

Camp Can-Aqua



PARENT INFORMATION GUIDE & CAMPER HANDBOOK 2021





#PLANFORCAMP

After a challenging two years, our summer camp adventures are finally approaching. The entire team at Can-Aqua is excited to welcome our campers to the shores of Beaver Lake. Inside this package, you'll find all things related to camp as well as how we'll be managing camp this summer in regards to covid-19. This package contains the following:



Pre-Screening/Arrival and Departure Days
Tips For Parents With Apprehensive Campers In 2021
The Details
Packing & Prep
Things To Think About
Policies & Promotion



Take some time to read through the information provided and help support your Can-Aqua experience by following the instructions outlined within. If you have any questions please feel free to connect with us at the camp office by phone or email at (613) 339-2969 or info@canaqua.ca.

A great way to stay up to date on all things Can-Aqua is to join us on Facebook. On our page, we'll be sharing guidelines, updates, moments and memories throughout the summer in order to help families stay connected. Outside of the summer months, we post updates, important deadlines, blog posts and articles that we think you might find of interest.



PRE-SCREENING

- In order to do our best to keep Covid out of camp, campers and staff are required to limit their exposure (ie. reduce the chances of becoming infected by limiting contact with individuals outside of their immediate household) to the greatest extent possible 14 days prior to arrival to camp. Parents will be required to provide the camp with a written attestation indicating they have taken all reasonable measures to limit their exposures for the 14 days prior to their arrival.
- Between 2 and 5 days prior to arrival, parents must ensure that campers have a **PCR test** taken. These tests should be covered by OHIP. Camp CanAqua will provide a letter for families each session that they can bring with them when getting the test done. Families must bring a PRINTED copy of their negative results with them on arrival day (please don't email them to us, as they will be required by the health services staff facilitating on-site screening). To help find a participating pharmacy in your area, please visit the following link: <https://covid-19.ontario.ca/assessment-centre-locations>

ARRIVAL DAY

FOR JULY CAMP AND AUGUST CAMP, SESSIONS 1,2,3,4, WK1, LIT, JRC & FORERUNNER

- In 2021, due to covid-19 concerns, all arrivals will be taking place by car. Camper arrival will be taking place in our parking lot. Arrival will be staggered between 11:00 and 4:00pm and will be organized by age/cohort. Each family will be provided with an independent arrival window as we will be welcoming cohorts, one at a time, starting with the youngest and ending with the oldest. Parents with multiple campers attending will be scheduled to arrive at the same time and screened together.
- Upon arrival at our gate, you will be asked to fill out a standard covid questionnaire and await clearance to enter the testing site. The health staff will be administering rapid antigen tests through car windows and campers will be asked to wait in their car until the negative result is confirmed.
- We ask that parents remain masked & practice physical distancing during arrival process
- Parents will be allowed to check campers in at the welcome station prior to departing.

DEPARTURE DAY

The session ends between 11am and 3pm on Friday. Parents will be advised of their specific pick up time on when dropping their kid(s) off. Each cohort will be brought to the pick up area one group at a time. Please be sure to check out prior to leaving camp!

VISITS OVER CHANGEOVER?

Campers who are staying for one month, will not be leaving site during changeover. Parents will be able to arrange Zoom calls with their campers if desired. .

CAN-AQUA CONTACT & MAILING DETAILS

Phone Number: 613 339-2969

Email: info@canaqua.ca

Billing: accounts@canaqua.ca

Director: andrewmartin@canaqua.ca



ATTN: (Camper Name/Cabin)

C/O Camp Can-Aqua

Box 70

503 Beaver Lake Drive

Cardiff, Ontario

TIPS FOR PARENTS WITH APPREHENSIVE CAMPERS IN 2021

In 2021, we anticipate higher levels of Anxiety and homesickness among campers after what was a very different and much more stressful year for kids.

