



**ADVENTURE CAMP**  
YORK PROFESSIONAL CARE & EDUCATION

# Welcome to Camp

## Parent Information Guide



**YORK** *Care & Education*  
**PROFESSIONAL**

Updated: 21 November 2024

# Thank you for choosing Adventure Camp for your child this summer.

Whether this is your camper's 1<sup>st</sup> or 5<sup>th</sup> summer, we want to ensure you feel comfortable and prepared for their camp experience.

Camp is an amazing experience and opportunity that nurtures each child's personal journey of growth. Through camp, children develop social skills, self-confidence and create many new friendships.

Our program fosters teamwork, stewardship, and many opportunities for exploration and fun with the natural world on our 48 acres of farm, pond, forest, and green space. With a focus on 'unplugging' from the technological world, campers explore many hands-on activities that connect them back to nature.

## COMMUNICATION

### How do I communicate with the camp?

To notify the camp of absence, medical needs, or for questions/concerns please call or email the **Camp Director** at **289-879-7709** or [daycamp@ypce.com](mailto:daycamp@ypce.com).

In an immediate or emergency situation, please call the **Camp Director** directly at **289-879-7709**.

For all general inquiries please email [info@ypce.com](mailto:info@ypce.com) or call 905 841 1314.

Check us out at [www.ypce.com](http://www.ypce.com) to find out about all our programs and services.

Don't forget to follow us on social media to keep up with all camp happenings.

[York Professional Care and Education \(facebook.com\)](https://www.facebook.com/ypce.childcare)

[YPCE \(@ypce\\_childcare\) • Instagram photos and videos](#)



### What if I need to pick up my child during the day at camp?

Please call or text the camp cell at **289-879-7709** to make arrangements to meet your child's group at the designated meeting area. It is best if you make arrangements ahead of time, as your child might be away from the main area participating in an activity and it can take some time for them to walk back to meet you.

### What if my child is going to be absent?

If your child is going to be absent please email, call or text the **Camp Director** at [daycamp@ypce.com](mailto:daycamp@ypce.com) or **289-879-7709**, and leave a message with child's full name.





# TRANSPORTATION

## How will my child get to camp?

On the camp bus! Everyone comes to camp on the bus and it is a fun and energetic way to start our camp day.

In special circumstances, if you need to pick up/drop off your camper at camp please make arrangements in advance with the camp director.

## How does busing work?

- All campers arrive to camp on a camp bus from our 4 bus locations.
- Campers are accompanied by a camp staff on the bus.
- Please note parents/guardians must sign in and out their child with a YPCE staff member upon arrival to buses and departure. \*\*\*\*\*Parents might be asked for ID. \*\*\*\*
- Please arrive 10 minutes before the scheduled departure time. Buses depart at the time stated on the bus schedule and will not be held for those arriving late to the stop. If your child misses the bus, it is your responsibility to take them directly to camp.



## What if I am late to pick up my child at the bus stop?

Please ensure you arrive at the bus stop 5 minutes before the scheduled drop off time. If you are going to be late, please call the camp cell at **289-879-7709**.

If you are not at the pickup spot at the scheduled drop off time, your child will wait with a camp staff outside (additional fees will be applied to campers who are picked up late at a rate of \$1.00 per minute). We understand that parents are busy people, and from time to time, everyone is late to arrive. However, a child with parents who are consistently late picking them up can lead to withdrawal from the program.

## What if someone else is picking up my child?

On the registration form, you can include two main contacts and two emergency contacts. If you require additional adults to be authorized to pick up your child from camp, please email the camp office at [daycamp@ypce.com](mailto:daycamp@ypce.com). We will ask all people we have not met to identify themselves with photo identification (e.g. driver's license) If someone comes to pick up your child without your prior written authorization, we will call you for verbal permission before releasing your child.

## What about Before and After Camp Care?

Before and After Camp Care is an option to families at our listed YPCE childcare programs/bus stops. Care begins at 7:00 a.m. and ends at 6:00 p.m. daily. Parents who are late picking up their child from after care will be charged a late fee of \$1.00 per minute (to be collected by the childcare staff). Snacks are not provided. Care is not provided on Canada Day or the Civic Holiday.

