

# 2023 SUMMER CAMP *FAMILY HANDBOOK*



*Please read the contents thoroughly.  
This handbook is updated each year and it is very  
important for returning families to be aware of any changes.*

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# CONTACT INFORMATION

## **MAILING ADDRESS (Year Round)**

Camp Wenonah  
 P.O. Box 81240 Fiddlers Green  
 Ancaster, ON, Canada  
 L9G 4X2  
 Phone: (905) 631-2849

## **MUSKOKA OFFICE (June 24 – August 27)**

Camp Wenonah  
 1324 Bird Lake Road, RR #3  
 Bracebridge, ON, Canada  
 P1L 1X1  
 Phone: (705) 645-6163

## **E-MAIL CONTACTS :**

|   |                                     |
|---|-------------------------------------|
| <b>Campers at Camp</b>  | <b>campers@campwenonah.com</b>      |
| <b>Muskoka Office</b>   | <b>summeroffice@campwenonah.com</b> |
| <b>General Admission/Registration</b>   | <b>info@campwenonah.com</b>         |
| <b>Camper &amp; Leadership Programs Questions and Concerns</b><br>Jennifer 'JJ' Jupp ( <i>Senior Director - Experience</i> )          | <b>jj@campwenonah.com</b>           |
| <b>Program &amp; Tripping Questions and Concerns</b><br>Eoin 'Woody' Wood ( <i>Senior Director - Program</i> )                        | <b>woody@campwenonah.com</b>        |
| <b>Health Centre &amp; Medical Questions and Concerns</b><br>Nancy Vandenberg ( <i>Director of Health and Wellness</i> )              | <b>nancy@campwenonah.com</b>        |
| <b>Food Service &amp; Dietary Restrictions Questions and Concerns</b><br>Fraser 'Tito' McQuat ( <i>Senior Director - Operations</i> ) | <b>tito@campwenonah.com</b>         |

|  |                                |
|--|--------------------------------|
| <b>Website:</b> <a href="http://www.campwenonah.com">www.campwenonah.com</a>             | <b>Twitter:</b> @campwenonah   |
| <b>Facebook:</b> <a href="https://facebook.com/wenonahcamp">facebook.com/wenonahcamp</a> | <b>Instagram:</b> @campwenonah |

# PREPARING FOR CAMP

## What to Bring to Camp

We do not accept responsibility for any clothing and/or equipment that is lost or broken while at Camp, or during transit by bus.

Below is a suggested packing list based upon a one-week stay at Camp. Please adjust accordingly based upon length of stay. Laundry service is provided on Mondays for campers staying longer than one week.

| CLOTHING   | EQUIPMENT   |
|--|---|
| <ul style="list-style-type: none"> <li>▪ 5-7 T-shirts</li> <li>▪ 3-4 Pairs of shorts</li> <li>▪ 1 Pair of pyjamas</li> <li>▪ 2-3 Sweaters / Sweatshirts</li> <li>▪ 3-4 Pairs of long pants</li> <li>▪ 2 Bathing suits</li> <li>▪ 7-10 Pairs of underwear</li> <li>▪ 7-10 Pairs of socks</li> <li>▪ 2 Pairs of running shoes</li> <li>▪ 1 Pair of sandals / water shoes</li> <li>▪ 1 Jacket</li> <li>▪ 1 Sun Hat</li> <li>▪ 1 Rain Jacket</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Sleeping bag</li> <li>▪ Pillow</li> <li>▪ Fitted sheet (to cover mattress)</li> <li>▪ 2 Beach towels</li> <li>▪ 1 Bath Towel</li> <li>▪ Flashlight and extra batteries</li> <li>▪ Insect repellent</li> <li>▪ Toiletries (<i>comb, toothbrush, toothpaste, deodorant, kleenex, sanitary needs</i>)</li> <li>▪ Shampoo &amp; soap (<i>phosphate &amp; nut free</i>)</li> <li>▪ Sunscreen (<i>minimum SPF 30</i>)</li> <li>▪ Personal water bottle (<i>labelled with camper's name</i>)</li> <li>▪ 1 pair of rubber boots</li> </ul> |
| <b>OPTIONAL</b>  |   |
| <ul style="list-style-type: none"> <li>▪ Camera</li> <li>▪ Stuffed animal</li> <li>▪ Fishing rod</li> <li>▪ Self-addressed, stamped envelopes/writing paper (<i>for letters home</i>)</li> <li>▪ Tennis racquet</li> <li>▪ Acoustic guitar</li> <li>▪ Books/comics</li> <li>▪ Deck of cards/board games</li> <li>▪ Personal Flotation Device (PFD)<br/> <i>(We do have a full inventory at Wenonah but appreciate those that can bring their own so we can maintain proper sizing for each camper. If you do choose to send one along, please make sure that it is well labelled.)</i> </li> </ul> |   |

**\*\*\* Some shampoos, conditioners, and other toiletries contain nut products. Please screen all toiletry items to ensure that no nut products are present, as per our Nut Aware Policy.\*\*\***

## Packing Notes

There is no need to pack anything beyond those items listed on our Packing List. It can be damaging to the Camp experience when other items are sent. Camp is one of the few places where campers can be free of inequities. The more “stuff” that campers bring, the more inequity can be present in a cabin group.