Typically, first-time campers are nervous about arriving to camp anyways. Don't worry...it's normal! An early solution that may help is to re-read the literature with your child and browse over the assortment of activities and things they might like to try. Check out the [website](#) with your child, create a list of questions and encourage them to start to communicate with the camp via email or on the phone. Leading up to the summer, families are welcome to come spend some time at camp and become familiar with the property, people and programs.

- To see what's happening at camp while your child is here, "Like" us on FACEBOOK. We post fun, frequent and important updates about the Can-Aqua community. We also use Facebook to provide regular updates on camp as well as photos throughout each session.

- Talk to your child about what they might like to accomplish during their stay at Can-Aqua. Maybe they want to learn how to stern a canoe, learn more about nature, meet some good friends or make something for mom or dad in woodworking.

- Reassure your camper that many campers are coming to camp with the same apprehension of the unknown. At camp, friends are made quickly and staff are there to support every child in feeling comfortable and a part of the community.

- Adjusting to camp may take a little time. A letter from home in the first couple of days can be very comforting. A good idea is to send a letter before they arrive so they will get it on the first Monday or Tuesday. Better yet, bring a letter to the office on arrival day so we can hand it out any day you want us to deliver it.

- During the first week, if you receive a letter that is less than super-amazing from your youngster, please try to understand it does take some campers time to adjust. The first day or two may not be a great indication of the experience or the fun they may be having once they settle into the camping routine. If you are concerned give us a call and we can get a progress report from their counsellors.

- Through learning new activities and social skills while at camp, we are confident that your child will find improved self-confidence and a greater sense of independence. This subtle growth can be very powerful, allowing them to engage in new challenges with more enthusiasm and initiative than ever before. Following your child's return from camp, we hope you will see noticeable growth. For the first few days after camp, it is common for kids to feel "campsick". Talking through their adventures is a great way to understand how they are feeling. At Can-Aqua we do have a Code of Conduct which requires campers to behave in an acceptable manner with others. If you have any concerns about this please talk to your child and/or contact the camp for further discussion.

DRIVING DIRECTIONS

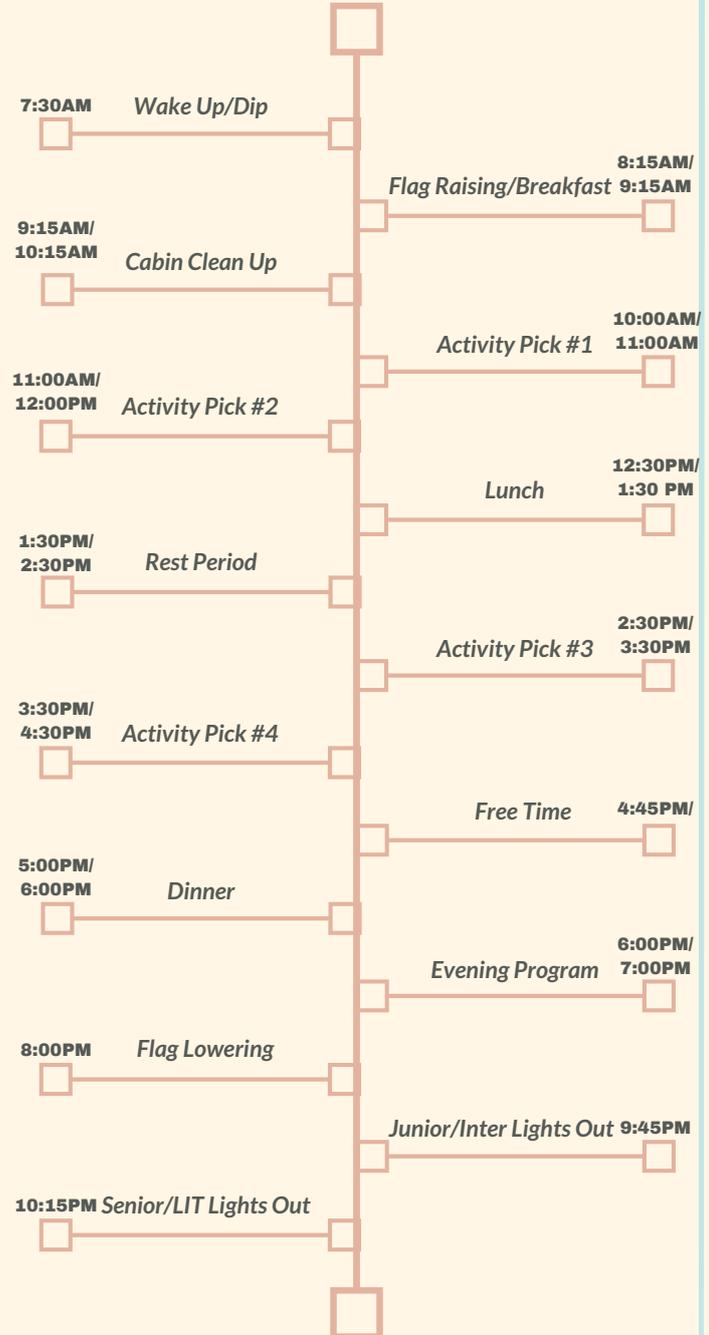
Can-Aqua is situated on a beautiful private lake surrounded by 200 acres of wilderness. Located 60 minutes north of Peterborough, just south of Bancroft, in the scenic Haliburton Highlands. The setting provides the perfect environment for a truly enriching camping experience.