## Who works are camp?

The camp team consist of experienced and fun-minded individuals who love engaging with children in the outdoor environment! The camp team is carefully selected for proven leadership skills, outdoor interest and their ability to relate well to children.

All camp staff are over the age of 17 and are required to complete a vulnerable sector check and have current Standard First Aid & CPR certification. All staff attend rigorous camp training prior to camp commencing

Camp Director - Our camp team is led by our full-time, year-round Outdoor Education Coordinator who is on site daily.

Camp Counselors- work with the campers to provide a safe and fun camp experience daily. They have completed or are studying in related programs at College or University (e.g., Early Childhood Education, Recreation & Leisure Services, Psychology, Kinesiology, Child and Youth, and Environmental Studies).

Lifeguards/Swim instructors work to ensure a safe waterfront and to provide swim related programming. All waterfront staff are certified National Lifeguard (NL) and Lifesaving Society Swim Instructors (LSS)





# CAMPERS

## How are the children grouped?

Each week, campers are divided into groups according to their age.

**Juniors Campers:** children who have completed JK to age 6. They are in groups with a child to Counselor ratio of 1: 6-8. Our junior campers are usually experiencing their first year at camp and enjoy exploring all areas of the camp.

**Intermediate Campers:** children ages 7 to 9 years. They are in groups with a child to Counselor ratio of 1: 8-10. This group is introduced to more challenging activities with an emphasis on keeping them actively engaged, developing new skills and involving them in the planning process.

**Seniors Campers:** children ages 10 to 12 years. They are in groups with a ratio of 1: 10-12. Senior campers enjoy days full of kayaking, fishing, and improving their skills in swimming and canoeing. Leadership skill building and opportunities to assist in activities with younger campers are introduced.

## What does a sample day at Camp look like?

9:00-9:20	Welcome game, set goals for today
9:20-9:30	Snack
9:30-10:30	Animals/Farm or Garden Program
10:30-11:30	Forest or Eco Program
11:30-12:30	Lunch and Recharge
12:30-1:00	Arts Program Dance/Drama/Artistic
1:00-1:30	Swimming Lessons
1:30-2:00	Boating Program
2:00-2:30	Tools program
2:30-3:00	Sports/Games Program
3:00-3:15	Snack
3:15-3:45	Group game, reflection, Future Ace Awards
3:45-4:00	Washroom, boarding buses
4:00	Depart Camp



## What will my child do at camp?

Each day is a new and exciting day! Through the session, campers will participate in all areas of camp.

Swimming Lessons & Free Swim – In addition to free swim, all campers have the option for daily swim instruction using the Swim for Life program. (weather permitting)

All campers will participate in a swim assessment to determine their current swimming abilities and over the session will work towards advancing swim skills with our Certified Swim Instructors. Swim reports will go home at end of sessions to share progress.

Canoeing/Kayaking - Campers will have the opportunity to learn the skills to safely embark and disembark from a canoe, kayak peddle boat. Once comfortable on the water, paddling and other skills, tips and tricks will be taught through fun and exciting games.

Gardens – Gardening provides opportunities to learn skills in planting, cultivating and harvesting plants. Campers will observe how weather affect plants, the role that insects play to garden, how seeds sprout, plants grow, and how soil, water and sunshine interact with plant development. Campers express their gardening experiences by talking, writing and drawing observations. Harvested herbs and vegetables are used for cooking experiences, as they are ready.

Tools – Campers will explore building with wood and tools. From birdhouses, to bug homes, to benches and signs, campers will learn to safely use tools and create functional pieces for camp and home.

The Arts – Artistic expression is endless and campers will explore activities in theatre, dance, puppetry, creative arts, and art with nature. Campers will also engage in site art, including camp murals, and painting pieces from our woodworking area.

Archery – Campers will learn to safely and effectively shoot a bow and arrow in our Archery Area through a variety of games.

Pond – Adventure Camp has a great wetlands area that is ideal for pond study of animals, plants, and habitats. It is also an ideal fishing spot. Children will learn how to safely bait a hook, cast, and experience catching and handling a fish (catch and release), and will engage in eco studies of the pond lands.

Sports and Movement – Campers will be introduced to new and exciting sports, active games, yoga and relaxation practices, nutrition and hydration practices and personal goal setting skills.

