



# Little Champ Camp

Parents

Handbook

Summer 2022

# Welcome to Little Champ Camp

Little Champ Camp would like to extend a very warm welcome to you and your family. During camp, your child will benefit from our low camper/leader ratio which allows us to supervise and interact with the campers very efficiently, creating a more intimate and special connection. It is our goal that your child not only enjoys their stay at Little Champ Camp but also learns new skills to develop a champion mindset.

## Camp Mission

We believe in providing a positive environment, encouraging all campers to learn and develop physical literacy skills, build self-confidence and self-worth, and be the absolute best camper they can be. We follow our CHAMPION philosophy in all programming, ensuring we provide the best support in the camper learning a champion mindset.

C – Courage to be you

H – Honor in what you do and how you treat others

A – Attitude; developing and maintaining a positive mindset

M – Motivating yourself to be the best you can be

P – Persevering in all goals set out

I – Integrity in all that you do

O – Optimism in all circumstances, focusing on the good

N – Never giving up

We will have Special Guests coming throughout the Summer that will create a long lasting impact on the campers with their motivating messages and stories. You don't want to miss it!

Dare to be a champion!

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## Covid-19 Prescreening

All campers and staff will be required to participate in active screening using our pre-screening form before entering the camp. This can be completed 3 days prior to your campers start date and will be sent via email. If this form is not sent prior, we will ask you to complete a verbal pre-screening when arrived.

## Covid-19 Screening on Site

**Please go to the Screening Area (sign) to start the Screening Process. Your camper will need to be screened at drop off every morning.**

All campers and staff will be required to participate in active screening using either the pre-screening form or verbally before entering the camp.

All campers and staff are required to receive a temperature check and hand sanitize when entering the camp.

Any campers and staff who do not meet the screening requirements will not be permitted to enter the facility.

## What to Bring to Camp

**Adventure Program:** Please bring closed toed shoes, sunscreen, hat, towel, swimsuit, extra pair of clothes (shorts, shirt), plastic bag, lunch, snacks, and a full water bottle.

**Sports Program:** Please bring closed toed shoes (preferably running shoes), sunscreen, hat, towel, swimsuit, extra pair of clothes (shorts, shirt), plastic bag, lunch, snacks, and a full water bottle.

\*Please label all items with campers first and last name to ensure nothing is misplaced\*

## Swimming

All programming involves a portion of swim throughout the daily schedule. Family change rooms are not open yet and will be permitted for use once approved by the government. Campers will use portable washrooms to get changed until restrictions have changed.

All campers are supervised by trained Lifeguards as well as our CPR and First Aid Trained Camp leaders. Deep end tests will be conducted each week. Regular swim admission standards will apply.

All Campers will be required to bring:

- A towel
- A plastic bag
- A bathing suit/bathing shorts : all campers must have the ability to change themselves
- Sunscreen - all campers are required to apply sunscreen themselves

## Allergies & Food

We are a PEANUT FREE environment. All peanuts found in snacks will be removed from the site immediately. All campers are required to bring a lunch, snacks, and full water bottle everyday.

### ***Allergies***

Please see the Allergies Form and fill in. Any camper whom has an EpiPen is required to fill in the Allergies Form and create an Action Plan with the Camp Leader and Camp Director.

# Behaviour Policy

At Little Champ Camp we pride ourselves in developing a champion attitude. This means being a leader by using respectful mannerisms, nice language and actions, sharing, and doing more for others than yourself.

These are the requirements we ask all campers to follow:

- Using please and thank you
- Taking turns and/or sharing with one another
- Speaking nicely to others and in a positive tone
- Practicing communicating emotions appropriately
- Respecting our Camp Leaders and Supervisor

We do not condone:

- Any form of bullying
- Physical violence or inappropriate touching
- Verbal aggression
- Swearing
- Not listening to Camp Leaders
- Inappropriate showing of body parts/ or discussion

We have rules that are enforced to ensure all campers/camp leaders are treated with the respect and dignity they deserve. Our number one priority is safe fun. If there are incidents or accidents, we follow a strict policy where they will be written up in an Accident / Incident Report. Parents will be contacted if needed.



## **Emergency and Illness**

If it is necessary for you to contact your child due to an emergency, please call the Little Champ Camp number and we will assist to make whatever arrangements are necessary. If your child becomes ill at the program the parent/guardian will be notified immediately. If the parent/guardian is not available, the emergency contact will be contacted. Arrangements must be made for the child to be picked up if required.

## **Safety**

Safety is our number one priority. All our staff are certified in Emergency First Aid and must attend a comprehensive training session prior to the start of the program. It is very important that all participants understand the rules and expectations regarding safety and behaviour established for the program. Program Staff will discuss these rules and expectations with the participants on the first day of the week's program and remind when needed.

## **Rainy Day Policy**

Previously, we used the local church - Applewood United Church, but due to Covid-19, they are not available. Each individual group has a 10X10 tent that they will be using daily, during rainy days we will take shelter underneath our tents. If it is more inclement weather, we will go to the local swimming pools structured building. During the summer, we have experienced that the rain does not typically last the whole day, it comes in spurts, which allows outdoor play.

## Outdoor Policy

- Little Champ Camp is an outdoor based program. To ensure every child can fully participate in all outdoor activities, campers must bring suitable clothing for all types of weather. This includes sunscreen, hat, and water bottle. Please encourage all campers to wear a hat when participating in outdoor activities.
- Due to the nature of sunscreen allergies, LCC staff will not provide or apply sunscreen. Campers will be reminded by camp leaders to put sunscreen on prior to an activity outside. Please pack water proof sunscreen (SPF 30+).
- It is important that campers understand the importance of sunscreen and know how to apply it before camp. It would be helpful for parents to apply sunscreen in the morning before the camper arrives at Little Champ Camp.
- Pool rules are discussed on the first day of camp. Children will be swimming at our outdoor community pools. Children who wish to swim in the deep end have to do a test approved by the lifeguards.
- Campers will take regular water breaks throughout the day to ensure they are hydrated. Please ensure they bring a water bottle and extra bottles on humid days.

## Safe Arrival and Dismissal

Parents/guardians are required to pick up children within the allocated Camp Hours – 9 am to 4 pm, unless extended hours are purchased. Unless your child is registered for extended hours please arrive no earlier than 9 am as staff need time to set up equipment for a fun and active day at camp. To ensure the safety of all children in our programs, parents/guardians are required to physically escort their child to the program drop off location each day. Children will only be released to those individuals listed on the Camper Information Form who provide photo identification. Children under 10 years of age are not permitted to leave unescorted. Children 10 years and older may leave unescorted only if written consent from a parent or legal guardian is provided.