TRAVEL ROUTES

- If you are traveling via Hwy 118, from Cardiff follow signs. You are 2 km from camp.
- If you travel north via Hwy. 28 turn left at McGillivray Rd. which is about 3 km north of Silent Lake Provincial Park
- If you wish to come by plane ... let us know.

TYPICAL DAY AT CAMP



THE DETAILS

YOUR CHILD'S HEALTH INFO

It is very important we have current and correct medical information on your child. If your child's medical condition has changed in any way (i.e. surgery, infectious disease) from the time you submitted your medical information, please be sure to log into your online account and update the information. It is the responsibility of the parents to ensure the camp has updated and accurate medical information pertaining to your camper. If there have been any changes in behaviour or circumstances in which you would like to speak to the camp directly, please contact Marty, our director at andrewmartin@canaqua.ca.

IMPORTANT: If your child requires an EPI Pen, it is your responsibility to bring one with you and inform the Camp Doctor and Camp Director.

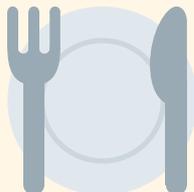


DIETARY RESTRICTIONS

Can-Aqua is proud to support special diets and food allergies within our camp community. Doing this requires a great deal of planning and preparation prior to the summer. If your child has any dietary concerns that have not been noted on their forms, please let us know right away.

We can accommodate the following dietary restrictions without supplementary food from parents

- Lactose Intolerance
- No Red Meat Diet
- Vegetarian
- No Pork Diet



For all other food allergies, Can-Aqua is proud to have a staff member devoted to the management of special diets (Camp Dietician). While we may require that food is sent to camp with your child, or additional fees to support specialized food costs, we are committed to ensuring a safe and consistent meal plan for your child.

LAUNDRY

Included in your camp fees is laundry service. Laundry goes out half way through a two week session, and during changeovers for campers staying a month. Laundry is picked up in the morning and returned to the camp within 24 hours, washed and folded. Laundry service is included as part of the camp fee and cannot be opted out of or refunded.

BLACK FLY, MOSQUITO & TICK AWARENESS

At Can-Aqua, those pesky mosquitoes and black flies are part and parcel of life at camp. In preparing for a successful session, we encourage campers to bring insect repellent to help keep the bugs at bay.

Each year we work to minimize bugs through the use of mosquito magnets located throughout the camp. While ticks are not currently prevalent in our area, please be advised that all our staff are educated on how to identify ticks and in the importance of their safe removal. Camp policy includes regular tick checks for all campers and staff as well as education on the proper identification. Light colored clothing, long sleeves, pants and repellent will be encouraged.



