

Eco-Adventure Camp Handbook 2021



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CAMP LAYOUT/SCHEDULE

Each weekly camp session will include daily 90-minute Zoom calls with 2 or more Eco-Adventure Camp Counselors and other campers, including Leader in Training campers. These will be live and interactive to give the campers a chance to connect with each other. Below are some guidelines to make sure that you and your peers have a great camp experience! Our sessions are filled with games, crafts and activities that will engage campers as they explore the local ecology of the region.

Each 90-minute session will follow a similar routine:

- 10:00am –10:10am: Icebreakers & Introduction (10 minutes)
- 10:10am - 10:30am: First Activity (20 minutes)
- 10:30am - 10:35am: Break (5 minutes)
- 10:35am - 10:55am: Second Activity (20 minutes)
- 10:55am - 11:00am: Break (5 minutes)
- 11:00am - 11:20am: Third Activity (20 minutes)
- 11:20am - 11:30am: Day Wrap-Up (10 minutes)

The camp sessions will provide partial supervision but will not be able to provide full supervision for the campers. Please ensure that there is a guardian present in the home while the sessions are occurring in case of emergency. Emails will be sent out to parents in advance detailing the different activities that the campers will be completing each day, with any assistance from parents that may be required to complete the activities.

VIRTUAL CAMP “PACKING” LIST

What Campers Will Need for Camp

1. One device that is Zoom compatible. If possible, a second device for some activities but not required.
2. If the device does not include a microphone and/or camera capability, extra devices with these capabilities will be required.
3. Ensure the device is fully charged, if applicable. However, easy access to a charger for said device if needed is recommended.
4. A relatively undistracted location with a reliable internet signal for the assurance of constant connection during camp sessions.

5. Camp in a box items and extra supply items outlined in 'start-of-week' email easily accessible so items can be retrieved when needed for programming.
6. Any special medical devices easily accessible in case of emergency (ex. Inhalers, Epi-Pens, etc.)

All logins to access software and platforms will be provided in a separate email.

CAMP-IN-A-BOX

Counsellors will be compiling, and sterilizing boxes filled with supplies necessary for campers to complete the daily activities. These boxes will be sent out in time for campers to receive the boxes before camp. To keep the safety of campers in mind, certain supplies will not be included in the boxes such as scissors. These supplies will need to be supplied by families before the camp week starts. Lists will be sent out with the required materials to give families time to obtain the supplies if necessary.

TRAIL ACCESS

Eco-Adventure Camp is typically held at the Elbow Lake Environmental Education Centre. The trails (<https://www.elbowlakecentre.ca/trails/>) are now open to the public and we encourage families to go out and explore the different trails available. Please park by the outer gate and walk in. However, the beach at our waterfront facilities and access to Elbow Lake canoes are not available to the public so please be respectful of this if you decide to visit.

The biodiversity at Elbow Lake includes the black-legged deer tick. If you decide to go on a hike on one of our trails, we recommend light-coloured long pants tucked into socks to protect against tick bites. You may also want to pack a bug repellent that is effective against ticks as well. We recommend frequent tick checks throughout the hike and a thorough one afterwards. For more information about how to protect your family, please visit <https://www.kflaph.ca/en/healthy-living/lyme-disease-.aspx>.



CAMPER RULES

1. Listen to the counsellors!
2. Use appropriate language on calls and in the chat.
3. Be respectful of the camp learning environment and always be kind to each other.
Bullying is not allowed at Eco-Adventure Camp!
4. Only have the camp session open on your computer, no other websites.
5. The chat is intended to ask questions, answer questions, and share relevant information for other campers. Please do not “spam” the chat with unrelated items. Only chat in the ‘everyone’ forum, or directly to the counsellor.
6. No phones allowed, unless required as a second device for an activity.
7. When asked, remain on mute until a counsellor calls upon you, so no one is interrupted while speaking. You can use the chat function or the ‘raise hand’ function to get the counsellor’s attention.
8. Remember that when your microphone and camera are on everyone can hear/see you (and everything in the background!)
9. When you are speaking on the call, talk at a normal volume. There is no need to yell. We recommend using headphones in order to prevent an echo when using the microphone.
10. HAVE FUN!!

EMERGENCY INFORMATION

If there is an emergency with your camper while the camp session occurs, the camp staff will contact the emergency contacts provided during registration. Reminder that there should be a guardian in the house during all camp sessions so that any emergencies are dealt with in safe and efficient manner.

