

The
Camp Can-Aqua
Leadership Centre



Overnight Teacher Information Package for Spring and Fall

Live, Learn, Experience, and Enjoy the Outdoors

DEAR TEACHERS

Thank you for choosing Camp Can-Aqua! We are thrilled your school will be joining us on beautiful Beaver Lake.

The information package is designed to make the process as easy for you as possible, whether you are registering for the first time or returning for another exciting trip.

Below is information that will help you in planning for your visit to Camp Can-Aqua. You will find information about our camp. You will also find information about our site, policies, and procedures, and other general information regarding your school's visit.

Good luck with the rest of your preparations. If you have any questions, please do not hesitate to contact us. We look forward to working with you in creating an amazing trip for both your students and staff!

Yours Outdoors,

Anne Whitehead



Table of Contents

The Can-Aqua Directing Team	5
Contact Us	5
Directions	6
Safety	7
Swim Tests	7
Activities.....	8
Evening Program Ideas.....	12
Our Site.....	13
Things to Think About	15
Arrival & Departure	17
Your Role as Supervisor.....	18
What to Expect	19
Typical Day.....	20
What to Bring	21
WHAT NOT TO BRING	21
School Information Form.....	22
Medical/Dietary Concern Form.....	23
Activity Selection Form.....	24
MEDIA RELEASE FORM.....	25
Teacher Check List.....	26
Student Package	26
School Information Form (Provided by Camp Can-Aqua).....	26

Medical/Dietary Concern Form (Provided by Camp Can-Aqua).....	26
Activity Selection Form (Provided by Camp Can-Aqua).....	26
Media Release Form.....	26
Group Assignments.....	26
Cabin Assignments	26
Parent Contact Information	26

Can-Aqua's Managing Director

ANDREW MARTIN



Andrew brings over 20 years of camp management and a creative passion to his role at Can-Aqua. A lifelong supporter of the camping movement, he believes strongly in the experiences and outcomes of summer camping in Ontario and is driven to ensure that no camper is ever overlooked.

In his time at camp, he has established a healthy blend of creative play paired with skilled instruction. Andrew is a hands-on manager who is often found in the centre of excitement of any camp program. An advocate for sustainability, he believes in teaching kids the importance of their footprint on the world. As a parent, you can be confident that each year Camp Can-Aqua will continue to develop and evolve new, dynamic, and sustainable programs and initiatives for our campers, setting a bar of excellence that is both innovative and exceptional.

Contact Us

The Camp

[Tel: 613-339-2969](tel:613-339-2969)

Fax: 613-339-3207

503 Beaver Lake Drive,

P.O. Box 70

Cardiff, ON, K0L 1M0

Oakville Office

[Tel: 905-849-6737](tel:905-849-6737)

323 Church Street, Unit 13,

Oakville, Ontario

Ottawa Office

[Tel: 613-339-2969](tel:613-339-2969)

116 Third Avenue

(Octopus Books)

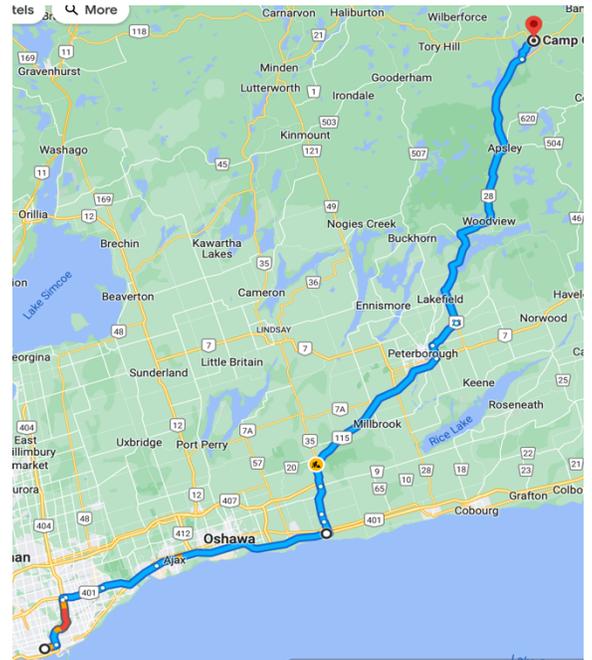
Ottawa, Ontario

Directions

The Camp Can-Aqua Leadership Centre is located in Cardiff, Ontario. Our site is just north of Peterborough, about 3-hour drive North-East from Toronto, and 2.5 hours from Ottawa.

