

Waeg Camp's **PARENT** **GUIDE** 2023



IN THIS GUIDE:

- How we communicate
- What to bring
- Typical day
- Drop off & Pick up
- Swimming
- Sun safety



Communication



Positive parent-camp communication is the foundation of a memorable camp experience for your child. It is our commitment to deliver consistent communication to ensure that you and your child(ren) have a safe and fun camp experience.

This year we are using a google form to collect your camper's information and allergies. We ask that you please take the time to complete the google form prior to your child's first week of camp. If you are sending multiple campers, please be advised that each camper requires their own form. **The google forms are attached to this email.**

Let's Keep in Touch

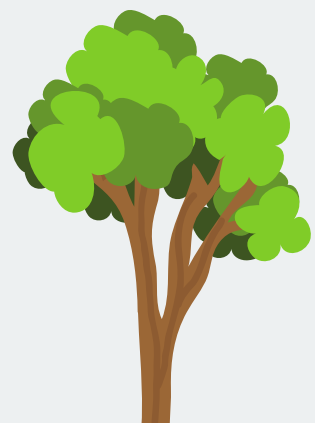
Any questions or concerns with anything regarding camp can be directed to our Camp Coordinator Gabby:

Email: camp@waegwoltic.ca

Phone: (902) 471- 9234

Weekly Camp Newsletters

You will receive a newsletter prior to the weeks your child is enrolled in Camp. Our weekly newsletter includes information regarding weekly themes, updated procedures, and Camp's participation in special events!





Meet the Camp Staff



Our camp staff are determined to create a positive and safe camp environment. Our counsellors are there to support your campers throughout the day and ensure they are eating, drinking water and putting on sunscreen. They also keep track of camper behaviour to ensure that they are included, participating and having fun! Please let us know about any personal or behavioral characteristics that would make sure your camper can have the best time possible!



Ana is our Head Counsellor. She is the first person you will see every morning as she checks in/out the campers. Her role is to coordinate the campers' planned activities (games and crafts) and oversee camp on the grounds. You can count on her to ensure a organized and fun environment for you and your campers.



Gabby is our Camp Coordinator. She is in charge of the communication between staff, campers and members. You can contact Gabby with any questions or concerns you may have about camp. You can always count on her to help you coordinate lessons, pick-up/drop-off or general Waeg concerns!

Camp Day in the Life

8:30 AM	Drop-off
9:15 AM	Fun in Fairfield!
10:15 AM	Snack from home
10:30 AM	Sunscreen #1
10:45 AM	Organized activity in Fairfield
12:00 PM	Lunch
12:45 PM	Sunscreen #2 & change for swim
1:00 PM	Swim time
2:00 PM	Change & sunscreen #3
2:15 PM	Stationed games in Fairfield
3:15 PM	Snack (provided by camp)
3:30 PM	Pack-up & Clean up
4:00 -5:30 PM	Free play & Pick-up



What to Bring to Camp



What to Pack:

- Water bottle
- **Coast Guard approved PFD**
- **Sunscreen & swim shirt**
- Swimsuit, towel, and goggles
- Morning snack
- Lunch
- Hat
- Change of clothes
- Appropriate footwear for activity

What Should Stay at Home:

- Stuffed animals and blankets
- Toys of any kind
- Electronics (cell phones, iPods, Gameboys etc.)
- Nut products
- Pokémon cards (or any trading cards)

LOST AND FOUND

Our staff is not responsible for lost or missing items. We kindly ask that all of the items your child brings to camp are clearly **labeled** with initials or their last name. We have one designated lost and found bucket. We encourage your camper to be responsible for keeping track of their personal belongings. No toys or special items should be sent to camp.

Camper Identification

We require all campers to wear a pinnie while in camp. We use pinnies to help differentiate campers from other members at the Waeg, as well as to form our age-appropriate groups. Campers are divided into groups that correspond with their pinnie colour. Campers will receive their pinnie on Monday and collected at the end of each day to be washed for the following day. **To ensure your child's safety, your campers must wear their pinnies while at camp.**



Drop-off & Pick-up Procedure

Our drop off and pick up area is located in the back-left of the parking lot on the Fairfield side (shown in the map to the right), We have a parking spot designated solely to camp drop off and pick up purposes. For drop off, we invite you to park in the Waeg parking lot and walk your camper down to check-in. Please be advised that you must have your member card with you to be let in. This remains true if you are coming solely for camp drop off and pick up. We kindly ask that in the case of a non-member picking up or dropping off a camper, that is it pre-arranged with our Coordinator Gabby, via email: camp@waegwoltic.ca

OUR HOURS FOR DROP OFF & PICK UP:
DROP OFF: 8:30AM - 9:00 AM
PICK UP: 4:00PM-5:30PM



Rainy Day

In the event of a rain, **camp pick-up and drop-off will take place at Camper Cove**. If the weather changes we will send out an email and notify the front gate.