Leadership Games – Adventure Camp is all about building character and developing leadership. With our Camp Leaders, our campers will learn new skills and abilities with group engaging games.

Farm/Animals – The grounds play host to large, animal pens for pigs, sheep and goats to name a few. Campers have the opportunity to learn about building connections, empathy and stewardship by caring for and supporting animal needs. Interaction with the animals reinforces the differences and similarities between human and animal needs such as food, shelter, water and space.





## What should my child bring?

Along with wearing comfortable clothes, a hat and good shoes, your child should also have a backpack with these essentials **all labelled** with their name.

### What to bring daily:

- Refillable water bottle  
\*Drinking water is available for refills.\*
- 2 healthy snacks
- Boomerang & nut-free lunch with an ice pack
- Towel
- Bathing suit
- Plastic bag for wet clothes
- Sunscreen (min 30 SPF)
- Bug repellent
- Wide brim sun hat
- Closed toed shoes (no flip flops)
- Rain jacket, rain pants, rain boots (when applicable)

## Please label all items.

\*\*\*Camp is full of adventure when **UNPLUGGED**. We request that children do not bring phones or electronic toys and equipment. They will be collected by the staff, stored in the camp office and returned to the parents at pick-up. We will not take any responsibility for any lost or damaged items brought to camp. \*\*\*

## What should I send for lunch?

Your child will be very active in our camp program-playing games and sports, swimming etc. Children need healthy lunches and snacks to fuel this high level of activity and greater quantities of food than they would require in a lunch for a typical day at school.

Please ensure your camper comes with at least two snacks and a hearty lunch to ensure they are fueled for the day!

In accordance with our commitment to the environment, we ask campers to bring food and drinks in reusable containers (lunchbox, water bottle, etc.) which are clearly labeled with their name. Leftover food will go back home (incl. wrappers, cutlery etc.)

### Lunch suggestions

- Choose an insulated lunch bag with an ice pack to keep lunches and snacks fresh all day. (Lunches will go into a camp fridge upon arrival)
- Freeze juice boxes or water bottles the night before- the drink stays cool and refreshing and the frozen container acts like an ice pack!
- Fresh drinking water is provided on-site at camp. Send a refillable water bottle and we will remind your child to drink and fill it up during the day.
- **Please note:** Nut products are **NOT permitted** at Camp. Many of our campers have nut allergies, so please do not send your camper with any food that may contain nuts or any products that contain peanuts or tree nuts! (We are unable to ensure that all food brought to camp, do not contain nuts)
- Sharing of lunches is not permitted



### **What if my child loses something?**

Our staff will do their best to ensure campers keep their belongings in their backpacks, but sometimes things are left behind. Any found items at the end of the day will be collected and stored at camp. If your child misplaces something, please email or call the camp directly with a detailed description of the article and we will do our best to locate it.

To help ensure all belongings return home, it is important to teach your child to put items back in their backpacks when they are finished with them. It also helps to **label all items** with your child's name and to have them help pack their backpacks, so they know what is inside (many children do not recognize their own items like towels). Please also encourage your child to bring only what is needed.

Please check daily to ensure your child is coming home with everything they left with! Lost and found will be kept on site until the end of camp and then donated.

YPCE camps are not responsible for lost or stolen articles.

### **Will my child be with all their friends?**

Camp is a great place to make new friends. Our groupings are made by age to ensure that we are meeting our group ratios, which means that we can't guarantee group placements. During camp registration families can list **one** friend they want to be with, but all requests must be mutual to be considered.

Requests for different aged friends or siblings to be together can't be honored.

### **What will help my child be successful at camp?**

Our philosophy clearly states our goal for each camper is to help them become a

responsible, independent, productive, happy, problem-solving person.

We expect everyone to be courteous, respectful and responsible in everything they do. We expect everyone to have fun, experience new things and connect with the natural world in a positive and caring way.

