐ 1 sun hat
- ☐ 1 tube of sunscreen (minimum SPF 60)
- ☐ 1 sleeping bag
- ☐ 1 blanket
- ☐ 1 pillow
- ☐ 10-12 pairs of socks
- ☐ 14 pairs of underwear
- ☐ 12 T-shirts
- ☐ 3 pairs of long pants
- ☐ 4-6 pairs of shorts
- ☐ 4 long-sleeve T-shirts
- ☐ 2 sweaters (fleece, wool)

### Optional Items

- ☐ Writing paper, envelopes, and pen
- ☐ Stamps
- ☐ Journal
- ☐ Small backpack

- ☐ 1 pair of running shoes
- ☐ 1 pair of sandals
- ☐ 2 swim suits (no string/clasp bikinis please)
- ☐ 3 towels
- ☐ 3 pairs of pajamas
- ☐ 1 toothbrush and toothpaste
- ☐ 1 brush or comb
- ☐ 1 insect repellent
- ☐ 1 pair of sunglasses
- ☐ 1 flashlight/extra batteries
- ☐ 1 water bottle (camp also sells water bottles)
- ☐ 1 camera
- ☐ Soap and shampoo for showers at camp (biodegradable if possible to be easy on our septic system)
- ☐ Musical instrument
- ☐ Books
- ☐ PFD
- ☐ Fitted sheet for a single bed
- ☐ Stuffed animals or comfort items

# PACKING CONSIDERATIONS

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## What Not to Bring to Camp

At Camp Presqu'île, we believe that a camp experience should be a return to the basics, where campers can develop a sense of harmony with nature, themselves and others. If any of these items are brought to camp they will be collected by camp staff and returned to the parent/guardian at the end of the camp session.

### Please do not bring:

- Pocket knives
- Matches
- Cell phones
- Electronic toys or devices
- Personal media players (e.g. iPod, iPad)
- Radios, stereos, CDs
- Food (Nut-Free site)
- Toy guns or water pistols
- Curling irons or hair dryers
- Any other valuables

## Lost and Found

In a busy place like camp, items occasionally get misplaced. Throughout the camp session, lost and found items are displayed for campers to identify and claim as well as a “Lost and Found Parade” at the end of camp.

We will make every effort to return unclaimed items to their respective owners. However, the camp is not responsible for the loss or theft of these items. The best way to avoid disappointment is to leave all valuable items at home and clearly label each piece of clothing and personal equipment with your child's first and last name. Parents can view lost and found items on the last day at camp, prior to departure. Unclaimed personal items are donated to a local charity in the fall.

## Harm Reduction

Camp Presqu'île has a harm reduction practice for possession of weapons and possession and/or consumption of alcohol, tobacco and nonprescription drugs. Any participant found in possession of these items or found to have consumed these items while at camp or involved in a camp program will work with the Camp Director and may be dismissed from the program without refund. Parents will be notified immediately where possible and involved in the process.







# DAILY PROGRAM DESCRIPTIONS

## Polar Bear and Cabin Clean Up

Each morning, campers have the option to participate in Polar Bear and jump in the lake!

Following breakfast each day, campers and staff return to their cabin to participate in cabin cleanup and try to get a perfect score for the entire session from Captain Cleanup. This is a great time for cabin mates to contribute to the cabin and will be assigned roles within the group to achieve high scores.

In an effort to maintain high hygiene standards, cabins with repeated low scores may be asked to miss programming in order to clean their cabin. Cabin groups are challenged to compete against others to get the highest scores for these programs, and have an opportunity to win a prize at the end of the session!

Typical Day at Camp Presqu'île

TIME	ACTIVITY
7:15-7:55 AM	Wake up and Polar Bear Dip
8:00 AM	Breakfast
8:45 AM	Cabin Clean Up
9:30 AM	Activity Period 1
10:30 AM	Activity Period 2
11:30 AM	Activity Period 3
12:30 PM	Lunch
1:30 PM	Rest Hour
2:30 PM	Activity Period 4
3:30 PM	Activity Period 5
4:30 PM	Activity Period 6
5:30 PM	Dinner
6:45PM	Choose Your Own Adventure
7:30 PM	Evening Program
8:30 PM	Snack and Bedtime

# ACTIVITY PERIODS

Each evening campers will have the ability to sign up for their activities for the following day. Campers can choose from activities such as canoeing, kayaking, swimming, arts and crafts, archery or team sports. Each program area has skill levels that campers can work to achieve throughout their session at camp. The following programs will be available to campers throughout their session:

## Canoeing

Campers can explore the canoeing pond and the bay, weather permitting, while building their canoeing skills. From being a good bows person to learning to stern, there is always tons to learn at canoeing.

## Kayaking

The bay is your playground at kayaking. Learning how to navigate the bay and stay safe is the focus of kayaking as campers develop paddling and navigation skills.