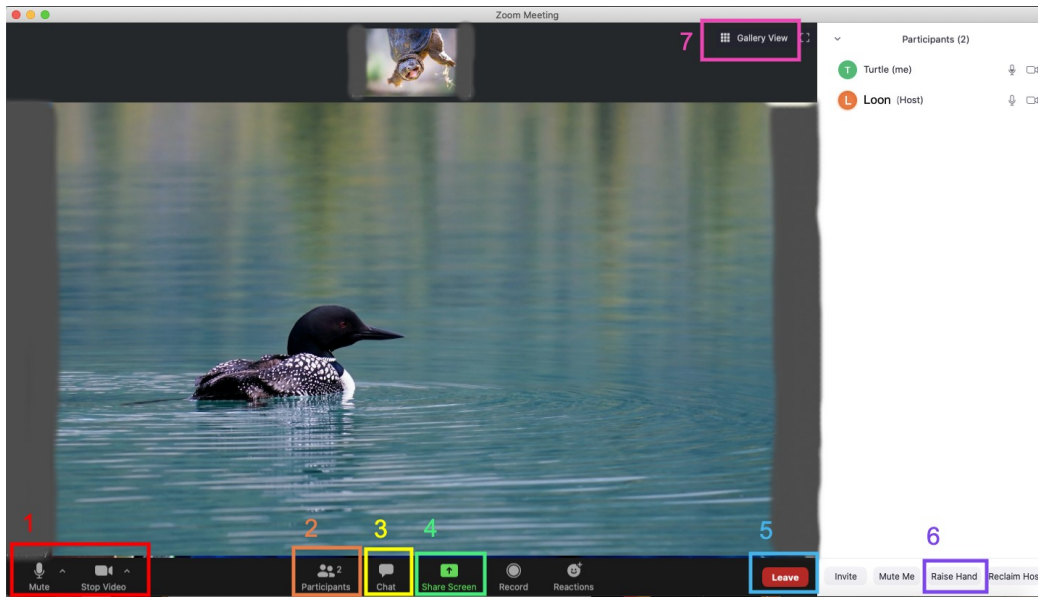
If anything happens to the Zoom call such as Zoom shutting down suddenly, the staff will contact parents by email with information about trying to rejoin or, if necessary, moving the camp session to a different time. Please keep an eye on your email inbox around the times camp sessions are happening just in case something occurs during the Zoom meeting.

If you need to get in contact with camp staff, please call Joanne Rae, Camp Director (613-533-6000 x77058). If it is not time sensitive Joanne can also be contacted by email at director@ecoadventurecamp.ca.

ZOOM CHEAT SHEET

In order to participate in camp, you will need to download the program Zoom. All that is required is a free Zoom account. To download the application and find out more information, visit the Zoom website (<https://zoom.us/download>). To download the program for an iPad, visit the app store. For the purposes of our camp, it is not recommended for campers to use a phone as the Zoom device for the sessions.

To better understand the different functions of Zoom, here is a simple cheat sheet of what the application will look like for the campers. We recommend printing off this image for the campers to access during the session if they are not familiar with Zoom as a platform.



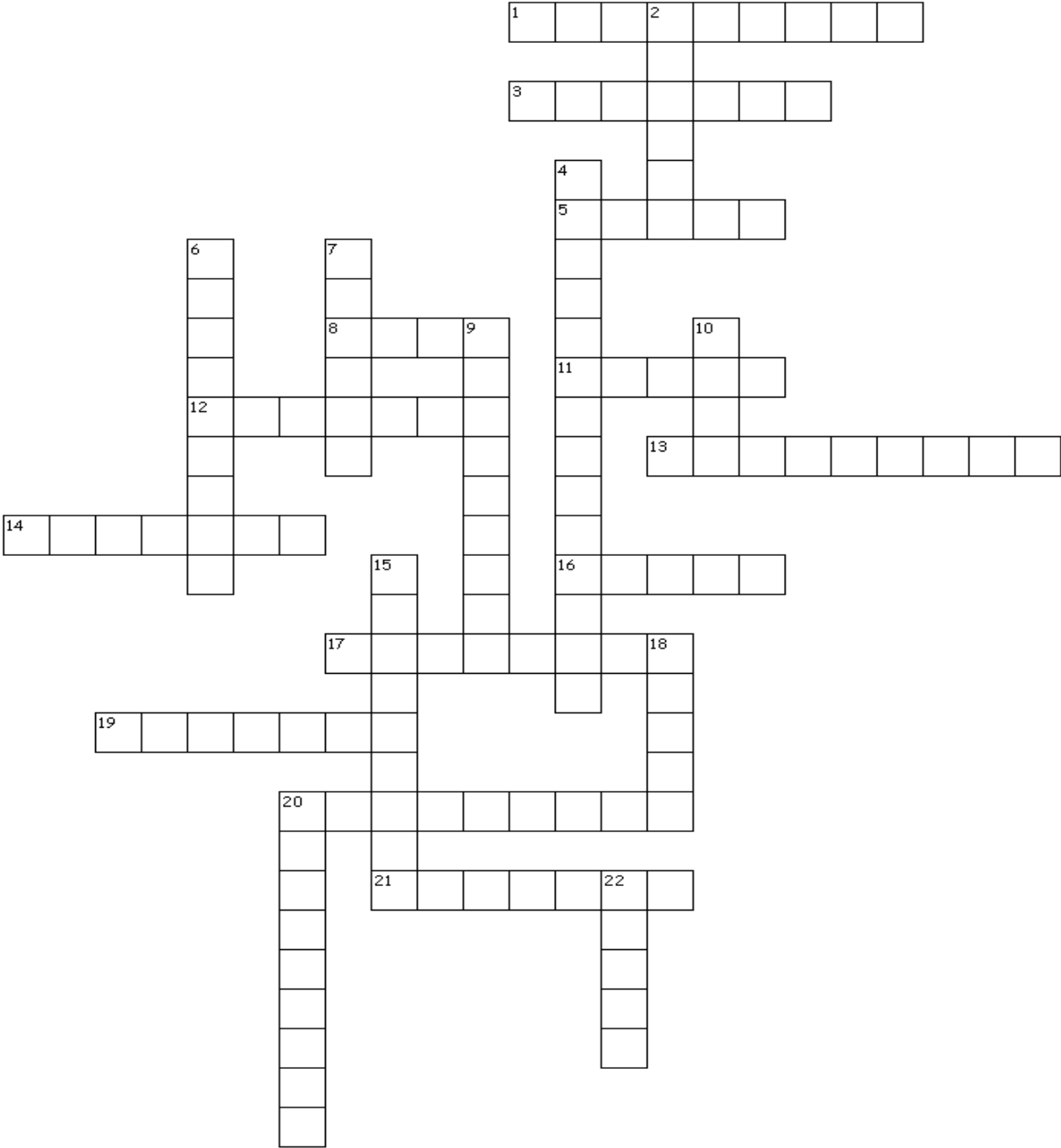
The image shows a Zoom meeting window with a video of a loon on a lake. The interface includes a top bar with a 'Gallery View' button (7), a participants list on the right, and a bottom toolbar with buttons for Mute, Stop Video (1), Participants (2), Chat (3), Share Screen (4), Record, Reactions, and Leave (5). A 'Raise Hand' button (6) is also visible in the bottom right. The participants list shows 'Turtle (me)' and 'Loon (Host)'. The 'Leave' button is highlighted in red.