Help us create a positive experience for all campers by **NOT** sending the following items to Camp:

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Food or snack items    | <input type="checkbox"/> Walkie Talkies      | <input type="checkbox"/> Curling irons       |
| <input type="checkbox"/> Laptops / tablets      | <input type="checkbox"/> Gaming Devices      | <input type="checkbox"/> Hair dryers         |
| <input type="checkbox"/> Portable music players | <input type="checkbox"/> Expensive clothing  | <input type="checkbox"/> Candles             |
| <input type="checkbox"/> Speakers               | <input type="checkbox"/> Expensive jewellery | <input type="checkbox"/> Lighters or matches |

## Packing Tips

1. **Please label all items.** We recommend all equipment be labelled (adhesive tape or waterproof marker is best). Never assume that your camper will recognize an item, no matter how unique it is! Please include full name (vs initials).
2. Please don't buy new clothes for Camp! Send clothes that are comfortable and well-used.
3. Do not send anything to Camp that you are not willing to risk losing.
4. Keep packing simple and realistic. Please don't overpack! Space in cabins and tabins is limited.
  - Luggage is stored under bunk beds. There is between 8-12 inches of space under the bunks.
  - Suitcases, duffle bags, and low Rubbermaid containers work well. Trunks do not fit under a bunk bed.
5. Include your camper in the packing process. This helps to reduce lost and found items because your camper may be able to recognize what is theirs. It helps the camper's sense of independence.

To keep packing reasonable, consider using our laundry service. However, please do not send any clothing that will not stand up to commercial laundering or that requires delicate care.

## Promotional Pictures

Many pictures are taken at Camp for promotional purposes. **If, for any reason, your camper should not appear in these pictures, please notify us in writing by the start of Camp.** We share some of our best photos on our website and on social media.

Please note that campers bring their own cameras and may photograph each other. We have no control over how those pictures are used.

## Wenonah General Store

This year we have a few options when it comes to purchasing Wenonah merchandise at the General Store.

1. Purchase online **before April 30th\*\*** to reserve your item for pick-up on the first day of your camper's period. The website to make pre-purchases will be shared with our families in another email
2. Apply a 'Camp Store Deposit' to your child's account so that they may shop for themselves during the Camp period. Detailed instructions for this process can be found below.
3. Purchase onsite/in person at our Open House or on the first and last days of Camp Periods. We will be able to accept most major credit cards and cash.

\*\*While we do our best to ensure an adequate range of items and sizes for purchase at all times, we strongly recommend ordering in advance to guarantee correct sizes are available upon arrival. After that, you and your

camper's purchases are subject to the availability we have on hand at our General Store on-site. Inventory and size range decreases in the latter weeks of the Summer, so we recommend all August/Period 3/Period 4 families plan their purchases well in advance.

## Camp Store Deposit Instructions:

- Login to your online account and navigate to your child's season registration details
- Scroll to the bottom of the screen and click 'Add Deposit'
- Specify the amount you'd like to add to your camper's account
- Enter your credit card information to process the payment
- The store deposit charge will be visible on your camper's registration and your household account statement
- You can log-in again at any time to deposit a 'top-up' on the account if you notice the funds are low and you'd like your camper to have access to more funds. Please note that Camp Wenonah **is not responsible** for communicating a 'top-up' with your camper. You may get in touch with your camper by emailing them (campers@campwenonah.com) to let them know that they have access to more money. Please do not call our office to ask that they leave a note or message for your camper regarding 'top-ups'; This is administratively difficult to coordinate.

Prices for items in the General Store are listed below. We recommend that you discuss with your camper(s) which item(s) they may like to purchase to get a sense of what you could deposit into their store account. We suggest a minimum deposit of \$20 and a maximum of \$150. Once the funds are deposited, your camper has autonomy over how they are spent at Camp and you **will not be contacted for permission** before they make purchases at the General Store. Any unspent funds will be credited back to your account and you will be notified in September of any credit balances and given a window to request a refund. Any unrefunded credits will be automatically applied as a credit toward 2024 registrations.