THE ENVIRONMENT

Our setting provides a unique opportunity to experience all the pleasures nature has to offer. From living in '5-Star Rustic' cabins, to swimming in Beaver Lake, we are fully immersed in the environment. Campers participate in specific activities such as Camp Craft, Tripping and Nature. These activities encourage an authentic appreciation for the environment.

At Can-Aqua we are committed to reducing our 'footprint' on the natural world. The waste produced by our kitchen is sorted and handled to take best advantage of our local municipality's recycling programs. Paper products, tin cans, glass and plastic packaging are separated for reuse at the Can-Eco Depot, and staff and campers help by using the recycling bins located around the camp. Our water is also precious. We have invested heavily in systems and procedures to ensure our drinking water is safe.



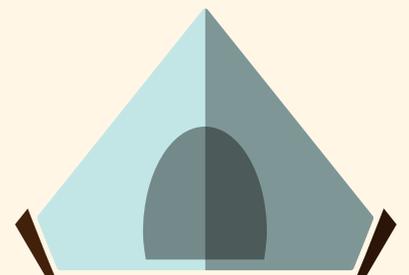
TRIPPING AT CAN-AQUA

Tripping at camp is an optional program and, based on their age, campers will have the opportunity to choose whether or not to participate in a camping trip with their cabin.

Campers of all ages will be offered the opportunity to hike into Can-Aqua's backcountry to take part in a one night overnight camping trip.

Due to Covid 19, and in an effort to ensure we are limiting the risk of exposure to others, we will not be running our typical canoe camp trips..

Overnights are an important part of camp and we are excited to be able to offer these hiking overnight camping trips..





CAMPER CODE OF CONDUCT

At Camp Can-Aqua we feel strongly that every camper and staff member should have the right to enjoy the respect of his or her peers and community members. For this reason, we ask every camper to sign our Code of Conduct. At Camp Can-Aqua we are devoted to ensuring that every camper feels safe, supported and empowered to have a memorable time at camp. It is our hope that camp is a place where everyone is supported, so we strive to ensure that no bullying or anti-social behavior takes place. If your camper ever experiences any challenges while at camp, please notify the camp. Every camper should feel important at camp and no voice should be unheard. To make sure every camper is aware of our rules and knows what's expected of them from the start we ask every child to sign and agree our Code of Conduct on the first night at camp. If our Code of Conduct is broken, we reserve the right to send a camper home immediately.

Please take a few moments to review the code provided in the following paragraph.

The Can-Aqua Code

I will...

- Work to do my best.
- Be respectful of myself, to others & to the environment around me.
- Clean up after myself and help to keep my cabin clean.
- Not use profanity or say unkind things.
- Stay positive and remember that at camp sportsmanship comes before competition
- Stay involved and be part of the group
- Have fun but never at the expense of someone else.
- Not hit or hurt myself or another person.



PACKING & PREP

THE OFFICIAL PACKING LIST

CLOTHING

- 7 Pairs of Underwear
- 7 Pairs of Socks
- 1 Pair of pajamas
- 4 Pairs of shorts
- 3 Bathing suits
- 5 T-Shirts
- 1 Long Sleeve Shirt
- 2 Pairs of Long Pants
- 1 Hat
- 1 Jacket
- 1 Raincoat
- 2 Pairs of Running Shoes
- 1 Pair of Sandals/Flip Flops
- 2 Sweaters
- 2 Towels
- 1 Lifejacket (correctly sized)
- 1 Set of nice threads for closing banquet at 'Chez Can-Aqua'

BEDDING/ACCESSORIES

- 3-4 reusable/washable masks
- 1 Sleeping Bag
- 1 Fitted Bed Sheet
- 1 Blanket/Bed Sheet Linen (optional)
- 1 Pillow
- Flashlight
- Camera (phones that take pictures don't count)
- Your stuffed animal is welcome too!