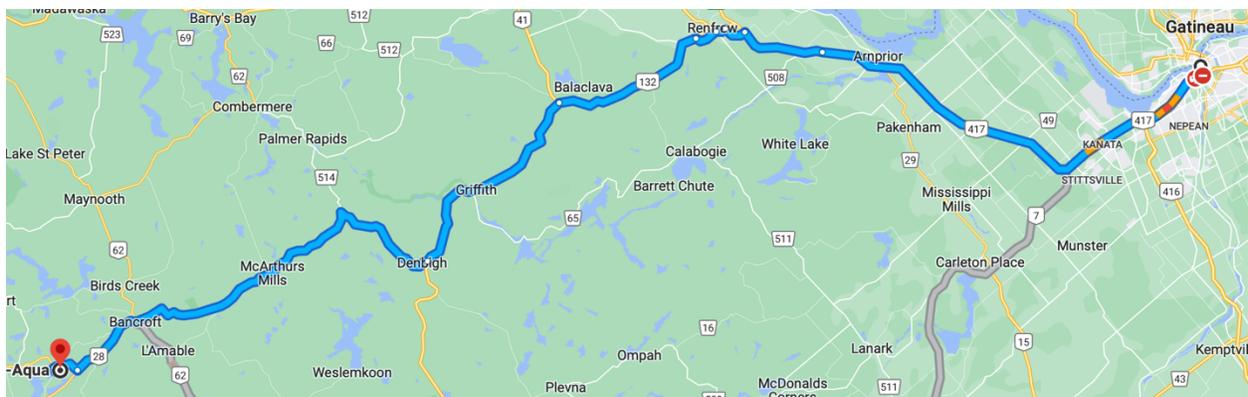
Directions from Toronto

1. Take ON 401 E to HWY 115 N
2. Continue on HWY 115 N to Television Road in Peterborough, ON.
3. Take ON-28 N to McGillivray Road
4. Turn onto Camp Can-Ski Road in Highlands East



Directions from Ottawa

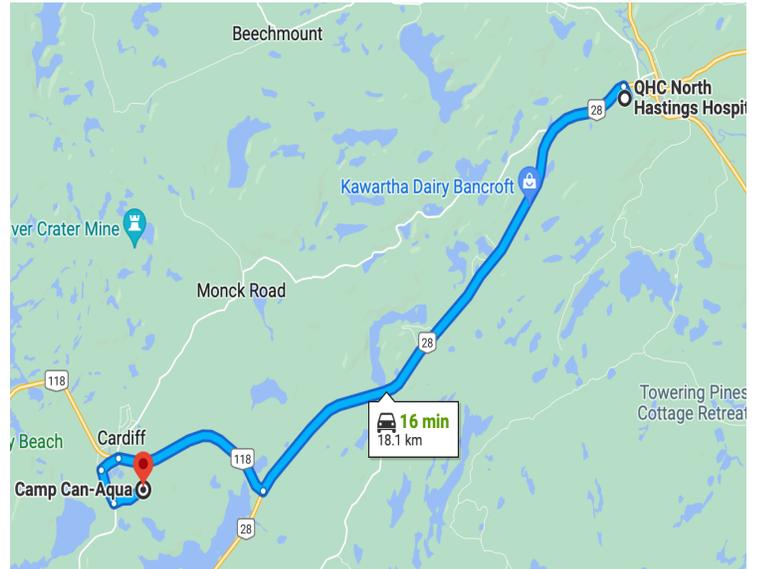
1. Take Trans-Canada HWY/on-417 W
2. Follow Trans-Canada HWY to Opeongo Rd in Renfrew
3. Take ON-132 W to HWY 41 S/ON-41 S in Bonnechere Valley
4. Follow ON-28 W to HWY-118 W
5. Turn left onto Inlet Bay Rd/Haliburton County Rd 9
6. Turn Left onto McGillivray Rd/Haliburton County Rd 9
7. Turn left onto Camp Can-Ski Rd



