



# Camper Handbook

# 2026

# All About Elbow Lake!

Eco-Adventure Camp situated at the Elbow Lake Environmental Education Centre, just north of Kingston, Ontario. Campers will get the chance to play and learn at the many facilities the Education Centre has to offer!

## The Waterfront

At our waterfront, campers will get the chance to swim at the end of every day, as long as weather permits. We will also use the space to board our canoes to tour the lake and play games in the boats throughout the week.



## The Nature Centre

The Nature Centre and the picnic tables surrounding it will be campers' base of operations this summer. This is where they will do most crafts and learning activities, eat lunch, and keep their things while we adventure!

## Meet Your Directors:

Naida, this summer's Camp Director, and Evan, her Associate Director, will be leading camp this summer alongside a team of 4 dedicated camp counsellors. They are so excited to share their love of nature, learning, playing, and adventuring with campers at Elbow Lake this summer!



# Transportation

**Drop-off and pickup:** Please meet in front of the City Park Courthouse (5 Court Street). Each day, drop-off is at **8:45-8:55 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.)
- Perth Road and Davidson Side Road (3810 Perth Rd) (drop-off: 9:23 AM approx., pickup: 4:10 – 4:25 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.)

Campers must be picked up at the bus stop by 5pm latest. A \$15 late pick-up fee will be charged for every 15 minutes staff have to stay with campers after 5pm.

Alternatively, you can provide camper transportation directly to Elbow Lake Environmental Education Centre (1500 Hewlett-Packard Dr, Perth Road Village). If the gate is closed, wait for the bus and follow it in. (drop-off: 9:45 AM approx., pickup 3:45 PM approx.)

Please communicate with the camp director if there are any changes to the bus stop you will be using.



**Parents, guardians and caregivers must show photo I.D. when signing out their camper daily to ensure campers are released to the appropriate caregiver. Please email the Camp Director with any updates on pickup authorization.**

## Before-Care

Before-care is facilitated by ScienceQuest at Beamish-Munro Hall (45 Union Street West) and costs \$25.00 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 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                        | Closed toe shoes are required. Sturdy sandals with straps or water shoes are optional for waterfront activities.   |
| Weather-appropriate clothing | Pants, long-sleeved sun 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.                              |
| 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
- Water shoes
- Cards
- Books

## TECHNOLOGY USE

**Campers will not be permitted to use technology while attending camp.** Phones must stay in bags. In the event that campers need to be contacted please call the following number: (613)-533- 6383. EAC is not responsible for any lost or damaged devices.

# Camper Rules



**Cruise in twos with shoes.**

**Leave no trace and respect wildlife.**

**Stay 6 meters away from the waterline.**

**If you get lost, stay put and make noise.**

**The kitchen is off limits.**

**Wear sunscreen & bug spray, drink water, and check for ticks.**

**If you hear a whistle, listen to your instructors.**

## Camper Code of Conduct

- I agree to comply with all safety precautions and rules while at Eco-Adventure Camp.
- I will listen to my counsellor and the instructions they give for each activity, and will ask if I need clarification of any of these instructions.
- I will approach all activities in a mature manner and promise to try each activity.
- I will treat fellow campers and counsellors with respect at all times.
- I will treat the facilities and ecosystem of Elbow Lake with respect at all times.

# 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 - there are PFDs available for use at camp.**

EAC swim test includes:

- 50 m distance swim (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
- Swim back to shore



## 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.

# Sample Weekly Schedule

| Leave 5 Court Street @ 9:00 | Monday                     | Tuesday              | Wednesday            | Thursday                      | Friday               |
|-----------------------------|----------------------------|----------------------|----------------------|-------------------------------|----------------------|
| Arrival @ 9:30 - 9:45       | Snack                      | Snack                | Snack                | Snack                         | Snack                |
| Morning                     | Site tour + Icebreakers    | Themed Activity      | Themed Activity      | Themed Activity               | Theme Day Activity   |
|                             | Themed Activity            | Themed Activity      | Guest Speaker        | QUBS Outreach Intern Activity | Theme Day Activity   |
| Mid-Day                     | Lunch + Free Time          | Lunch + Free Time    | Lunch + Free Time    | Lunch + Free Time             | Lunch + Free Time    |
| Afternoon                   | Canoe Lessons & Swim tests | Canoeing/Field Games | Canoeing/Field Games | Canoeing/Field Games          | Canoeing/Field Games |
|                             |                            | Swim                 | Swim                 | Swim                          | Swim                 |
| Departure @ 4:00            | Snack                      | Snack                | Snack                | Snack                         | Snack                |

# Health & Safety



**Our EAC staff are all certified in Standard First Aid and CPR - C**

All major and minor incidents are treated, recorded and reported to parents/guardians at the end of the day via an incident report and/or phone call.

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.

Health Screening: Parents are recommended to screen their child for illness each morning before arriving to camp. Campers who are sick will be sent home.



Illness: Campers cannot attend camp if have ANY of the following symptoms: Fever/chills, cough, shortness of breath, decrease/loss of smell and taste, sore throat, headache, extreme tiredness, runny nose, nasal congestion, muscle aches/joint pain, vomiting, diarrhea, abdominal pain, pink eye.

Please note that for any of these symptoms, students are not able to attend camp until:

- symptoms are improving for at least 24 hours (vomiting and diarrhea require 48 hours) and,
- they do not have a fever and
- they do not develop any additional symptoms

# Family Night



Come to Family Night on Thursday evenings to experience Elbow Lake for yourself and participate in free educational activities! You are welcome to attend Family Night any week you want during the summer, not just the weeks your campers are at camp! Family Night programming is free for everyone, but registration is required to attend.

If you want to extend your Family Night experience, consider renting one of our cabins! Camp families can rent our cabins overnight for \$80+HST. You can book a cabin through the Add-Ons section in the camper registration process, or contact us at [ecoadventurecamp@queensu.ca](mailto:ecoadventurecamp@queensu.ca) and we can assist you.

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](http://ElbowLakeCentre.ca)).

## **Family Night Check-In and Check-Out**

**Check-in:** Between 3:45 – 6:00 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 or if you will be picking them up at Elbow Lake.

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

Please note: **Camp staff are not responsible for childcare after 4:00 p.m. on Thursday or before 9:30 a.m. on Friday.** If you have any questions about Family Nights or how to register for cabin stays, please reach out to [ecoadventurecamp@queensu.ca](mailto:ecoadventurecamp@queensu.ca).

To register for Family Night, visit the [Elbow Lake Events Page](#).

# 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:

**Naida Ribau, Camp Director 613-533-6383**

**Rebecca Vincent, Outreach & Teaching Coordinator 416-986-0558**

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