

ECO-ADVENTURE CAMP HANDBOOK 2022



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PACKING LIST

Electronics (including cell phones, tablets, gaming devices, and smart watches) are not allowed at camp or on the bus. If found, they will be secured in the office and returned at the end of the day.

If your camper has health concerns that may affect their safety at camp, please read the section “Special Health Information” carefully.

<i>Item</i>	<i>Notes</i>
<i>Lunch and two snacks</i>	No peanuts or tree nuts
<i>Water bottle</i>	Non-breakable, reusable plastic bottles at least half a litre (two cups) in size are recommended
<i>Sunscreen</i>	Waterproof products with an SPF of at least 30 are recommended
<i>Wide-brimmed hat</i>	Baseball caps don't protect the neck or ears and aren't recommended.
<i>Shoes</i>	Pants, long-sleeved shirts, and sunglasses are optional but recommended (for protection against sun and bug bites). Sneakers and socks are recommended, sturdy sandals with straps are acceptable.
<i>Weather-appropriate clothing</i>	Rain gear, sweater, et cetera (as needed).
<i>Swimsuit and towel</i>	If campers have a lifejacket they prefer, feel free to send it. Otherwise, lifejackets will be provided.
<i>Emergency medications</i>	If applicable (e.g. Epipen, rescue inhaler).
<i>Masks</i>	If possible, bring two – one will be kept on the camper's person and one with staff. Two masks for any indoor time.
<i>Change of Clothes</i>	An extra set of clothes in case anything gets dirty or wet.
<i>Bug Spray</i>	Bug spray that contains icaridin or DEET is recommended to help protect campers from ticks.

The biodiversity at Elbow Lake includes the black-legged deer tick. These ticks can carry Lyme disease. We recommend long pants tucked into socks to protect against bites. You will also want to pack a bug repellent effective against ticks to spray on campers pants and shoes. We recommend one containing “picaridin,” a common brand is called PiACTIVE, but others are also available at local stores.

We recommend aerosol or spray products if your child needs help putting on sunscreen, as we cannot apply lotions for them. Stick sunscreen is also easier for campers to put on their faces themselves.

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Glass water bottles and repurposed beverage containers like juice bottles are fragile and not recommended. In keeping with Queen's University's sustainability initiatives on waste reduction, we strongly discourage pre-bottled water.

OPTIONAL ITEMS:

- Sunglasses
- Water goggles and water shoes
- Lifejacket (though they are provided, campers may be more comfortable using their own). If sending a lifejacket, it must be in good condition and indicate it is approved by the Canadian Coast Guard or Transport Canada.

TRANSPORTATION

Bussing is included in your camp fee!

Drop-off and pickup: Morning drop-off and afternoon pickup are outside the main entrance of Humphrey Hall (62 Arch Street) at 8:45 – 9:00 AM and 4:30 – 5:00 PM (typically closer to 4:30 PM). The bus leaves campus at 9:00 AM and departs from Elbow Lake at 4:00 PM.

Before-care: Before-care is facilitated by ScienceQuest at Beamish-Munro Hall (45 Union Street West) and costs \$20.00 per child per week. Visit the Add-Ons section when you register for camp to sign up

Bussing: Several other stops are available along our bus route:

- Glenburnie General Store in Glenburnie (drop-off: 9:17AM approx.), pickup: 4:32PM approx.)
- Perth Road at Latimer Drive in Inverary (drop-off: 9:23AM approx.), pickup: 4:15PM approx.)
- North Shore Road at North Shore Drive in Perth Road Village (drop-off: 9:26AM approx.), pickup: 4:09PM approx.)
- North Shore Road at Hewlett-Packard Lane in Perth Road Village (drop-off: 9:33AM approx.), pickup: 4:06PM approx.)