## General Store Price List (all items include HST):

|                                      |                                |
|--------------------------------------|--------------------------------|
| T-Shirt - \$30 (Adult & Youth)       | Ball Caps & Bucket Hats - \$25 |
| Sweaters - \$60 (Adult) \$55 (Youth) | Nalgene Water Bottle - \$30    |
| Wenonah Games Shirt - \$25           | Notebook - \$15                |
| Wenonah Games Headband - \$10        | Stickers - \$2                 |

## Cabinmate Requests

Many campers attend Camp with a friend they hope to share a cabin with. We are committed to doing the best we can to accommodate cabinmate requests (please note that this **does not apply to ROOTS, POLARIS, and WCITs** where the strength of each program is reflected in the full group experience).

There are some things to keep in mind so we can accommodate your cabinmate request:

- Campers must be **within 18 months in age**.
- Requests must be **mutual** (i.e. requests should be made by both campers).
- Campers must be attending for the **same session** and for the **same length of stay**.
- We can only accommodate **two requests** per camper.
- We **cannot make any changes** to cabinmate requests on the first day of any Period.

In the rare case that a request is made for two campers to *not* be together, you **must** notify the other family. Camp Wenonah cannot play a role in this situation.

# Behaviour Policy

## CODE OF CONDUCT

We believe that every person has the right to feel safe, both physically and emotionally, at Camp. When behaviour issues arise and/or challenges present themselves, we resolve them on an individual basis. Camp staff are trained to work with understanding, care, and patience.

All campers are asked to agree to a Code of Conduct to show that they understand the rules and the potential consequences. We reserve the right to withdraw any camper without warning who, in our opinion, compromises the physical or emotional safety of any person at Camp, or who is an immediate hazard to the safety of themselves or others.

**THERE ARE NO REFUNDS GIVEN FOR CAMPERS WHO ARE SENT HOME DUE TO VIOLATION OF BEHAVIOUR POLICIES OR THE CODE OF CONDUCT.**

Senior Director JJ (jj@campwenonah.com) is pleased to discuss this policy if it requires further clarification

|                    |  | C<br>L<br>E<br>A<br>R<br><br>W<br>A<br>R<br>N<br>I<br>N<br>G | M<br>E<br>E<br>T<br><br>W<br>I<br>T<br>H<br><br>D<br>I<br>R<br>E<br>C<br>T<br>O<br>R | W<br>R<br>I<br>T<br>T<br>E<br>N<br><br>R<br>E<br>P<br>O<br>R<br>T<br><br>F<br>I<br>L<br>E<br>D | P<br>H<br>O<br>N<br>E<br><br>C<br>A<br>L<br>L<br><br>T<br>O<br><br>F<br>A<br>M<br>I<br>L<br>Y | D<br>I<br>S<br>M<br>I<br>S<br>S<br>A<br>L<br><br>F<br>R<br>O<br>M<br><br>C<br>A<br>M<br>P |
|--------------------|--|--|--|--|---|---|
|                    |  |  |  |  |   |   |
| Problem Area       | Description  | Potential Consequence  |  |  |   |   |
| Alcohol            | Consumption or possession of alcohol on Camp property or while in the Camp's charge  |  |  |  | X   | X   |
| Bullying           | Physical or verbal assault or aggression, threat of physical aggression, ongoing and deliberate exclusion, emotional abuse and/or harassment.  | X  | X  | X  | X   | X   |
| COVID-19 Protocols | Refusal to comply with any COVID-19 protocols that may be in place.  | X  | X  | X  | X   | X   |
| Defiance           | Refusal to comply with persons in authority  | X  | X  | X  | X   |   |
| Disorderly Conduct | Persistent opposition to authority, behaviour contrary to the positive moral tone and stance of the Camp   | X  | X  | X  | X   | X   |
| Drugs - legal      | Use of non-prescription or prescription drugs not administered or approved by a Health Care professional (including the Camp Nurse or Administration)  | X  | X  | X  | X   | X   |
| Drugs - illegal    | Use or possession of illegal drugs on Camp property or while in the Camp's charge  |  |  |  | X   | X   |
| Harassment         | Comments or conduct that is known or ought to be known as unwelcome, including discrimination based on one's race, ethnicity, religion, gender, gender identity, ancestry, ability, or sexual orientation. | X  | X  | X  | X   | X   |
| Cannabis           | Use or possession of cannabis on Camp property or while in the Camp's charge   |  |  |  | X   | X   |
| Profanity          | Swearing, or the use of obscene or foul language   | X  | X  | X  | X   | X   |
| Sexual Activity    | Engaging in sexual activity while in the care of Camp Wenonah  | X  | X  | X  | X   | X   |
| Sexual Assault     | Engaging in non-consensual sexual activity which compromises the physical or emotional safety of self or others  | X  | X  | X  | X   | X   |
| Smoking / Vaping   | Use of any tobacco or vaping products (not limited to cigarettes) on Camp property or while in the Camp's charge   |  |  |  | X   | X   |
| Theft              | Taking or possessing property without the permission of the owner  |  |  | X  | X   | X   |
| Vandalism          | Acts of vandalism include graffiti and the willful destruction of property   | X  | X  | X  | X   | X   |
| Weapons            | Possession, use of, or threat of use of a weapon (including but not limited to a firearm or knife)   |  |  |  | X   | X   |



