

# Day Camp Final Instructions Package



## IN THIS PACKAGE YOU WILL FIND...

- Information for arrival and departure
- Important health & safety policies
- Suggested list of items to bring
- Code of conduct for Arrowhead campers

*Thank you for choosing **Arrowhead Camp** for the summer ahead.*

*We pledge to do everything in our power to ensure that your family will be pleased with this experience.*

*If you have any questions, please do not hesitate to get in touch with us at any time.*

Mail: 1111 Ronville Rd Dwight On, P0A 1H0 Fax: 705.635.1630 E-mail:  
camp@arrowhead.on.ca Call: 705.635.1600

## ARRIVALS AND DEPARTURES

- Check-in time is between 8:30 am and 9 am.
- Check-out time is between 4:30 pm and 5:00 pm.



### **Always check in and out with the Day Camp Director.**

Arrangements can be made for alternate arrival and departure times if necessary. Activities end at 4:30 in the afternoon, so in order for campers to fully experience every activity, we ask that, if possible, parents wait until that time to pick up their camper

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## HEALTH & SAFETY INFORMATION

### HEALTH

Be sure to notify us if your child is in contact with a communicable disease within three weeks of coming to camp. If you do not live in Ontario, be sure to provide any other insurance information. Any medical costs paid on behalf of an out-of-province camper are added to the Camper Bank. Parents are also given the paid receipt so they can be reimbursed. Out-of-country campers are covered by the camp insurance policy.

### MEDICATION

If your camper is on medication of any kind during camp it must be turned over to the Camp Nurse. The medications, including over the counter, **MUST be in the original bottle or package with dosage directions.**

We request NO ASPIRIN or TYLENOL be brought to camp. They are available at camp if needed. Please check that your camper has not packed any medications to keep in their cabin.



## HEAD LICE

Please check your camper(s) for lice at least **one week prior to arriving at camp**. If you are unsure how to complete a proper lice check read the suggestions from the Canadian Paediatric Society at [www.caringforkids.cps.ca/handouts/head\\_lice](http://www.caringforkids.cps.ca/handouts/head_lice). This is the best way to identify lice in time so that it does not prevent your camper from attending camp. If lice is found by the nurse we will ask that your camper return home to complete the proper lice treatment and then return once finished the treatment and clear of lice.

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## FAMILY SITUATIONS

Please let us know if there has been a change in your marital status or living arrangements over the past year. This helps us understand your child's behaviour and moods. We would also appreciate knowing about any recent births, deaths or serious illnesses in the family. If there are custody issues, please be sure to discuss them directly with the Camp Director.

# ARROWHEAD CAMP SUGGESTED ITEMS TO BRING TO DAY CAMP

*This list is intended only as a guide,. Please bring items in a backpack.*

**Please label the backpack and all its contents with your camper's names.**

- Clothing for the day, plus an extra set of clothing
- Sweatshirt if it is chilly
- Bathing suits and (2 recommended)
- Beach towel
- Jacket
- Jeans/long pants if it is chilly
- Rain gear
- Insect repellent (non-aerosol)
- Sturdy running shoes
- Extra Shoes
- Reading materials (for rest hour)
- Writing materials (for rest hour)
- \*Sun hat
- \*Sunglasses
- \*Sunscreen
- \*Waterbottle



## **\*SUN PROTECTION IS ABSOLUTELY NECESSARY**

Please provide your camper with a waterproof sunscreen of at least 30 SPF and waterproof lip balm. Our counselors will be instructed to check their campers for sunscreen, hats, and sunglasses. Visors are not acceptable sun protection. Hats and water bottles are for sale at camp. If your child(ren) does

not come to Camp with a hat or water bottle we will provide one for them and charge it to their bill.

## **OPTIONAL ITEMS**

Many campers like to bring musical instruments, cameras, binoculars, fishing gear and tennis racquets. Valuable articles may be left in the office for safe keeping, but we cannot be responsible for damage or loss.

## **PLEASE DO NOT BRING...**

**Firecrackers, cigarettes, matches, lighters, slingshots, pocket knives, electronics, laser pointers, aerosol products, food/candy, cash, portable music players (iPods, MP3 players etc) or cellular phones.** Parents are requested to co-operate in ensuring that these items do not come to camp. Items which arrive accidentally are kept in the office until camp is over. Do not bring any food items. Snack foods are not needed, and cause problems. Fresh fruit is available during the day.

## **VALUABLES**

Campers should not bring valuable items, such as jewelry, expensive watches and cameras to camp with them. Disposable cameras are worth considering. It is very important that disposable cameras are clearly labeled with the camper's name.

**When packing, ensure your child is familiar with all items. Have your camper assist you with the packing so he / she knows what is being sent with them.**

## **LOST AND FOUND**

Each summer an incredible amount of unidentifiable clothing is left behind at camp. A "Lost and Found" is maintained throughout the session and the items are presented daily to campers. Please check thoroughly when leaving camp that you have everything, and be sure to check the "Lost and Found".

Remember, this is all much easier if your child's name is on all possessions! We are able to return items marked with a camper's name. At the end of the summer unclaimed clothing will be donated to a local charity.

# CODE OF CONDUCT FOR ARROWHEAD CAMPERS

At Arrowhead Camp, we do not have a lot of extraneous rules for our campers. All of the rules that we do have are in keeping with our need to keep all campers safe and happy.

**ARROWHEAD CAMPERS ARE NOT ALLOWED TO SMOKE.**

Aside from the obvious health considerations, our biggest concern in this regard is fire. Campers who smoke **will be** sent home immediately.

**ARROWHEAD CAMPERS ARE NOT ALLOWED TO DRINK ALCOHOL or USE NON- PRESCRIPTION DRUGS.**

If a camper is in possession of alcohol or drugs, he/she **will be** sent home immediately.

**THERE IS NO FINANCIAL COMPENSATION FOR CAMPERS SENT HOME FOR EITHER OF THESE REASONS.**

**ALL CAMPERS AND STAFF MUST WEAR PFD'S (lifejackets) AT ALL TIMES IN CANOES AND SAILBOATS AND WHILE WATER SKIING, KAYAKING AND WINDSURFING.** The PFD'S are provided by the camp.

**CAMPERS ARE NOT ALLOWED ON THE WATERFRONT WHEN THE WATERFRONT IS CLOSED.** Campers can only be on the waterfront when the lifeguards are present and on duty.

**ALL MEDICATIONS MUST BE GIVEN TO THE CAMP NURSE.**

As stated earlier we must know what medications campers are taking.

All campers **will be** well informed of our EMERGENCY PROCEDURES on the day of their arrival at camp and will cooperate with them. Emergency procedures are posted in every building to help remind everyone of the proper protocol.

ARROWHEAD CAMPERS ARE EXPECTED TO TREAT FELLOW CAMPERS WITH RESPECT. BULLYING AND HARASSMENT IS TREATED WITH ZERO TOLERANCE.

ARROWHEAD CAMPERS ARE EXPECTED TO TREAT THE PROPERTY OF THE CAMP AND OF FELLOW CAMPERS WITH RESPECT AND CARE.

*AT ARROWHEAD CAMP, CAMPERS COME FIRST. WE WANT CAMPERS TO BE SAFE, HEALTHY AND HAPPY!*