CAMP T-SHIRTS

Each camper gets an Eco-Adventure Camp shirt on the first day of camp. Campers are asked to wear their t-shirts on the Friday of their camp session, as we take a group photo. When registering, please specify the appropriate size for your camper. All measurements are in inches.

Sizes	Youth XS	Youth S	Youth M	Youth L	Adult S	Adult M	Adult L
Body Width	16	17	18	19	18	20	22
Body Length	20.5	22	23.5	25	28	29	30

FAMILY NIGHT

Come to Family Night on Thursdays to experience Elbow Lake for yourself and participate in free educational activities in the evening!

Cabins are available to rent overnight for \$65+HST – visit the Add-Ons section when you register for camp to make a reservation for the Family Night during the weeks of camp you registered for.

A week before you attend, participants will be sent an information packet with a packing list and a user's



guide to Elbow Lake (more information about the cabins and the facility can also be found at ElbowLakeCentre.ca).

Cabins can be rented for any Family Night in the summer, it does not need to be the week your camper is attending camp. To register for a different week, visit the [Public Events](#) for more information.

Family Night Check-In and Check-Out

Check-in: Between 3:30 – 4:00 PM at Elbow Lake on the Thursday evening

- Let us know in advance if you would prefer to pick up your child at their normal location on Thursday afternoon

Check-out: 9:30 – 9:45 AM at Elbow Lake on the Friday morning

- Before-care services are not available at Elbow Lake
- Check-out is when the bus arrives (between 9:30 – 9:45 AM, typically closer to 9:30 AM)
- Let us know in advance if you would prefer to drop your child off at their normal location on Friday morning

EMERGENCY CONTACT INFORMATION

If you need to get a hold of camp staff while your child is at camp, please call:

Mel Kehoe, Camp Director- 613-533-6000 x77058

Emily Verhoek, Outreach & Teaching Coordinator,

Elbow Lake Environmental Education Centre, main line- 613-353-7968

If your camper has special health information that may affect their safety at camp, please include it in the online Eco-Adventure Camp Health Form in CampBrain. This must be completed to finalize registration.

COVID SAFETY

Masking: Campers are required to wear a mask when inside our buildings or at times when physical distancing cannot be maintained.

Hand washing: Campers will be required to wash or sanitize their hands when they arrive each day, as needed throughout the day, and before each snack or meal.

Screening: Parents are expected to complete a screening of their child each morning before arriving to camp. Counsellors will be asking for a verbal confirmation of completion when campers arrive. The screening tool can be found here. <https://covid-19.ontario.ca/school-screening/>

Illness: Campers cannot attend camp if have ANY of the following symptoms: Fever/chills, cough, shortness of breath, decrease/loss of smell and taste.

Please note that for symptoms such as sore throat, headache, extreme fatigue, runny nose, nasal congestion, muscle aches/joint pain, vomiting, diarrhea:

- ONE of these symptoms, students are required to self-isolate until symptoms are improving for at least 24 hours (vomiting and diarrhea require 48 hours).
- TWO of these symptoms, and your child MUST self-isolate for at least five days.

Age and vaccination status dictates when the camper can return to camp. The Screening Tool above defines those timelines and conditions.

Absence Due to Illness: If a camper is unable to attend more than two days of camp due to illness, accommodations will be made to provide an alternate week for the camper to attend. If that isn't possible, a partial refund (80%) of the missed days will be provided.

CAMPER RULES



Listen to your counsellors
and follow camp rules!

1. Listen to counsellors
2. Wear sunscreen and drink water
3. Wear tick safe clothing (long pants and socks) and bug spray
4. Always wear shoes outside (but never inside!)
5. Wash your hands (after the bathroom and before eating or touching frogs)
6. Stay within the marked camp bounds
7. No littering, all garbage goes in the bin or home with you
8. Tell a counsellor if you or someone else gets hurt
9. Never go anywhere alone; always be with a buddy and a counsellor should always know where you are
10. If you get lost, hug a tree and be noisy
11. Stay away from the waterfront, except when with a counsellor
12. Listen to lifeguards and follow waterfront rules
13. Only drink from the indicated water cooler
14. Hands to yourself (no hitting)
15. No bullying and tell a counsellor if you see bullying
16. HAVE FUN!