# ARRIVALS AND DEPARTURES

Please be sure to double-check and confirm the start date and pick-up and drop-off times for your camper, as well as which mode of transportation you selected. [Start dates can be found on our website.](#)

All Periods start on a Sunday and end on a Saturday (with the exception of WEEnonah). Any changes to transportation plans must be made with at least one week's notice.

We assume all families are arranging transportation for their campers to and from Camp, either by car or by bus transportation. For any out-of-province or International campers requiring assistance getting to Camp, please contact our Camp Office at [info@campwenonah.com](mailto:info@campwenonah.com).

## Bus Transportation

Campers have the option of taking the highway coach bus service to and from Camp. The bus picks-up and drops-off at:

**Herbert H. Carnegie Centennial Centre  
580 Finch Ave W.  
North York, ON M2R 1N7**

The bus meets in the parking lot of Herbert H. Carnegie Centennial Centre. The Bus departs at **1:00 pm**, parents are asked to be at Herbert H. Carnegie no later than **12:30 pm** on departure day.

The bus arrives back at Herbert H. Carnegie Centennial Centre, between **12:00 pm and 12:30 pm** on the last day of Camp.

Please note:

- Bussing must be selected when you submit your Final Forms to guarantee a spot. Space is limited.

Additional notes about the Wenonah bus service:

- Plan on arriving **at least 30 minutes in advance** of departure time.
- Buses depart at their scheduled time. We **do not** wait for those who are late.
- Campers may bring a nut-free snack (the first meal at Camp for those arriving by bus is an early lunch).
- Camp staff will be standing at the bus door to take attendance.
- Designated Camp staff will be at a table to take your child's medications.
- We ask for your patience when traffic is slow and buses from Camp are delayed.

## Car Transportation

Families have the option of dropping off or picking up their children from Camp by car.

- Arrivals by car happen between **3:30 pm** and **4:30 pm** & Departure from Camp by car happens between **10:30 am** and **11:30 am**.
- **PLEASE DO NOT ARRIVE EARLIER THAN 3:30 pm.**
  - Due to space restrictions in Camp and on the Camp road, we ask all families to arrive after the Bus pick-up and drop off.
- For Car Arrivals:
  - Check-in at the Main Office - will be signed accordingly.
  - Camp staff take campers to cabins to get settled in.
  - Take any & all medications to the Health Centre and give to the nurses.
- For Car Departures:

- o Go to your camper's accommodation to pick them up and get their luggage.
- o Check out with your child's cabin staff or leadership staff

## DURING CAMP

### Communication During Camp

- For all first-time Wenonah campers, we provide a check-in phone call to let you know how your camper is adjusting to life at Camp.
- You will receive this phone call sometime after their first 48 hours at Camp.
- If we are unable to reach someone directly, a message will be left. (Feel free to be back in touch with us if you'd like more details).
- Please note: phone calls are not made for campers in the WEEnonah program.

### Contacting Us

#### Year-Round Office (905-631-2849)

- Open regular hours during the Summer months.
- Monday - Friday, 9:00 am - 4:00 pm
- Interim Director of Administration, Whitney Pratt is available to help you

#### Muskoka Office (705-645-6163)

- Open every day during Summer Camp.
- We do our best to answer all calls; however, based on the Camp schedule we cannot guarantee someone is in the office at all times.
  - o If your call is not answered, please leave a detailed message and we will return your call as quickly as possible.

### The Wenonah Office Contacting You

Camp may be in touch with you for a number of potential reasons (please don't be alarmed, as it is often just an administrative question). However, other reasons for contact may include:

- Continued struggles adjusting to Camp life.
- Ongoing behavioural issues.
- To obtain further details from you to help your camper with any struggles – we are often in touch to seek some tips and tricks from parents/guardians to best serve their campers while at Camp if they are facing some level of struggle or adversity.
- If your camper has had to make a trip to the Hospital or Medical Clinic
  - o We try to contact you - first at your cell or main number, then at work, then at any other numbers you have given (cottage, etc.).
  - o If we can't reach you, we call the person you listed as the emergency contact.
  - o It is important to make your wishes known to any person acting as your emergency contact.
  - o In the case where a decision is necessary and direct contact has not been made, the Camp Director or Nurse will make a decision on your behalf, in your child's best interest.
- Please Note: We do not automatically contact you if your child visits the Camp Wenonah Health Centre or has typical camper problems.