TOILETRIES

(also available at the Tuck Shop)

- Shampoo (Biodegradable)
- Soap (Biodegradable)
- Toothbrush and Floss
- Toothpaste
- Sunscreen
- Bug Repellent

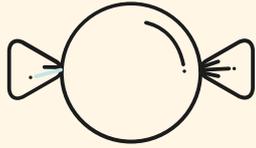


WHAT NOT TO BRING TO CAMP

- Food (we don't allow food in the cabins)
- Cell Phones
- Electronics (anything that has to be plugged in/charged)
- Hazardous materials (weapons including pocket knives, lighters, flammables, firecrackers, drugs, alcohol)
- Unnecessary Items (hair dryers, water guns, gum, jewelry, fancy clothes/shoes)
- Things that make cabin life unfair (air mattresses, portable furniture, games that cannot be shared)
- Non-Biodegradable soaps, shampoos and conditioners (please bring FULLY biodegradable items only)



THINGS TO THINK ABOUT



THE TUCK SHOP

Our Tuck Shop offers a wide range of clothing and camping essentials, as well as a variety of candy and snack items.

This year, the tuck shop will be cohort groupings to ensure safe distribution of Can-Aqua's most prized currency.

This year, clothing and camp swag is available for purchase in the form as a pre-order. In June, an order form link will be sent out for parents to order for whatever camp swag they'd like.

Options to purchase camp merchandise will be limited beyond the order form.



NUT SENSITIVITY AT CAMP

Camp Can-Aqua is proud to be inclusive of many allergies, diets and restrictions. As a result, we are proud to promote a nut sensitive dining hall experience.

Because we are the home to many children with severe nut allergies each summer, we do our best and take several measures to support kids with these types of allergies. But in order to be successful, we need your help and support.

Ensure no food is sent to camp with your child, do not send your child care packages that contain food and educate your child on the allergy and why it is important to be nut sensitive.



THINGS TO THINK ABOUT - CONTINUED

BIRTHDAYS AT CAMP

When campers celebrate their birthday at camp, the staff team at Can-Aqua strive to make their day a memorable one. Birthday celebrations involve cabin cakes, birthday songs and a handful of special privileges for campers on their day.

Parents are welcome and encouraged to drop off birthday presents at the office on the first day of the camp session and we will ensure they are distributed to kids during their birthday celebrations.



BEFORE CAMP

CAMP CAN-AQUA HEAD LICE POLICY

Head lice can be a very bothersome pest. This pesky critter is not welcome at camp. While generally not harmful, they are highly contagious and a huge annoyance. Camp is an ideal place for lice to spread quickly so it is best to work to prevent it from arriving in the first place. Parents, it is YOUR responsibility to check your child for lice prior to arriving at camp. Symptoms of lice include head scratching, scalp inflammation and adult lice and nits attached to the hair. For information on how to check for lice, take a moment to review http://www.caringforkids.cps.ca/handouts/head_lice.

As a secondary safeguard, all campers will be checked upon arrival to camp as part of our standard health procedure. If lice or nits are found, the camper may be sent home to be treated by the parents. The camper will be eligible to return to camp upon a clean head inspection where no lice or nits are found.

While we want to be as supportive as possible, Camp Can-Aqua reserves the right to send campers home to be treated for lice. We suggest you check your child's head regularly for two weeks leading up to their camp session.

Please note, there are no refunds to camp fees for days missed as a result of lice.

POLICIES AND PROMOTION



LOST AND FOUND

Each year we end our summer with a huge amount of lost and found. While we make every effort to return lost clothing back with your kids, any items that are not labelled will be **thrown out at the end of each session**. It is essential that all clothing sent to camp is properly labelled.

Labelled lost and found is held at the camp until October, then all unclaimed items are donated to local charity groups.