Safety

First aid kits are located throughout camp; specifically in the Waterfront, the Dining Hall, and the Health Centre. Walkie Talkie radios are given to camp staff for immediate contact with each other and to be able to ask for help if needed.

In the event of an emergency, cell service is available throughout our site, and we suggest that teachers bring their mobile devices with them to each activity. If necessary, we are located 16 minutes from our local Hospital Facility.



Swim Tests

Many school boards have different policies in regard to their students in and on the water. To make it easy, we are happy to work with you and provide board approved Swim Tests at Camp Can-Aqua for all students in our enclosed Waterfront. Our waterfront staff supervising the swim tests all have years of experience and are National Lifeguard Certified.



Activities

We are thrilled to have the opportunity to introduce you to our centre. The Camp Can-Aqua Leadership Centre is located in Cardiff. Situated in the heart of a natural Ontario landscape, we have been providing outdoor experiences for youth and adults for over 40 years. The opportunity for students to learn outside is more relevant today than it has ever been. We value the opportunity to help students explore, learn, and grow in nature. Supporting each child's individual growth is critical to us and underlines our learning landscape of "Challenge by Choice". A supportive and welcoming community is by far our most effective tool, and we are confident that the effects of participation in our programs will have a lasting impact on your students. Students are encouraged to take safe risks, challenge themselves, try new things, but most of all, they are encouraged to support each other along the way. With a wide range of recreational and educational opportunities, Can-Aqua is an ideal place to explore outside.



ARCHERY

A time-honoured sport dating back to Medieval times and beyond, students are given the opportunity to learn about Archery across the ages and experience the thrill of string, knocking and firing at various targets in the archery range.



ART'S N' CRAFTS

An opportunity to explore their creative side, students are presented with options to make one of 6 crafts. From weaving to wind chimes, this program is a great way to focus on individual success as kids move at their own pace.



BOARDSURF

Test your balance and have fun in the water. Board surfing is more fun than it is skill ... a real winner among the kids.



CANOEING

Sometimes thrill seeking is overrated. This program brings kids back to the roots of transportation across the water. With our main focus on simply getting into the boat and experimenting, this program presents students with the basic skills and knowledge to effectively navigate their boat.



DISCOVERY

At Discovery students have an opportunity to learn about the world around them. Taking place in our diverse ecosystem, they will examine the landscapes of our site, investigating tree species, animal life in the area and the environment.



DRAMATIC ARTS

Through their participation in various different activities and challenges, students will have the opportunity to participate in dramatic games, improvisation, and performance.



DRUMMING

Through the use of listening, communication and teamwork, students are challenged to engage with each other in the creation of sound through use of Djembe drums and a wide range of percussion instruments.



GEOCACHING

Located not too far from Wilberforce, Canada's Geocache Capital, this program teaches kids about orienteering by use of GPS. Modern meets traditional in this program. Students will travel throughout the property discovering the various caches hidden around. With a focus on coordinates and routing, Geocaching is a relevant instructional program in modern times. (BLC also offers traditional Orienteering)



KAYAKING

Be the skipper of your very own boat. Kayaking is one of the most popular water-based programs offered. Here, students have the opportunity to learn paddle techniques, and experience life on the water. They will engage in balancing techniques and challenges, and will be given the opportunity to explore essential skills such as how to complete a wet exit from their kayak.