## Swimming

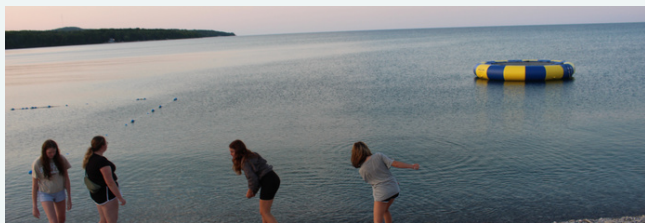
Campers can enjoy the pool or the bay each day and have some fun swimming with friends.

## Watertrampoline

Take a refreshing jump in the bay from our Watertrampoline. Campers enjoy jumping and just being silly with friends.

## Stand Up Paddle Boarding

Head out on the water, work on your balance and explore Georgian Bay on a stand up paddle board.



## Drama

Flex your thespian muscles each day and build confidence performing in front of your peers, tap into your creativity and be a part of skits and plays.

## Archery

Hit the bullseye at our archery range. Discover a new passion and hone your accuracy through out your time at camp.

## Team Sports

Work with campers from different age groups on a communal goal. Co-operation and team work are key at this program area.

## Arts and Crafts

Tap into your creativity and let your imagination come alive at arts and crafts

## Eco-Wow

Learn basic survival skills such as shelter and fire building, nature lore and learn to navigate with a compass.



# ARRIVAL & DEPARTURE DAYS

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## Arrival

Camp will be open between 11:00 - 12:00 pm on the first day of each session for parents to drop off their campers.

Campers will be signed in and get a lice check before parents are able to move campers into their cabins.

Once campers arrive at camp they will take part in our Orientation Day with their cabin groups and have a BBQ to welcome them to camp.

## Departure

Camp will be open between 10:00- 11:00 am for parents to pick up their campers on the last day of camp.

Your camper will be waiting to tell you all about their time at camp with bags packed.

All campers must be signed out by an authorized adult that you would have designated at drop off. We will require you to provide a photo ID that matches the name on our list.



## Directions to Camp

Turn right onto 1st Avenue West, Owen Sound off of Highway 21 South. Turn left onto 14th Avenue West. Turn right onto Grey Road 1. Travel for 12 km on Grey Road 1. Turn right onto Lindenwood Rd. Travel for 1 km and turn right to stay on Presqu'île Road. Camp Presqu'île is 3 km down the road on the right side.

# CAMPER SUPERVISION & WELLNESS

An enjoyable experience begins with a healthy participant. Your child's good health – physical, social, and emotional – is very important to us. Our programs emphasize careful planning to ensure high safety standards are in place and followed. We are a member of the Ontario Camping Association and many of our YMCA practices exceed the OCA standard.

Participants are accounted for 24 hours a day. They are signed in and out of each program activity and accounted for by their counsellors at meal times and are with their cabin groups in the evening. Counsellors sleep in the cabins and are ready to help the campers if they need anything throughout the night.

### **Wellness Centre**

Our Wellness Centre serves the health needs of everyone at camp. The wellness staff are in charge of the day-to-day routine of camper health checks, delivering medications, and handling incidents and accidents on site. All participants visit with the Wellness staff upon arrival to camp to get a base line for your camper. We advise families to have their children examined by a physician annually; however, a physician's signature is not required on the Health History Form.

Wellness staff will keep you informed about your child's health, especially in the case of a change in health, a trip to the doctor, or an emergency. If you have any concerns or questions regarding your child's health while they are at camp, our Wellness staff will call you back directly to discuss your concerns. In order for us to provide the best care possible for your child, please make sure to be as specific as possible on your child's health forms.



**Staff are trained to reduce the risk of and respond to emergencies. All staff hold current CPR and First Aid certifications, and most staff possess additional qualifications depending on their role at camp.**



# HEALTH & SAFETY AT CAMP

### Illness While At Camp

When campers start to feel sick, Camp Presqu'île does everything it can to nurse them back to health as soon as possible. If over-the-counter medications, extra rest, or even a hot cup of soup are needed, we will provide those remedies. Camp is a very challenging environment to handle contagious illnesses. For this reason, we work hard to ensure that we know the health of our campers and staff and do everything we can to minimize the potential for spread of illness. It's our camp practice to treat injury, illness, and infectious diseases as per recommendation of the local health unit.

We cannot list everything that may occur with children; however, for common illnesses or viruses including impetigo or chicken pox, children will be taken to a local clinic for assessment, prescription for medication will be given, and campers will be asked to return home until they are no longer contagious.

Unfortunately, we do not have the space or the additional staff supervision to support individual campers for lengthy medical stays in our Wellness Centre and feel that they will be much better supported at home to make a speedy recovery and return to camp.



In addition, having campers with any type of contagious illness recover at home helps us to reduce the potential for spreading illness in our community. Families will be responsible for any costs associated with prescriptions and will not be reimbursed for the time at home.

We try to ensure that at Camp Presqu'île we are a nit-free environment, however individuals may come to camp with lice. It is the parent's responsibility to ensure that your child is in good health when they arrive at camp and this includes ensuring they are lice-free. We recommend getting them checked thoroughly for lice within the week prior to camp. Upon arriving at camp a lice check will be conducted by our Wellness staff.

If lice is found during a session, parents will be contacted and asked to pick up their camper to complete a lice treatment. Campers can return once they are lice-free. Families will not be reimbursed for the time at home.