### Mobile Devices at Camp

First and foremost, we view time at Camp as the ideal opportunity for children to disconnect from technology,

especially the internet and social media (and the pressures and expectations that come along with online life).

Campers are best able to live in the moment and enjoy and appreciate their Camp experience when they are free from the expectations and pressure associated with social media and the technological aspects of life.

If families decide that they do want to send their child to Camp with a device of this kind, we have in place strict rules and regulations with regards to their use:

- All devices must be handed in on the first day of Camp – all devices are locked-up in the Office.
  - If a device is not handed in and found after the first day it is taken by staff and locked away until the end of that camper's time at Camp or returned to the family.
- Devices are not allowed for use for additional purposes (i.e. listening to music, etc...)

Any urgent information that needs to be passed along to families will be done so by the Camp staff, so there is no need for a camper to have a device to be in touch with their home. We encourage campers to write home as a form of regular communication with their families and/or friends (more information below).

For the same reasons listed above, campers will not have access to the Camp phone system. ***Please do not promise your child the opportunity to call home while at Camp. We are here for you and your camper(s). Connect with JJ at [jj@campwenonah.com](mailto:jj@campwenonah.com) if you have any questions.***

## Email at Camp

**Reach your camper quickly by sending an email to [campers@campwenonah.com](mailto:campers@campwenonah.com)**

- ✓ Include your child's name and cabin/tablin name in the subject line.
- ✓ Limited to one email per camper per day.
- ✓ Our emails are checked once a day (early in the morning or late at night to allow time during the day for sorting) and are delivered to cabin mailboxes every 24 hours. Staff then deliver to Campers on a daily basis.
- ✓ Limit emails to text only. We are not able to print animated greeting cards or digital photos.

**Please don't:**

- ✓ Attach any photos or borders to your email - we are unable to print images that accompany emails
- ✓ Put us on any lists of forwards or mass emails.
- ✓ Give the Camp email address to anyone outside of the household.
- ✓ Send inappropriate content. We do not read emails, but they are not private when printed. We do not pass along anything obviously inappropriate.

In the case that any information has changed (updated transportation information, update to emergency contact, etc...) please contact the Camp Office ([summeroffice@campwenonah.com](mailto:summeroffice@campwenonah.com)) directly versus sending this information to your campers as this information is rarely passed along.

## Incoming Mail for Campers

**Please address any letters to:**

Your Camper's Name / Period(s) Attending / Cabin Name  
Camp Wenonah  
1324 Bird Lake Road, RR #3  
Bracebridge, Ontario P1L 1X1

- Mail is delivered to Camp each weekday.
- Incoming mail takes a few days to arrive at Camp (about four days from Toronto).
- Mail that arrives after your camper has left for Camp is "returned to sender."

## Outgoing Mail for Campers

- Mail is put in an outgoing mailbox each weekday (please note outgoing mail often takes longer to travel than incoming mail).
- We encourage parents/guardians to include pre-addressed, pre-posted envelopes for their camper to simplify the letter writing process.

Sometimes, parents/guardians may get a letter that is sad or upsetting. Keep in mind that the letter was written a few days before you got it, during a settling-in period or during what your camper perceives to be a difficult time. Most often the problem will have been resolved by the time you read the letter. However, if you notice a pattern or receive news that is worrisome, please contact the Camp and speak with one of the Directors.

## Care Packages

- We **strongly discourage families from sending care packages to Camp** – please plan ahead and pack all necessary items for a camper’s arrival.
- Care packages can create undue competitiveness, feelings of exclusion or disappointment and can lead to negative cabin dynamics. Time at Camp is best spent away from the pressures of material possessions.
- We do allow families to send packages in the case of a camper’s birthday, in this case:
  - Please ensure the package does not contain food.
  - Try and keep packages as small as possible for ease of transportation and storage.
  - We also encourage any families dropping their children off by car to leave packages in the office to be delivered on a certain date. This avoids involving the postal system, which is easier for all.
- In the case of your camper requiring any “emergency” items that were forgotten, please let the Camp administration know and post the package to the Camp (rather than to the camper) and we will then ensure the items are delivered to your camper.

## Food Service

### ***PLEASE DO NOT BRING OR SEND FOOD ITEMS TO CAMP.***

Under the direction of our Executive Chef, three meals, plus snacks, are prepared each day. We have many campers and staff who require a special diet while at Camp. We ask for any information or instructions regarding special diets to be included when completing the Final Forms. Any changes made, need to be communicated to the Wenonah Office at least **three weeks in advance** of that Camper’s arrival at Camp.