LEADERSHIP-ESCAPE ROOM

Put teamwork to test and challenge your students to escape from our escape room. Escape rooms are updated on a regular basis.



LEGO LEADERSHIP

This program focusses on the ideas behind great leadership. Students will discuss what makes a good leader and examine various leadership styles while playing with Lego. They will have the opportunity to evaluate styles, work with each other to determine what kind of leader they are and experience leadership firsthand through activity work.



LOW ROPES

Through the use of our ropes course, students are challenged to accomplish elements that require the use of teamwork for success. All students are engaged in the participation and supervision of elements as they play roles in the spotting & safety of their peers.



MAPLE MAGIC

Making use of one of our greatest assets, this program offers a hands-on instruction to students about maple syrup, its role in Canadian history and how to make maple this sweet gold. Kids will not only have the opportunity to boil it, but they will also get the chance to taste it!



OUTDOOR SURVIVAL SKILLS

This interactive program focusses on teaching students the basics of surviving in the wilderness. Shelter Building, fire making, and cooking are just three possible focusing to this program. OSS can be offered for multiple periods for groups with a keen interest in this area.



SPORTS

A popular pastime for everyone, sports is a land-based program that focusses on cooperation, team play and friendly competition. Through non-traditional sporting challenges, students are active, energized and engaged.



TEAM-BUILDING INITIATIVES

Designed to develop positive group dynamics, this program is perfect for teams and classes who struggle to get along. Through the development of goal setting, cooperation, problem solving and constructive communication, effective team dynamics are born. This program can be offered for multiple periods for groups with a keen focus in this area.



VOYAGEUR CANOE EXPERIENCE

Similar to Canoe. This activity gives students the chance to work as a team and paddle in our 25ft canoe.

Evening Program Ideas

STONES

A variation of capture the flag, students are divided into two teams. Each team has a set of lifejackets at the back end of their zones. The goal is to bring the life jackets from the opposing teams zone back to their own without being tagged by an opposing team member. Students can only capture one lifejacket at a time. The team that has all lifejackets at the end of the round wins.

CAPTURE THE FLAG

Students are divided into two teams. Each team has a flag that they will hide on their side for the other team to find. The goal is to bring the opposing team's flag to your own side without being tagged by an opposing team member.

MOVING Pictionary

Students are divided into groups of 4 or 5. Each team will have some crayons and a piece of draft paper. 1 student from each group will try and tag a staff member in order to get the next item on the list. Staff members will be running around and can pass the papers between each other. Keeping in mind that there is only 1 real list.

CLUE

Students will be divided into groups and have to move around to different stations with their groups. In order to get a clue, students have to complete tasks at each station. Once the students think they have the right answers, they can come as a group to the set meeting spot and make their guess.

SURVIVAL

Students are given an animal tag that designates them as an herbivore, omnivore, or carnivore. The object of the game is for each student to acquire as many food/shelter/water tags as their species requires, without being tagged or "hunted" by a carnivore, hunter, or natural disaster.

PHOBIAS

Students will be divided into groups. Groups have to catch and guess the phobia that the staff member has and return them to the "infirmary". The Doctors will write down how many times each group has caught a staff member in order to keep track of the points.

CARNIVAL

Students have the ability to move around with their friends and enjoy various carnival games, eat carnival snacks, participate in face paint, and have their fortunes told.

Our Site

Exceptional programming always starts with an exceptional foundation, and our site is one of the greatest foundations you could possibly use to begin building experience. We are located on over 150 acres of land, and in the middle is our very own lake. This property is private, secure, and natural. The diverse land, forests, and waterfront gives us the ability to provide exceptional programs. Our clear maps and well-marked paths allow us to make use of the environment while keeping kids familiar with their surroundings. In addition to our leadership and outdoor education programs.

THE DINNING HALL AND FOOD SERVICES

Located at the heart of Main Camp is our Dinning Hall. Meals are prepared and served by our staff. At Can-Aqua, we are well aware of the importance of food to a successful experience. For this reason, we put great emphasis on the food service we provide. While at our centre, students receive three meals each day and a nightly snack.