- 1. Mute/Stop Video:** Use these buttons to turn on and off the microphone or video. They will have a red line through them when off.
- 2. Participants:** Lists all of the participants, like on the right.
- 3. Chat:** Click this button to open the chat. The chat can be used to ask the counsellors questions!
- 4. Share Screen:** This button should not be touched without instruction from the counsellors!
- 5. Leave Meeting:** Can be used to leave at the end of camp or when you want to leave a breakout room!
- 6. Raise Hand:** Click this to get the counsellors attention while they are instructing if you have a question!
- 7. Gallery/Speaker View:** Changes if you can see the person speaking or everyone at once.

FUN ACTIVITIES

Looking for something to fill the time before camp starts this summer? Eco-Adventure Camp has you covered! Here are some activity sheets that campers can complete before the sessions start! We also recommend the online outreach activities created by the Elbow Lake Environmental Centre (found here: <https://elbowlakecentre.ca/education/online-activities/>) if you want more activities!

Eco-Adventure Camp Crossword



Across

1. An interaction between individuals of different species, examples include mutualism, parasitism, and commensalism.
3. This butterfly undergoes an extremely large migration every year to Mexico, over 8,000km.
5. The blue _____ is the largest of its genus in North America, and is built similarly to a flamingo.
8. This local species can be found on a Canadian coin.
11. Number of turtles in Ontario considered a species at risk.
12. When something is not living, nor has ever been, it is termed _____.
13. Insect with big eyes so that they have good vision.
14. Animal that can be found digging through your garbage.
16. Grey Rat Snakes can grow up to _____ feet long.
17. Ontario's provincial flower.
19. This large mammal could be easily mistaken for one of Santa's reindeers.
20. Bird that can remember where they stored food for up to 28 days.
21. To study _____ means to study the relationship between organisms and their environment.

Down

2. This native species use their teeth, which never stop growing, to chop down logs to build their homes.
4. Process by which plants use sunlight to make food.
6. Some birds do this between the summer and winter.
7. This species of fish undergoes an extensive migration from the ocean to their home freshwater streams to spawn.
9. Barred owls are _____ since they are awake at night.
10. This massive mammal is found fishing in rivers, and spends all of winter in a deep sleep.
15. This mammal is coated with lots of guard hairs and a few quills to protect itself against predators.
18. Despite its big size, this mammal can dive up to 5.5 metres to feed on plants at the bottom of lakes.
20. An animal is called a _____ if it only consumes animal tissue for feeding.
22. The Canadian _____ is best known for their 'honking' overhead moving as a group in the shape of a V.

Word Search

B C Y K C F O O D C H A I N R
P A T R H I B E R N A T E T F
R M M A M M A L B Z P X V T I
E P M I G R A T I O N A W V S
Y Z F Y T R E P T I L E H B H
T U R T L E N L P A R D J L V
P H O T O S Y N T H E S I S R
E D F F X R W S B I O L O G Y
S A U W Q S Z Q M B W D F I E
T P C L I M A T E C H A N G E
R W E U H W P R E D A T O R P
E Z K C E L B O W L A K E D J
E Z F B I O D I V E R S I T Y
E A E B U E R X D E O S G P I
A A W G Y Y S W Z I N Z N D V

photosynthesis

foodchain

mammal

predator

tree

biodiversity

hibernate

species

camp

elbowlake

biology

turtle

fish

migration

reptile

climatechange

prey