Alternative menus can be accommodated based upon:

- Allergies and/or medical reasons
- Religious beliefs
- Well established / long-standing personal lifestyle choices
- Parental preference for their children

Please note, we do not accommodate:

- Individual taste and/or preferences
- Diets or dieting without advanced written notice.

Once a special diet has been selected and an alternative menu has been made, it is the expectation of Wenonah that campers remain on that alternative menu for the remainder of their time at Camp.

For those who need special diets or have food allergies, notification in writing to the Camp Office is required at least **three weeks in advance** of the first day of the Camp Period. Copies of the two-week menu are available on our website.

If your child has a **food allergy**, please indicate this on the Medical Form in detail so that the Chef can make

accommodations.

- If your child's food allergy is life-threatening and may require the Chef to make extensive modifications, please notify the Senior Director - Operations ([tito@campwenonah.com](mailto:tito@campwenonah.com)) directly to make arrangements.
- Some restrictions may require supplementary food to be sent by parents for the kitchen to prepare.

The prevalence of **eating disorders** among adolescent children is increasing dramatically. Campers sometimes decide to "experiment" with disordered eating at Camp (away from parents' supervision). As part of our commitment to promoting healthy living, we do not allow dieting or experimentation at Camp. That is why we ask for advance notice of (and your consent for) specific dietary requirements. If your camper is recovering from an eating disorder, please connect with us ([jj@campwenonah.com](mailto:jj@campwenonah.com) or [nancy@campwenonah.com](mailto:nancy@campwenonah.com)).

## Nut Policy

Our entire Summer camping season is designated as "nut aware." We welcome many people to Camp who have life-threatening nut and peanut allergies. We do not compromise their safety during their stay at Camp. Our Summer Camp menu is created with this in mind. All food served through the kitchen and on out-trips is carefully screened so that nothing is labelled as containing or "may contain" any nut or peanut products.

## Birthdays at Camp

Our food service staff prepare birthday cakes for all campers for their special day at Camp. It is not necessary to request or send a cake. If your camper has a birthday at Camp, you can leave or send a birthday package, but please do not include any food.

## Snack Policy

There are plenty of snacks available, and we ask you NOT to send food with your camper.

## Health Services

We thank you for completing your Camper Medical Forms online during registration.

If you need to update health information after you submit it, please do one of the following:

- Email Nancy Vandenberg (Director of Health & Wellness) at [nancy@campwenonah.com](mailto:nancy@campwenonah.com) and the nursing team ([nurses@campwenonah.com](mailto:nurses@campwenonah.com)) with details
- Call the office at Camp (705-645-6163) and provide details to our office staff team

If you have any additional questions or concerns about health and wellness while your camper is at Camp, you may contact our nurses ([nurses@campwenonah.com](mailto:nurses@campwenonah.com)). They do their best to respond in a timely manner; however, please be aware that due to the nature of Camp life, nurses may not be able to respond immediately. Any urgent matter should be shared by phoning the Camp Office (705-645-6163).

There is always a Nurse Practitioner on site who can diagnose and prescribe; our Camp Doctor lives off-site but is available for consultation. If your camper needs to visit the medical clinic or hospital in Bracebridge, this decision is made by the nursing team, in consultation with the Camp Doctor. We will, of course, let you know about any steps being taken to care for your child.

## Medication

If your camper brings any prescription medication to Camp:

- Medication **MUST** be brought to Camp in the original container. It is not legal for our nurses to dispense medication from any other container, including weekly pill organizers. Your camper will not receive their medications if they are not in their original containers. We will ask you to get a new prescription from your pharmacy if your camper's medications come in any other container. All dosing instructions must be readable on the label.
- All instructions for dosage and dispensing **MUST** be translated into English if they are in another language, and included with the medication. International campers bringing medication to Camp must also ensure that it is in its original container.
- Medication is dispensed after each meal and before bedtime. If your camper's routine medication time cannot fit into this schedule, or any breach of the routine could result in serious health consequences, a letter of explanation is required before Camp.
- Send clear instructions in writing for the administration of medication (s), including the reason for taking it and usual timing. Camp staff cannot accept verbal instructions.
- Send enough medication to last the full Camp Period your child is attending.
- Camp is not the time to 'trial' your camper off medications or take a 'medication vacation'. Please **DO NOT** expect Camp staff/nurses to manage your camper while they are off their normal medications. It is not fair to the camper and can negatively affect their Camp experience.

Upon arrival at Camp, please indicate to Camp staff if you have medications to drop off or if you wish to speak to the Health Centre staff; they will visit you at your vehicle upon request. All medication is stored (and locked) in the medical dispensary. Nursing staff (or, during outtrips, trip leaders) are responsible for dispensing the medication as per the prescription and your instructions.