OUR WASHROOMS & SHOWERS

Located in center of the property is our main washroom. This building is equipped with flush toilets, sinks. Additionally, located in each cabin loop, students can find some of the nicest hot showers, cold showers and KYBO's (redefined outhouses) in camping. Additionally, all sinks throughout the property provide students with clean drinking water to stay hydrated.

OUR CABINS

Our cabins are a perfect combination of rustic living with the comforts of home. Cabins sleep 10 or 12 students in bunk bed style accommodations. Each cabin is equipped with electricity, storage cubbies and comfortable camp mattresses. Additionally, each cabin has a clothesline outside to hang wet items, and most have an enclosed porch for storing shoes. See below for a brief overview of each Cabin Section.



HILL SIDE/LAKE SIDE

The Hill Side and Lake Side are our main and largest cabin sections, perfect for larger groups. Each section has 11 cabins that sleep 10 to 12 people.

THE VILLAGE

Coming with a smaller group? Check out The Village, a private little compound of 5 cabins that sleeps 12 people.

SUMMIT

Feeling up for an adventure? Why not stay in The Summit? The Summit houses 3 sections of 2 person A-Frame cabins on the other side of the camp with a great view of Beaver Lake.

CAMP CAN AQUA



the HILLSIDE



the SUMMIT

the LAKESIDE

BEAVER LAKE

COUNCIL

Things to Think About

PHOTOGRAPHY AT CAMP

At Camp Can-Aqua, we are very proud of our photography and media programs. While at camp, your students may be photographed or recorded while participating in camp activities. These images and videos may be used by Camp Can-Aqua in a professional manner for promotional materials, social media, or on our website.

If you have students who require privacy, please contact us and we will send you our negative Media Release form for parents to sign.

TUCK SHOP

Camp Can-Aqua offers a Tuck Shoppe where campers can purchase... Forgotten items (toothbrush, water bottles, flashlights); Can-Aqua Swag (hats, sunglasses, shirts); Snacks and drinks.

The Tuck Shop is an **optional experience**, and it is your decision if you choose to allow your students to purchase items. If you chose to allow the Tuck Shop, it is a **GREAT** idea to set guidelines for your students, such as dollar amounts and if it is a daily visit or just open prior to departure.

DIETARY & FOOD ALLERGY CONCERNS

Camp Can-Aqua is a nut sensitive facility, which means that we do not have nut products on site. For the safety of students and staff, we ask that no products made from, or containing nuts be brought onto the site. We also provide vegetarian, gluten free, and dairy free options. The food service staff will work through any specialized needs you or your students may have and do our best to support all special diets.

BIRTHDAYS

Please let us know in advance if any students/teachers/chaperones will be celebrating their birthdays during their visit. We try to provide a cake for those individual and their cabinmates.



Arrival & Departure

ARRIVAL PROCEDURE

Arrival: Camp Can-Aqua Staff will be waiting for you at the basketball court in the parking lot, prior to your designated arrival time.

Camp Tour: All students will collect their luggage from the bus. At this point, they will be separated into their cabin groups by the teachers. A Can-Aqua staff member will direct the groups to their respective cabins. They will quickly drop off their luggage and head to the Play Field for lunch and some ice breaker games. Our policies and procedures and other important information will be discussed during this time.

We will also show teachers and chaperones to their cabins at this time as well.

Lunch: Students will be given time to eat their lunches, unpack and change into proper clothes for the afternoon activities.

Afternoon Activities: Students will meet in the Play Field and be placed into their groups by the teachers, meet their program councillors and start their activities.

DEPARTURE PROCEDURES

On the morning of your departure, we will give students time to pack and clean their cabins. We ask that all students and teachers move their luggage to the parking lot prior to their departure. This allows for staff and teachers to check and make sure that cabins are left tidy, and that no belongings are left behind.



