

July 7-10



LIT Manual 2026

Must-knows to prepare for your upcoming
Leader-in-Training Program!

All About Elbow Lake!

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

The Waterfront

At our waterfront, LITs will get the chance to swim every day, as long as weather permits. We may also use the space to board our canoes to complete ORCKA training throughout the week..



The Nature Centre

The Nature Centre and the picnic tables surrounding it will be LITs' base of operations this summer. We'll use the space to do any group games or crafts, and will usually gather there to give any instructions or announcements to the group.



The Pavilion

LITs will eat all their meals throughout the week in the pavilion, and will complete their First Aid training here. LITs will be responsible for helping to keep the kitchen clean after each meal as well.



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 LITs at Elbow Lake this summer!



About Leader-in-Training Week

Eco-Adventure Camp's LIT program is an opportunity for campers to learn about local ecology and develop valuable leadership and life skills in a safe and fun summer camp community.

This program is a 4-day, 3-night commitment (July 7th - 10th, 2026), with an opportunity to volunteer for at least one week during our regular day camp season. LITs will learn leadership skills, teamwork strategies, face new challenges and build confidence!

Sample LIT Day:

Time	Activity
7:30 - 9:00 AM	Wake up & Breakfast
9:30 - 12:30 AM	Emergency First Aid Training
12:30 - 1:30 PM	Lunch
1:30 - 3:30 PM	ORCKA Canoe Training
3:30 - 5:30 PM	Leadership Activity
5:00 - 6:30 PM	Dinner
6:30 - 7:30 PM	Leadership Workshop
7:30 - 8:30 PM	Cardio Pictionary
8:30 - 9:45 PM	Campfire
10:00 PM	Lights Out

Program Highlights:

- Leadership training, including camp health and safety, and practice designing/leading camp activities
- Fun evening activities, such as movie nights, bonfire games, LIT Olympics, etc.
- Team-building activities
- ORCKA Level 1 Canoe Training
- Emergency First Aid Certification
- Practice goal setting and decision-making skills
- Opportunities to earn volunteer hours towards their Ontario Secondary School Diploma!

Packing List



Clothing

Item	Quantity
T-Shirts	4-5
Vacation THEME Clothing	1
Sweatshirt	1-2
Long-Sleeve Shirt	1-2
Shorts	3-4
Long Pants	2-3
Pajamas	2-3
Swimsuit & Towel	1-2 each
Socks & Underwear	Lots of extras!
Shoes	1 close-toed running shoe 1 open-toed shoe for the water

Outdoors

Item
Waterproof Sunscreen
Reusable Water Bottle
Bug Repellent (should contain picaridin or deet to protect from ticks)
Wide-Brimmed Hat
Raincoat & Rainboots
Watch
Flashlight

Cabin Essentials

Sleeping Bag or Blanket
Fitted sheet (campers will be in a single or double sized bed, so double-sized sheets will work for any bed!)
Pillow
Toiletries (toothpaste, toothbrush, deodorant, shower items, hygiene products).

OPTIONAL ITEMS:

- Sunglasses
- Water goggles
- Water shoes
- Bug nets
- Cards
- Books
- Board Games
- Camera
- Journal
- String (for friendship bracelets!)

TECHNOLOGY USE

Campers will not be permitted to use technology while attending camp. Phones will be collected at the beginning of the week and put in a locked box that can be found in the nature centre. LITs can contact home if needed, but will not readily have access to technology during the week. Technology will be handed out at the end of the week prior to catching the bus home and before pickup.

Transportation

Drop-off

The bus will arrive at 5 Court St in Kingston on July 7th, 2026 to bring campers to Elbow Lake. The bus will depart at 9:00 AM, so please drop campers off at this address from 8:30-8:50AM.

If your camper will be dropped off directly at Elbow Lake, please have them arrive at 9:30 AM, as this is when the bus will be arriving with the other campers.

Pick-up

The bus will arrive be departing from Elbow Lake on July 10th, 2026 to return campers to 5 Court St. The bus will depart at 4:00 PM, and arrive at 5 Court St. at 4:30 PM. Please be ready at this address by 4:30 PM if your camper will be on the bus.