Campers should know why they take their medication and when to take it. Understanding helps them remember to take it. Be sure to discuss this with your child. The Health Care Team will work closely with cabin staff to ensure your child gets their medications but we cannot force children to come to the Health Centre if they don't want to come.

We provide most common non-prescription medications, including:

- **TYLENOL** (acetaminophen)
- **ADVIL / MOTRIN** (ibuprofen)
- Junior versions of **TYLENOL** and **IBUPROFEN** (chewable and liquid)
- **BENADRYL** (diphenhydramine)
- **CLARITIN** (loratadine)
- **REACTINE** (cetirizine)
- **GRAVOL** (dimenhydrinate)
- cold/sinus medication (Tylenol or Advil Cold & Sinus)
- Vitamin C
- throat lozenges
- antacids (TUMS)
- laxatives (Restorolax)

## Prescriptions

If, at any time, a prescription needs to be filled or medication has been prescribed, Camp pays the up-front costs and puts the charge on your camper's account. If the medication is not covered by OHIP, or you do not live in Ontario, you receive the original receipt and can proceed for reimbursement from your personal drug plan. Under no circumstances can we submit receipts to an insurance company for medications or treatments on behalf of a camper or staff. Non-Ontario residents (or anyone without a health card) are charged a fee to see a doctor (either in a walk-in clinic or at a hospital). Camp pays this up-front fee and charges are added to your family account.

## Camper Care Before Camp

Campers should not come to Camp with known communicable diseases or health issues (such as COVID-19,

chicken pox, lice, viral infections, rashes, athlete's foot, impetigo, etc.). If your camper has been exposed to anything communicable within three weeks of the start of their Camp Period, you must alert the Camp Office. Together, we will determine whether to consider keeping your camper at home for some extra time. In the event that a camper arrives at Camp unaware that they have a communicable illness, we will let families of campers in that cabin know their camper has been exposed. Campers may be required to leave Camp immediately in this case.

It is a good idea for campers coming for one month or longer to visit the dentist before Camp, especially if they have braces or retainers. Ensure that orthodontic work is in good shape. In the case of emergency dental work, most dentists in Bracebridge only do temporary work to make the camper comfortable, and require payment up-front, which is charged to your account.

Please ensure that young female campers know about and understand menstruation and have appropriate feminine hygiene products. It is not unheard of for the onset of menses to begin at Camp.

## Head Lice

Please check your camper thoroughly for head lice/nits within three days of their first day at Camp.

Campers are checked for head lice on the first day of arrival at Camp. Campers found to have head lice (as deemed by our medical team or a professional lice checking company) are treated following the guidance of these professionals.

If your camper is found to have lice, The Lice Squad will do the first treatment immediately. A follow-up treatment is required 4 or 5 days later. The Lice Squad will return to provide that treatment. There is a cost associated with the treatment that you will be expected to pay (this is a fee paid to Lice Squad, and is estimated to be up to \$350).

At Wenonah, we understand and respect religious observance of head coverings and a private space for checks and if necessary, treatment, will be provided.

While head lice is not uncommon for campers, it can be a difficult experience for your camper to have lice discovered at Camp. Please avoid this by checking for it or treating it at home.

## Sun Safety

All staff are trained to promote sun safety for your child:

- Sunscreen is available at the Health Centre and all program areas should campers run out.
- Water taps can be found around camp.
- Campers are encouraged to wear light clothing that covers shoulders and arms, when not doing water activities.

Help us by packing:

- a hat with a brim and sunglasses
- sunscreen for your camper (minimum SPF 15, but SPF 30 or higher is preferable)
- a water bottle with your child's name on it

## Epi-Pen Policy

If your camper requires an Epi-Pen, they should come to Camp with at least two Epi-Pens. If your camper is attending a two-week or one-month period an extra Epi-Pen must be brought to Camp for the out-trips. Please send a fanny pack to Camp with your child to carry their Epi-Pen.

Any camper who requires an Epi-Pen for a food, bee, or insect allergy may go on an off-site trip, with written permission from a parent. Some risk of coming into contact with nuts or nut products, although a very remote possibility, could take place on a trip or out-of-Camp activity. We ask families to keep these risks in mind when

making decisions about off-site excursions for their camper.

## Lyme Disease

We follow the guidelines and recommendations of the Simcoe Muskoka District Health Unit, the Ontario Camps Association, and the Public Health Agency of Ontario with regards to surveillance, assessment and management of tick bites. At present, Wenonah is NOT located in an area where Lyme Disease is a concern but we are vigilant in our follow up of tick bites or any insect borne concern.

## Immunizations & COVID-19 Vaccination Status

Camper immunization history is requested on the Medical Form because the safety and well-being of all campers and staff at Wenonah is very important.

