



Camper Handbook

2023

Meet Our Team!

Mel Kehoe - Camp Director



My name is Mel and I'm stoked to be the Camp Director for EAC! I graduated Queen's with a degree in Health Studies in 2018 and have been working with kids on the west coast in the ski and bike industry ever since.

I'm committed to creating an exciting, safe and inclusive camp environment for every camper. If you have any questions or concerns, please don't hesitate to reach out!

Camp Counsellors



Transportation

Drop-off and pickup: Please meet at the main entrance of Humphrey Hall (62 Arch Street). Drop-off is at **8:45 AM** and pickup at **4:45 PM**. The bus leaves campus at 8:55 AM and departs from Elbow Lake at 3:55 PM.



Several other stops are available along our bus route:

- Shannon's Corners Park (2400 Perth Road) in Glenburnie (drop-off: 9:15 AM approx., pickup: 4:20 – 4:35 PM approx.)
- Campbells Fuels (3810 Perth Rd) in Inverary (drop-off: 9:23 AM approx., pickup: 4:10 – 4:20 PM approx.)
- North Shore Road at North Shore Crescent in Perth Road Village (drop-off: 9:20 – 9:30 AM approx., pickup: 4:05 – 4:10 PM approx.)
- North Shore Road at Hewlett-Packard Lane in Perth Road Village (drop-off: 9:33 AM approx., pickup: 4:06 PM approx.)

Alternatively, you can provide camper transportation directly to Elbow Lake Environmental Education Centre (drop-off: 9:45 AM approx., pickup 3:45 PM approx.)

Before-Care

Before-care is facilitated by ScienceQuest at Beamish-Munro Hall (45 Union Street West) and costs \$20.00 per child per week. Drop-off is between 8:00 and 8:45am. Visit the Add-Ons section when you register for camp to sign up.

Packing List



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

OPTIONAL ITEMS:

- Sunglasses
- Water goggles and water shoes

Electronics are not allowed to be used at camp or on the bus. We encourage all campers to leave these items at home.

Camper Rules



Listen to your counsellors!

Participate in all activities

Stay within designated camp boundaries and within sight of a counsellor.

If you hear ANY whistle blast – look to your counsellor for instructions.

Keep your hands to yourself and be kind to others!

DRINK WATER!

Follow waterfront rules, and listen to your lifeguards.

Do regular tick checks.

Leave our wildlife wild!

If you get lost, STAY PUT AND MAKE NOISE!

Swim Test



All campers and Leaders in Training must successfully complete the swim test to be permitted to swim without a lifejacket or PFD within the designated swim area. All campers are encouraged to attempt the test during the first swim period of the session. Unsuccessful participants are welcome to reattempt the test during the next swim period. Campers can choose to not take the test and wear a PFD during swimming times if they choose.

EAC swim test includes:

- 50 m distance swim (The distance swim is normally three lengths between one the edge of the roped-in swim area to the other side of the swim area.)
- Tread water for one minute
- Put a lifejacket or PFD on while treading water (optional)
- Climb onto the raft and roll into the water
- Swim back to shore



Putting a lifejacket on while treading water is recommended but optional (campers will not fail the test if they cannot complete it).

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.

Cancellation Policy



No refunds will be given for cancellations received later than one week before the start of a session. This includes "no-shows" or campers who attend only part of a session for any reason, including illness. Requests received with more than one week's notice will be refunded, minus the \$50.00 non-refundable deposit per camper per session.

Cancellations for Family Night cabin bookings will not be refunded with less than one week's notice. Otherwise, they will be refunded in full (\$65.00).

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. 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.

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 AM at Elbow Lake on the Friday morning

Before-care services are not available at Elbow Lake. Your camper must be supervised with you until the bus arrives with our counsellors.

Service Agreement

We are committed to providing each camper and their family with a quality summer camp experience. It must be understood that camp is part of a community made up of parents, campers, and staff and there are requirements asked of each of these parties. These requirements must be met in order to maintain the safety and satisfaction of everyone involved.

Those who wish to put their needs above the needs and safety of others within our community are not welcome. Verbal abuse, operating a vehicle in an unsafe manner while on camp property, requesting exemptions to camp rules, making demands that are outside of our advertised services, and general behaviour that prevents us from serving others within our community cannot be permitted to occur.

We are eager to hear from you if you feel that we are not living up to the services that we have agreed to provide. We will make every effort to correct mistakes that are made. However, this process cannot jeopardize the safety of others. We reserve the right to terminate our services and future services at any time.



Contact

**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, 613-464-9559

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