***Please note** that if you are dropping off/picking up outside of our designated drop-off/pick-up times, you must call the camp phone (902.471.9234) upon your arrival to coordinate a safe transition.

Swimming & Tennis Lessons

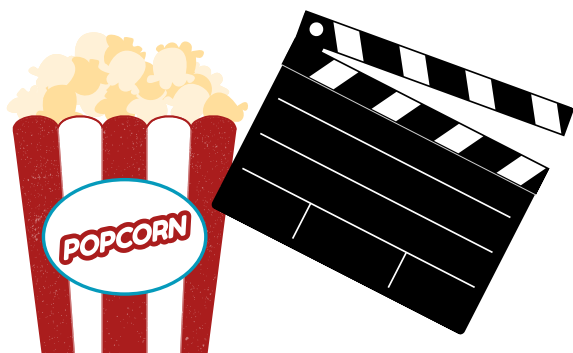
If your child is enrolled in tennis or swimming programming while in camp, we will have the "lesson fairies" walk them to and from each lesson to ensure safety and punctuality. Our counselors and lesson fairies will both be equipped with a schedule containing times/locations to make sure your camper(s) is dressed and ready for their lesson!

If you plan to register your camper(s) for your programming, please register between **the camp friendly hours of 9:30am and 11:30am**. If you can't find a lesson/level during the camp friendly times? Please reach out to us before registering for a lesson outside of the camp friendly hours. We are here to help!

*Please note that all regular programming runs for 2-week sessions, while Camp operates weekly

Media

We may be watching a movie on days we face poor weather. For several of our campers, this down time is necessary as rainy days can breed an overwhelming environment. When selecting movies, we choose family friendly movies/TV shows. If you have any family favourites or suggestions we are always open to recommendations!



Photos

At Camp Waegwoltic we love to document the fun we have during the summer! These photos will be used for Waegwoltic Club promotion as well as our camp instagram (@waegsummercamp). **On the google form you can check yes or no** as to whether or not you grant us permission to use photos of your camper for these purposes.



Lunch & Snack

Please be advised that we are a **nut free camp and a nut aware property**. While Camp maintains a nut free environment, the Waegwoltic Club is not a nut free facility. To ensure the safety of our campers with allergies, we ask that you do not send your camper(s) with any nut products.



Canteen



The Waegwoltic Club now only accepts member charge. To make purchases from the canteen, your camper will require a loaded membership card (see next section).

We Kindly ask that you try your best to send your camper with a morning snack during the week. We will not be making regular morning canteen runs. On Fridays we will have **Treat Day**. On these days the campers can use their Waeg cards to buy ice cream, slushies, freezies, and candies. Canteen trips during the rest of the week will be for campers who are purchasing their lunch.

Credit Account

This option provides campers with access to money via their Waeg card. It allows parents to monitor their campers' food purchases. Please be aware of the canteen prices to ensure that your campers' cards have sufficient funds each week.

You can contact Amal Salehi-Gheshmi at amal@waegwoltic.ca or (902) 429 - 2822 ext. 3 to enable this service.

***Treat Day** is optional! Campers that don't participate will be given a small treat to make sure they are included.

Lunch Plan

Camp Waegwoltic offers a Lunch Plan program at a charge of \$50/week+ tax. Our lunch plan provides campers with a balanced nutritious meal. Lunch plan registration will open **June 5th**. You can register for this service through your online account or at (902) 429-2822 ext 2.

*You must register for lunch plan the Thursday before your campers session





WAEG CAMP BEHAVIOUR

1. Talk with positive language! Foul language, put downs and bullying will not be accepted

2. Be safe! Always obey camp rules, pool rules and staff

3. Treat all equipment and supplies with proper care and respect

4. Running and excessive shouting while indoors is not allowed

5. Aggressive behaviour that is threatening to the child, staff or others will not be permitted at camp

6. Have a positive attitude and have fun!



Listed below are the disciplinary procedures for campers who are exhibiting unacceptable behaviour. Depending on the severity of the behaviour, we may skip a particular step (i.e aggressive behaviour will not be tolerated).