ELEMENTS OF RISK FOR PARENTAL CONSENT FORMS

List of potential hazards, dangers, and risk of injury possible during camp. This is not and is not intended to be an exhaustive list. Everything listed is possible but unlikely. All risks and hazards are mitigated by policy, safety standards, and staff oversight.

Hazard	Risk
Extreme heat	<ul style="list-style-type: none"> • In the summer months, consequences to visitors can include heat stroke, exhaustion, headaches, sunburns; episodes of lightheadedness, fainting, chest discomfort, leg cramps, nausea and fatigue. Signs of excessive heat must be reported and never ignored. Every CAMPER should bring sun protection such as sunscreen, a hat, <i>etc.</i>
Dehydration	<ul style="list-style-type: none"> • Visitors will be outside and active much of the day. There is a risk of dehydration, resulting in headaches, episodes of light headedness, fainting, chest discomfort, leg cramps, nausea and fatigue if inadequate amounts of water are consumed. Every CAMPER should bring adequate water
Hypothermia	<ul style="list-style-type: none"> • Visitors may experience cool, wet days • Without proper clothing, there is a risk of hypothermia • A boat could be capsized and visitors or staff could spend some time in the water, resulting in cold wet clothes. Every CAMPER should bring a dry changes of clothes
Extreme cold	<ul style="list-style-type: none"> • In the winter months, consequences to visitors can include frostnip, frostbite, and if symptoms are ignored, excessive loss of body heat can lead to hypothermia. Every CAMPER should wear proper winter clothing
Rough & slippery terrain	<ul style="list-style-type: none"> • The terrain at Elbow Lake is rugged, often with loose debris or exposed wet rock. The terrain can be steep, uneven or slippery, with branches, rocks, or other obstacles present risks of slipping and falling that may result in bone and muscular skeletal injury, such as breaks, sprains and strains, or broken limbs, concussion or spinal cord injuries • This risk is increased in the winter months with the addition of snow and ice.
Insect bites & stings	<ul style="list-style-type: none"> • Visitors are at risk of being stung/bit by insects, including bees, mosquitoes, flies, and ticks. • While this is primarily just an inconvenience it could pose a serious problem for people with allergies, if the tick is infected with Lyme disease, or if the mosquito is a West Nile Virus carrier. Every CAMPER must advise Camp organizers of any allergies to insect bites and stings and carry, or provide staff with, their EpiPen • The threat of ticks can exist throughout the year in any season, not just summer.
Lightening and wind storms	<ul style="list-style-type: none"> • There is a risk of storms, including lightening and high winds. • There is a risk of being struck by lightning or being hit by falling tree branches or other debris.
Swimming accident	<ul style="list-style-type: none"> • There is a possibility that a visitor could be injured while swimming (e.g., cramps, cuts, <i>etc.</i>)
Watercraft accident	<ul style="list-style-type: none"> • There is a possibility of capsizing in canoes, kayaks, and row boats.
Wildlife	<ul style="list-style-type: none"> • Visitors may encounter wildlife, including raccoons, porcupines, squirrels, skunks, deer, bears, <i>etc.</i> • Under most circumstances, wildlife will stay away from visitors and won't present a risk

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	<ul style="list-style-type: none">• However, wildlife can be unpredictable and may respond aggressively to visitors (biting, charging, spraying). CAMPERS are prohibited from attempting to engage or interact with any wildlife
Getting lost	<ul style="list-style-type: none">• Visitors will explore areas (trails, wetlands, lakeshore) beyond the building envelope.• There is the possibility of becoming lost or disoriented. <p>CAMPERS must stay with and follow the instructions of the Camp Staff.</p>