At Camp, we like to recognize campers for outstanding behaviour that meets the goals of our camp philosophy. Each week, campers from each group is be chosen through a voting system, by staff and children for acknowledgment of some of the following qualities:

- a positive attitude and takes action to achieve their goals
- cooperates with other campers and staff and shows courtesy towards them
- sets a good example for other campers and proactive good sportsmanship
- lends a helping hand to campers and staff whenever necessary

### **What is CRRC?**

CRRC<sub>3</sub>, pronounced as "kirk" is an essential part of the Camp program. The letters stand for:

- Courtesy
- Respect
- Responsibility
- Confidence
- Care
- Compassion

If a child's choices are inconsistent with our Code of Behaviour, parents will be contacted and together, we will develop a plan for camper success. If the behaviour is harmful to other detrimental to the program a camper may be withdrawn from the program.



## HEALTH AND WELLNESS

### What if my child has Allergies?

If your child has a life-threatening allergy, please ensure that an Anaphylactic Plan and the Emergency Medical Health form is completed and returned to our office prior to starting camp. We prefer that your child bring two Epi-pens to camp. The first epi-pen will be carried by your child in a waist pack and the second will be kept in our camp office. Please ensure all epi-pens provided are within the expiry period and clearly labelled. All camp staff are trained in Standard First Aid & CPR including the administration of epi-pens.

View [www.anaphylaxis.ca](http://www.anaphylaxis.ca) for information.

Please be advised that camp is a nut aware environment. While we do not serve any nut products, we are unable to ensure that all food brought into camp, does not contain nuts. We request that all staff, campers and parents **do not bring products that may contain nuts** to camp. Sharing lunches is not permitted and staff monitor lunches to ensure that campers eat only their food brought from home.



### What if my child needs medications?

All medication (prescription and over the counter) required by a camper shall be handed to a staff member at drop off. All medications must be in the original container and have a parent signed medication consent form authorizing administration, according to package instructions. (Request a form from any camp staff.)

The medication must indicate on it **or** on an attached doctor's note:

- Your child's name
- Name of medication
- Dosage
- Date of Prescription
- Date of expiry
- Times to administer, or specific signs and symptoms that indicate medication needs to be administered.

All (non-emergency) medications are locked in storage at camp and can be refrigerated if required. If the medication is for emergency use (e.g. Asthma Inhaler or EpiPen), the child will carry it in a waist pack provided by the family.

### What if my child becomes ill during the day?

Should a camper become ill at camp, an opportunity to rest in the isolation room will be offered. If they are too ill to return to the day's activity, a call will be made to have the camper picked up. In the event the primary contact is unavailable, attempts with the second contact and finally the Emergency Contact will follow. If the illness is a noted communicable disease, the camp will follow the York Region Public Guidelines for Common Childhood Communicable Diseases.

[Guidelines for Common Childhood Communicable Diseases](#)

## How do I protect my child from the sun?

Protecting campers from the sun is critical. The best way to ensure your child is protected from the sun is to teach them how to apply sunscreen to their full body and to remind them to wear a hat and shirt throughout the day when outdoors. Please send sunscreen labeled with your child's name to camp, and we will remind them to reapply throughout the day and after water-related activities. Camp staff are aware of the sun and high-risk times of day- they are prepared to use shaded areas of camp.

Support your child by...

- Applying sunscreen (minimum 30 SPF) to your child before camp
- Providing and encouraging your child to wear a wide-brim hat
- Sending a bottle of sunscreen with SPF 30 or higher daily- labelled with your child's name
- Providing and encouraging your child to wear loose-fitting clothes that cover their body

Remember, sun safety is important regardless of who you are- let's work together to keep your child's skin safe this summer!

For more information about sun safety, you can visit [Canada.ca/en/health-canada/services/sun-safety.html](http://Canada.ca/en/health-canada/services/sun-safety.html) or call **1-888-939-3333**.

## How do I protect my child from insect bites?

Insects are a part of camp. Our staff will help campers apply insect repellent as needed. Insect repellent will be applied after sunscreen and will be reapplied after swimming. We will apply no more than three times per day as recommended by Caring for Kids.

Visit

[http://www.caringforkids.cps.ca/handouts/insect\\_repellents](http://www.caringforkids.cps.ca/handouts/insect_repellents) for more information

Support your child by...

- Applying insect repellent with less than 10% DEET to your child before camp
- Sending insect repellent daily- labelled with your child's name
- Providing and encouraging your child to wear loose-fitting long clothing to cover the body in wooded areas





## CAMPER SAFETY

Safety is always our top priority at camp.