BIODEGRADBLE SOAP POLICY

All campers **MUST** use biodegradable soap and shampoo while at camp. This is a mandatory requirement. Nature Clean and Simply Clean products are now available at most Sobey's stores and Loblaw's Super Centers. A complete line of nature-friendly biodegradable products are available in our Tuck Shop, so if in doubt, there will be the option to purchase proper products when they arrive at the beginning of the session.



PROMOTIONAL PICTURES, QUOTES AND SLIDES

Each year, many pictures and video clips are taken at camp to use for our closing videos, our brochures and archives, or for other promotional pieces that help make Camp Can-Aqua successful. We also use family names and quotations from thank you letters in our promotional materials. If you wish for your child to not appear in any of these pictures or if you don't wish your name published in regards to camp, please notify us in writing prior to your child's first day of camp.



PHONES, CELLS & CALLS

If you have any questions before camp starts feel free to contact us. During your child's stay at camp, they will not have access to the telephone unless it is a family emergency. Additionally, cell phones are not part of the camp environment as they are disruptive and counter-productive to camp's goals. Please leave cell phones at home. If you wish to know how your child is doing, a staff member will be pleased to speak with you. Campers do not have phone privileges while at camp. Thank you for your understanding.

PROGRAM EXPULSION

Guiding the well being of every camper and staff member is of paramount importance at Camp Can-Aqua. Intentional participant behaviour, which places that camper or others at physical or emotional risk, or behaviour inconsistent with the camp's Code Of Conduct may result in the immediate dismissal from the program. In addition, consumption/possession of alcohol, tobacco products, weapons, or illegal or harmful substances will result in immediate dismissal from the program. Camp Can-Aqua reserves the right to check baggage. Any expenses incurred because of program dismissal will be the responsibility of the participant/parent/guardian. No refund will be given to campers leaving camp prior to the end of the session due to disciplinary action.

MAGAZINES

We promote a culture of traditional values and ideals and we aim to build confidence in our campers through positive personal and social interactions. To help us achieve this goal, we discourage all magazines centered on gossip, or containing risqué subject matter.

MEDICATION

Please have your camper's medication easily accessible at the top of their luggage. Medication is required to be checked in on the first day of camp. If your child is taking the bus, our bus staff will accept their medication and instructions, then pass that onto our health centre staff team [a visit to the Health Centre is something all campers do on the first day of camp]. Please be sure to bring your campers medication in the original prescription container.

EMAILING

When sending letters to your child at camp, we encourage the use of traditional mail (for camp address, see page 4). Remember, kids love getting letters and packages. If sending an e-mail note to your child, please limit your messages to ONE PER DAY. Your message is delivered during rest hour, and your child will use SNAIL MAIL when responding. Pre-written letters can be dropped off on the first day in the office and will be delivered as requested to your camper.

FORBIDDEN ITEMS

Do not bring the following to camp:
Soap, shampoo & conditioners, which contain phosphates, chlorine or EDTA/NTA (Phosphate replacements), Cell Phones, Computers or Electronics, Sling Shots and, pocket knives, Hair Dryers, Water Guns, Tobacco, Chewing Gum

These items are not allowed at camp. If any of items are found during the session they will be confiscated and may be donated to a local charity.

Bringing or sending ANY FOOD to camp is not allowed. We are surrounded by wildlife and we wish to avoid any unwanted critters from entering our living spaces. We also must be aware of health and dietary issues of everyone at camp. To avoid an inadvertent allergic contact a strict control of food is necessary. Any food brought or sent to camp will not be returned.

Can-Aqua has a ZERO TOLERANCE policy with respect to alcohol, smoking and non-medical drugs and any camper consuming or storing these items will be sent home immediately with no refund.

Please make sure your children know and understand these policies. They will be strictly adhered to.

If you have any questions on these policies please feel free to contact us.

PLEASE MAKE SURE YOUR CHILDREN KNOW AND UNDERSTAND THESE POLICIES. THEY WILL BE STRICTLY ADHERED TO. IF YOU HAVE ANY QUESTIONS ON THESE POLICIES PLEASE FEEL FREE TO CONTACT US.