# HEALTH & SAFETY

## CONTINUED

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### Meals and Dietary Concerns

Meals at camp are eaten together in our dining halls. Each cabin eats together, family style, with plenty of food. Our kitchen staff prepare nutritious, tasty meals and snacks that follow the Canada Food Guide. Individuals who have special dietary needs will enjoy a supplemental menu modified to suit her/his needs. These special requests are to be noted on the Camper Information Form prior to arrival at camp. The Wellness Team will be on site during arrival and any food related concerns will be passed along to our kitchen team.

### Active Lifestyle

Camp is a very active place. We make sure that all of our campers and staff stay healthy by promoting the regular application of sunscreen and bug spray, adapting our outdoor activities in the case of extreme weather, providing regular water breaks, and ensuring that healthy snacks are available throughout the day.

### Supervision of Waterfront Activities

Camp Presqu'île has specific policies and procedures related to all waterfront activities to minimize the risk of injury. Most importantly, no swim areas are ever open without NLS lifeguards on duty. Boating is one of our major camp activities on site. For this reason, we require that all staff and campers wear a Ministry of Transportation approved personal floatation device (PFD) while boating. All PFDs are provided at camp. If you choose to send your child with their own PFD, please ensure that it is clearly labeled.





# ALLERGIES AND ANAPHYLAXIS

## Nuts

While we cannot guarantee a completely nutfree site, we do take every action possible to ensure that children and staff with nut allergies are protected. All meals are prepared without any kind of nut products and we make sure that all campers are aware of products that may have been manufactured in the same factory as other nut products. To help us maintain an environment that is safe for campers with various allergies, we request that parcels sent to campers do not contain any food. If a camper receives food in a package, the office staff will store this food in a safe location and return it to the family when they leave camp. However, if the food may or does contain nuts, it will be disposed of.

## Allergy Plans

We work very closely with families that are affected by anaphylactic allergies. Please contact the camp directly to work on a personal response plan, proactive measures, and any considerations for your child to ensure they have the most comfortable time at camp.



# ONE-WAY CAMPER

## EMAIL FROM BUNK 1

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Bunk1's secure, easy to use, website services let you stay in touch with your camper all summer. We ask that you use this system and do not send emails directly to camp for your camper.

### To set up an account follow the steps below:

1. Go to the website Bunk1.com
2. Click the 'New here? Get Started' button in the top right hand corner
3. Enter your invitation code, this will be sent closer to the summer as part of your welcome email
4. Fill out all the required information
5. Purchase Additional Bunk Note credits (you will need a credit card)
6. Send an email to your camper!

### Frequently Asked Questions for Bunk1

How do I send a Bunk Note (one-way email) to my camper?

Follow the instructions above except, after registering, simply sign in and click on the Bunk Notes button. Enter your camper's name, select the correct cabin, type your message, and hit the "Send" button.

### We are excited to tell you about our partnership with Bunk1.com!

#### Why do I have to pay to send Bunk Notes (one-way email)?

Each morning, the Bunk Notes system bundles and sorts the messages for us to print out and distribute to campers. It also protects us from computer viruses and allows us to easily manage these emails. Your payment helps us cover the cost of the system, paper, ink, and labour and, more importantly, frees us to do what we do best – be with your kids! Bunk Note credits cost \$1 each and are purchased in packs of various sizes. Your account comes with a few pre-loaded credits.

#### Why do you use this system?

There are two main reasons we use this system. The first is security. With Bunk1's services, we can better track who has access and who sends messages to campers. The second reason is so that we can focus our staff resources on providing an enriching experience for your campers, and not sorting hundreds of emails. In recent years the volume of emails has steadily increased, using up more and more staff time and camp resources to handle. While we encourage the communication between you and your camper, we thought it best to move to a system that would make it easier for us to manage the incoming email.

#### Can other relatives use these services?

Certainly. Once you have set up your account, you will be able to invite other people to access these services.



# CAMP PRESQU'ILE

# CONTACT WITH CAMP

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Sending your child away for weeks at a time may be tough for you. We want to make sure you are confident in us before doing so, and throughout the camp session. If you ever have questions or concerns about Camp Presqu'ile, please get in touch.

## Camper Mail and Care Packages

Cheerful letters from home raise the spirits of campers and bring about pleasant thoughts of home and loved ones. We encourage parents and family members to write often. Campers are encouraged to write home regularly as well, but we can't make any promises! If you choose to send a care package we ask that you follow these guidelines:

- No candy, nuts or food of any kind.
- Consider including fun and small gifts for the entire cabin if sending gifts.
- Photographs of family members and pets are often appreciated.

You are welcome to drop letters and package off for campers at drop off to be delivered throughout the session.



## Office

Our camp office is open between 9:30 am and 7:00 pm during the summer months. We aim to be available to parents during that time but if for some reason we miss you please leave a message, and we will return it promptly. If you call after hours, we will return your call the following day.

## Send mail to your camper:

**"Camper Name" –**

**"Camper Cabin"**

339639 Presqu'ile Rd,  
Kemble, ON, N0H 1S0

Phone

519-376-5999