At camp:

- All staff are trained on health and safety practices prior to the start of camp
- All staff are certified in First Aid and CPR
- We offer excellent staff to camper ratios
- Campers are supervised at all times. Attendance is taken at all transitions
- Campers participate in regular safety drills during each session
- Daily site and activity risk assessments are completed by the Management Team
- We are accredited by the Ontario Camps Association, this means that we meet or exceed the standards for health, safety, and program quality.
- Our Camp Director is on-site daily to monitor Health and Safety Practices



### What is Risky Play?

At camp, we value 'Safe Risk' as defined as:

*"Providing opportunity for all children to encounter uncertainty, unpredictability, opportunity for challenge, testing limits, exploring boundaries and learning," (Wales 2008).* Campers are supported to learn new skills and safety rules while engaging in a variety of new and exciting activities. Minor cuts scrapes and bruises can be seen as part of the learning process.

### What if my child gets hurt?

#### MINOR INJURIES

Injuries such as slivers, scrapes and bumps are relatively minor, and they will be treated using the first aid kits located in staff backpacks or larger kits at Waterfront, Archery Range, and Camp Office. In the case of minor injuries, an accident report will be completed and sent home with your child, noting the injury and first aid measures completed.

#### MAJOR INJURIES

Injuries that include serious cuts and falls, including broken bones or concussions are considered major accidents. In the case of major injuries, first aid will be administered as required.

For serious situations, an ambulance will be called, and a camp staff will accompany the child to the closest hospital.

Parents of the injured camper will be notified immediately and will be required to meet their child at the hospital. An accident report will be completed, noting the injury and first aid measures completed. You will be asked to sign the form and return it to the camp staff.

## What about the waterfront?

The waterfront is a favourite area of camp for swimming lessons, free swim and our boating programs. We have a team of certified NLS Lifeguards at the waterfront daily. Any activity hosted at the waterfront will require all campers and staff to wear a personal flotation device (PFD) provided by the camp except during certified swimming lessons.



## Swim Screening

For the safety of our campers and staff, everyone on property is required to be screened and classified according to swimming ability. The screening is done on the first day of each session. All Junior campers are in PFDs at all times.

Campers at all swim levels will be provided with access to the waterfront, however campers who are not successful at completing all portions of the swim screening will be expected to wear a PFD during open waterfront activities and free swim. PFDs in standard sizes are provided by the camp.

## The swim screening standards are as follows:

- Swim 2 lengths of the waterfront (10m), without stopping, but with a brief rest between lengths.
  - 1 length – on front, any stroke
  - 1 length – on back, any stroke
- Tread water for 2 minutes, keeping their ears above the water
- 

The screening is not intended to make campers anxious or worried; it is just so we can provide them with a safe experience at the waterfront. Any camper may ask for a re-screening and our Waterfront Lead will work with the camper to find an appropriate time.

## What about the weather?

We are all about being outdoors! We are outside rain or shine daily.

The camp team check the weather daily to ensure camper safety and develop plans to use shaded areas of camp, dry areas etc.

Extreme Heat: In the event of extreme heat, your campers will be asked frequently to apply sunscreen. They will be encouraged to play in shaded areas around the camp. We will also plan activities so that children are not in the hot sun all day, and blend active and quiet activities. Counselors will also remind campers to take water breaks regularly throughout the day.

Thunderstorms: If thunderstorms are scheduled for the day, the CAMP STILL RUNS! Campers will be taken to a sheltered area and engage in low-key camp games until the storm passes. During a thunderstorm NO water play is permitted this includes swimming and boating in the lake.

All staff complete training before camp on what to do in these weather conditions.



## Is Your Child Ready for Overnight Camp?

Is your child ready for the overnight camp experience?

Typically, a great time to start overnight camp is between the ages of 9 and 11. This is when campers can feel ready to get out and explore a little further from home.

Hidden Bay Leadership Camp is our sister camp, located on the shores of Lake Shebeshekong, just north of Parry Sound. With its large private

beach and swimming area, large low ropes course and a variety of activity buildings, Hidden Bay provides modern facilities with traditional camp activities and a unique leadership program.

Campers range in age from 7-13 and registered in 1- or 2-week sessions. Busing from Aurora is available.

Please visit [www.hiddenbay.ca](http://www.hiddenbay.ca) for more information