Your Role as Supervisor

As a teacher/chaperone, you play an important role in making your school's visit at Camp Can-Aqua a successful one. Our mission is to provide you the opportunity to experience the activities with your students and make sure that your trip to Camp Can-Aqua is enjoyable for all parties involved.

While at Camp Can-Aqua, Teachers and chaperones have the choice of participating in the activities with their students, as well as taking time for themselves. Due to the nature of some activities, it may be necessary that we ask teachers/chaperones to participate and help supervise students in certain aspects of our program.

STUDENT SUPERVISION

Camp Can-Aqua staff are responsible for preparing, delivering, and supervising students during programs. During the non-structured times when students will not be at activities, we ask that teachers/chaperones supervise the students. Such times include:

1. **MEALS:** Teachers/Chaperones will help to make sure that students behave under the same guidelines set for them at school. We also appreciate the emphasis on the importance of reducing food waste and cleaning up after themselves.
2. **NON-STRUCTURED TIMES DURING THE DAY:** Teachers/Chaperones are responsible for supervision, establishing guidelines and ensuring that students are still following Camp Can-Aqua rules. This helps to allow our staff to prepare for upcoming activities.
3. **NIGHTTIME:** Please be sure to set clear expectations with students regarding behaviour during the established hours between bedtime snack and breakfast. Please determine and communicate time and expectations for students to follow, as well as adhering to the rules outlined by Camp Can-Aqua.

What to Expect

Here at Camp Can-Aqua, it is important for students to respect the environment, ourselves, and each other. We ask that students adhere to the following rules during their visit to make sure their time is enjoyable. Please note, that activity rules will be outlined by the staff at the start of each program. Teachers, please discuss the following rules with your students prior to your arrival.

1. The use of alcohol and/or illicit drugs is strictly forbidden.
2. Smoking of any kind (cigarettes, vapes, e-cigarettes, marijuana, etc.,) is strictly forbidden.
3. A Camp Can-Aqua staff member must be present during activities. Students are also expected to follow the activity rules outlined by the staff member.
4. No student is to be in the Waterfront without the direct supervision of a Camp Can-Aqua staff member or lifeguard.
5. To maintain privacy, students are to stay out of cabins that are not their own.
6. Students are responsible for maintaining the condition of their cabins and are asked to leave the cabins in the same condition (or better) than they found them.
7. Graffiti or other damage is forbidden.
8. No food is allowed in the cabins or in the cabin loops.
9. We are committed to ensuring that everyone who comes to Camp Can-Aqua has an enjoyable visit. We therefore ask that students act in a considerate and respectful manner to everyone on site.

Other emergency guidelines will be discussed upon arrival at Camp Can-Aqua.

Typical Day

This is only an example of what a typical day looks like. A more detailed schedule will be provided either closer to your arrival or upon your arrival.

Time	Activity
7:30 am	Polar Bear Dip
8:00 am	Wake Up Bell
8:30 am	BREAKFAST
9:30 am	Group Meeting Spot
9:45 am	Program Rotation
10:45 am	Group Meeting Spot
11:00 am	Program Rotation
12:15 pm	LUNCH
1:00 pm	Down Time/Rest Hour
2:00 pm	Group Meeting Spot
2:15 pm	Program Rotation
3:15 pm	Group Meeting Spot
3:30 pm	Program Rotation
4:40 pm	Free Time/Free Swim/Student Down Time
5:15 pm	DINNER
7:00 pm	Evening Program
8:30 pm	Campfire or Reflection or Talent Night
9:30 pm	SNACK
10:00 pm	Students in Cabin



What to Bring

Here is a list of items that should give you an idea of what to bring on your trip. Remember that most of what we do takes place outdoors and the weather can be unpredictable. Please bring clothing that you are willing to get dirty and wet.