If your camper has received COVID-19 vaccinations, please share this information on the Medical Form.

We know that, because of COVID-19, your camper may have missed some regularly scheduled immunizations. Please share your camper's most recent vaccination information on the Medical Form. If possible, please attempt to catch up on some missed ones (especially tetanus) before they arrive at Camp.

***Parents and/or guardians must be aware that campers who have not been immunized for any given contagious condition may be sent home immediately if there is a suspected case of that condition (including COVID-19), in order to prevent transmission and to ensure everyone's health and safety. If there is a high risk situation or a positive COVID case (i.e. cabinmate, activity mate etc.), your camper will be required to leave Camp Wenonah immediately. In this case, parents/guardians are responsible for any expenses incurred when they bring their camper home and time missed from Camp will not be reimbursed.***

On the Medical Form, please let us know if your camper's immunizations are up-to-date according to the following schedule and give the last date of immunization for each:

### For campers under 13 years of age:

- A primary series (4 doses usually given at 2, 4, 6 & 18 months) of Diphtheria, Tetanus, Pertussis, Polio and Hib
- 2 doses of Measles Mumps Rubella (MMR) vaccine – one dose after their first birthday and a second dose at 4-6 years (given as MMRV vaccine which also protects against varicella/chickenpox)
- 2 doses of varicella/chickenpox vaccine – one dose routinely given at 15 months and a second dose at 4-6 years given as MMRV vaccine
- Meningococcal (Men-C-C) vaccine (usually given at one year of age)
- 4-6 year booster for tetanus, diphtheria, pertussis and polio (Tdap-IPV) (Adacel Polio)
- 2 doses of an approved COVID-19 vaccine

### For campers 13 years of age and older:

In addition to the vaccines highlighted above, they should also have:

- Hepatitis B vaccine (2 doses offered at school in Grade 7)
- Meningococcal (Men-C-ACYW) vaccine (1 dose offered at school in Grade 7)
- Between 14-16 years of age, should receive booster for tetanus, diphtheria and pertussis (Tdap)
- 2 doses of an approved COVID-19 vaccine

For more information, please see [Ontario Publicly Funded Immunization Schedules](#).

Any parents with questions about whether their child's immunizations are up-to-date should contact their health care provider or [local public health unit](#).



## Daily Screening/Head-to-Toe Checks

Cabin staff continually monitor a camper's health while at Camp. To ensure that each camper is healthy throughout their time at Camp, cabin staff complete daily screening of each camper for any concerns.

## Staffing Notes

### Female Cabin Staff With Younger Male Cabins

We continue our longstanding policy of, on occasion, placing female Cabin Staff with our younger male camper cabins (10 years and under). We have had great success with this in the past. Many of our younger campers appreciate having an older female figure with their group and, for many, it helps the transition to Camp from home. A male staff member lives in the cabin.

### Staff Qualifications

We have high expectations of every staff member, which are reflected in our hiring policies.

- Each staff member completes an interview and a background check.
- Many staff members are returning, and have participated in both levels of leadership development programs (POLARIS and WCIT).
- Staff must have a minimum lifesaving qualification of Bronze Cross, and many have NLS.
- Staff must possess a Standard First Aid & CPR-C certification.
- We also look at qualifications in other program areas which means that cabin and program staff are able to teach in a variety of areas.

## Program Notes

### Swim Checks and Colour Cords

In accordance with Ontario Camps Association standards, we check the swimming ability of every camper (and staff member).

- On the first day of Camp, every camper must complete a swim check.
  - We use this as an assessment as opposed to a test (there is no pass or fail), the assessment allows our staff to track the ability and comfort level of all campers in the water.
- Campers then wear colour-coded wristbands so that staff members can tell at a glance whether a camper is a weak or non-swimmer, or a strong swimmer.
- Some water activities may be restricted for campers who are non-swimmers or weak swimmers.

## After Camp

We strive to make the experience at Wenonah better and better, and we are always grateful for your feedback. Senior Director Jennifer "JJ" Jupp is available to discuss any concerns that may arise once your child has returned home from Camp ([jj@campwenonah.com](mailto:jj@campwenonah.com)).

# Lost & Found

We do our best during the Summer to return any lost items to their rightful owner (properly labelling all items greatly helps this process). However, every year there are a number of items that are left at Camp at the end of every Period. We make an attempt to return any and all labelled items to families.

- Lost and Found is kept at Camp for two weeks after the end of your Camp Period.
- If you wish items to be sent by mail, appropriate postage charges are added to camper accounts.
- Please contact [info@campwenonah.com](mailto:info@campwenonah.com) immediately when campers return home with a description of item(s) that are missing so we can conduct a proper search.
- After being kept for two weeks, unclaimed lost and found is donated to a local charity.