If you will be picking up your camper directly from Elbow Lake, please be there by 3:45 PM on July 10th, 2026. A counsellor will stay at Elbow Lake until 4:30 PM to wait with campers in the event you are running late.



Camp Rules

Cruise in twos with shoes.

Leave no trace and respect wildlife.

Stay 6 meters away from the waterline.

Activities in the kitchen must be supervised by camp staff.

If you get lost, stay put and make noise.

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

If you hear a whistle, listen to your instructors.

Overnight Rules

Lights out by 10:00pm.

LITs will be sent to their cabins at least 30 min before lights out time, to give adequate time to prepare for bed.

LITs will be instructed to use the buddy system if they need to use the restroom after lights-out time.

LITs must stay in their respective cabin between lights out and wake-up, unless an emergency arises. LITs will be shown how to contact staff in case of emergency over night.



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.

Sample Menu

Please ensure that you bring a packed lunch for the first day at camp. Please do not bring any other food or snacks to keep in your cabins, as an abundance of healthy snacks will be available. If you have dietary restrictions, please ensure they are noted on your camper's medical form. If your dietary needs require that you bring some of your own food, or you have any specific questions about the menu, please contact us at: ecoadventurecamp@queensu.ca.



	Tuesday	Wednesday	Thursday	Friday
Breakfast	N/A	Toast & Bagels, Cereal	Eggs, Breakfast Sausage, Hashbrowns	Pancakes & Bananas
Lunch	BYO	Chicken Caesar Wrap	Pierogies & Veggies	Sandwich Station
Dinner	Pasta & Meatballs & Salad	Chilli & Garlic Bread	Hot Dogs & Fries & Greek Salad	N/A

(menu is subject to change - a final menu will be sent closer to LIT week once its been made official)

Cabins

Elbow Lake Environmental Education Centre has 10 cabins on-site. Each cabin is identical, and features a sitting area, non-cooking kitchenette, and two bedrooms: one with a double bed, and another with a single bed/double bed “bunk-bed”. Please note that they are serviced with electricity, but there is no running water. LITs are reminded to bring a reusable water bottle.

No food may be kept in the cabins.

EAC cabins are grouped into male, female, and gender neutral cabins, and cabin assignments are made prior to our LIT session. We try to pair LIT's with a cabin mate of a close age, and we will always try our best to accommodate any cabin mate requests!



More photos can be found at: <https://elbowlakecentre.ca/facility/>

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 as needed throughout the day, and before each snack or meal.

Health Screening: Parents are recommended to screen their child for illness before drop-off at camp. Campers who are sick upon arrival will be sent home.



Illness: **Campers cannot attend camp if they 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.

- If your LIT experiences these symptoms when at camp, a parent/guardian will be contacted for pickup.

Please note that for any of these symptoms, campers 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

Health & Safety

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.

Volunteering

Participants who successfully complete the LIT program may be invited to return to volunteer at regular camp sessions! Volunteers are chosen based on their performance, and there is no camp cost for volunteers.

LITs interested in volunteering must fill out their volunteer reference check form in advance of LIT week in order to participate!

While volunteering, LITs will be given responsibilities suitable to their role as new leaders. Our day camp runs for campers aged 8-13, and our new LITs will use what they have learned during LIT week to be role models for these younger campers.

LIT Responsibilities

Each weekly session, LITs will be given the opportunity to plan a program for later in the week (Thursday/Friday) using materials and equipment available at camp. This programming should be between 30 – 60 minutes, and the LITs will have creative control, with approval from the Camp Director. The LITs will be given time to work on their program in advance.

Camp staff will encourage the LITs to lead the activity during their programming slot, only stepping in if necessary.

The LITs will assist in leading other activities at camp before they lead this program.

Additional responsibilities will include:

- Helping supervise and interact with campers
- Aiding counsellors during the running of activities
- Asking questions and taking initiative

Evaluation

LITs will be evaluated verbally at the end of LIT Week, while they volunteer, and at the end of their volunteer session. They will receive a standard written feedback form at the end of their volunteer session. They will also be given a letter outlining their role with the camp and the number of community service hours they received. This can be given to their school and used towards their community service hour requirement of the Ontario Secondary School Diploma.



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