Δ 1 packed lunch to eat when you arrive on the first day (HAS TO BE NUT FREE)	
CLOTHING	
Δ Underwear (enough for 1 pair each day)	Δ T-Shirts (2 or 3)
Δ Socks (3 or 4)	Δ Long Sleeve Sweaters (1 or 2)
Δ Bathing Suits (1 or 2)	Δ Shorts (1 or 2)
Δ Towels (2)	Δ Pants (1 or 2)
Δ Rain Jacket	Δ Sleep wear (1)
Δ Running Shoes	Δ Hat
OTHER	
Δ Sleeping Bag & Pillow	Δ Water bottle
Δ Toothbrush & Toiletries	Δ Flashlight
OPTIONAL	
Δ Rainboots	Δ Rain paints
Δ Sandals	Δ Bug Spray
Δ Camera	

WHAT NOT TO BRING

- Δ **ELECTRONICS:** Cellphones, iPads, iPods, Video Games, etc.
- Δ **FOOD:** (Other than your bagged lunch) Camp Can-Aqua offers a Tuck Shop where snacks and camp items are available at an extra cost. Please check with your teacher in regard to your school's Tuck Shop Policy.
- Δ **VALUABLES:** Jewellery, Nice or Expensive Clothing

PLEASE NOTE, THAT THE BUS CAN ONLY GO SO FAR INTO THE CAMP SITE. STUDENTS WILL HAVE TO CARRY THEIR LUGGAGE TO THEIR CABINS FROM WHERE THEY ARE DROPPED OFF.

School Information Form



Please complete and return this form to Camp Can-Aqua prior to your scheduled visit. Providing the information below will assist us in offering safe, inclusive, and quality outdoor education programs.

Please send completed forms to info@canaqua.ca

CONTACT INFORMATION

School Name:	
Mailing Address:	
Teacher/Administrator Name:	
Email Address:	
Telephone Number:	

VISITOR INFORMATION

Total Number of Students:	Grade Level:
Number of Female Students:	Number of Male Students:
Total Number of Teachers/Chaperones:	
Arrival Time:	Departure Time:
Night Patrol? YES NO	

Activity Selection Form



Please complete and return this form to Camp Can-Aqua prior to your scheduled visit.

Provide the information below will assist us in offering safe, inclusive, and quality outdoor education programs.

Please send completed forms to info@canaqua.ca

All groups that come for a 3-day or 4-day visit will have their choice of 6 or 8 activities, respectively. Please let us know your preferred activities, as well as 4 back up activities. Please see the Activities page above. Camp Can-Aqua cannot guarantee that all groups will get their preferred activity choices. We prioritize activity selection based on completed school contracts. The program director will take activity requests and restrictions and will do their best to accommodate the group's desires to make a program that fits the needs of your school curriculum.

School Name:

Date of Trip:

Preferred Activities:	Alternate Activities
1.	1.
2.	2.
3.	3.
4.	4.
5.	
6.	
7.	
8.	

CAMP CAN-AQUA

MEDIA RELEASE FORM



Camp Can-Aqua

503 Beaver Lake Drive

(613)339-2969

Cardiff, ON

info@canaqua.ca

K0L 1M0

While at camp, your child may be photographed or recorded while participating in camp activities. These images and videos may be used by Camp Can-Aqua in a professional manner for promotional materials, social media, or on our website.

At Camp Can-Aqua, we are very proud of our photography and media. That being said, we respect that parents would like to maintain their child's privacy.

Please feel free to contact us if you have any further questions.

School Name:



_____ (please print **Child's Name**) would like to maintain their privacy and Camp Can-Aqua **DOES NOT** have permission to take and post photos.

Parent/Guardian Name:

Preferred Contact Info:

Parent/Guardian Signature:

Date:

Teacher Check List

Little note to the teachers?

	Student Package
	School Information Form (Provided by Camp Can-Aqua)
	Medical/Dietary Concern Form (Provided by Camp Can-Aqua)
	Activity Selection Form (Provided by Camp Can-Aqua)
	Media Release Form
	Group Assignments
	Cabin Assignments
	Parent Contact Information