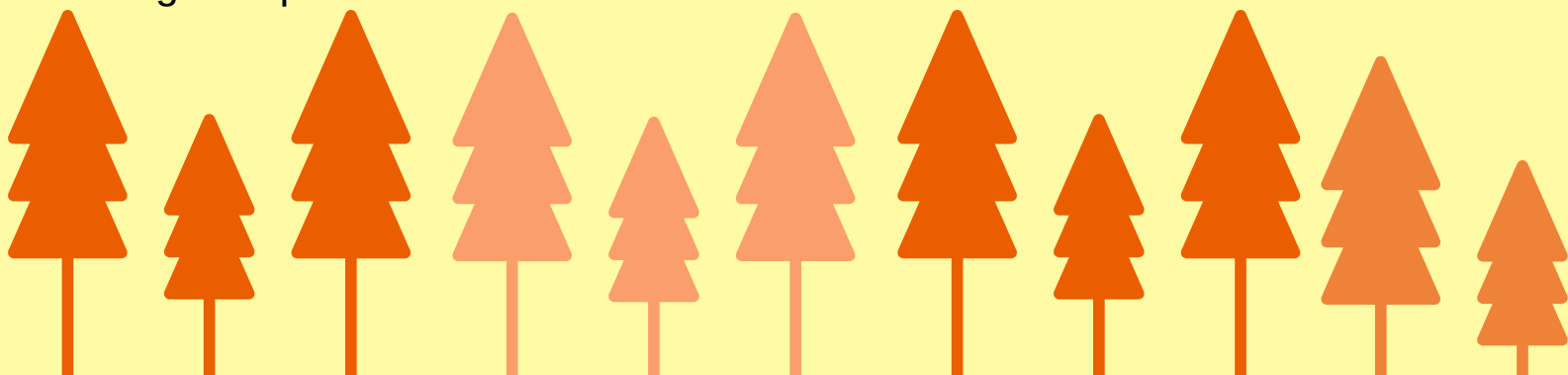


Incident 1: Verbal Warning -Counselor will go over behaviour with the camper(s) to discuss why it might be disruptive/harmful for other campers or staff and what we can do to make it right!

Incident 2: Alternative Activity - Camper(s) may be removed from other activity and provided an alternative activity to allow emotions to regulate. Another conversation will be held between counsellor and camper explaining how behaviour can improve.

Incident 3: Written Warning - If behaviour continues, a warning will be given to the parent or guardian. Either Gabby or Ana (head counsellor) will speak with the child and their parent/guardian at pickup to discuss behaviour and possible solutions. A behavioural incident report will be given that will need to be signed by a parent or guardian and returned to staff

Incident 4: Meeting - If behaviour persists, our camp coordinator will work closely with parent or guardian to provide solutions that seem best-fit for each child to be able to have a positive experience in Waeg Camp. If distribute or violent behaviour continues, the child may be removed from Waeg Camp.





Swim Safety



Camp goes swimming every afternoon and ensuring the safety of our swimmers is our number one priority . In addition to our 30+ lifeguards, our camp counsellors are stationed around the Lido and their camp visors make them identifiable to campers and the general member body.

In accordance with Life Saving Society's recommendations, we no longer allow the use of puddle jumpers in camp. **All campers who require aquatic assistance must come to camp with a coast guard certified personal flotation divide (PFD).** There are several coast-guard approved PFDs that allow for both comfort and wide range of motion while offering gold standard protection.

Every camper will be required to complete a swim test prior to or on their first day of camp. The Waeg's lifeguards are specially trained in assessment and will determine your camper's swimming ability. **Stay tuned for more information regarding swim tests. See the next page for more details about our swim safety procedures!**

Swim Bracelets

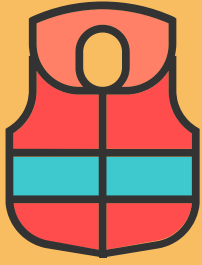
At the beginning of the week each camper will complete a standardized swim test. Based on the results of their swim test, they will be provided a bracelet with the appropriate colour (details on the test below). These bracelets will be given out on Mondays and will be cut off prior to pick-up on Friday.

*Campers are only required to take the swim test **one** time each summer

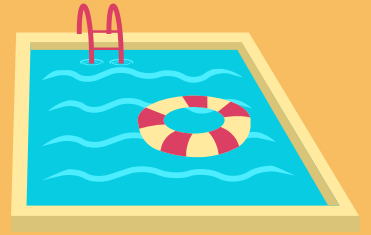


The Society defines the minimum skills needed to survive an unexpected fall into deep water. These are expressed in a skill sequence in the Canadian Swim to Survive standard:

- **ROLL** into deep water
- **TREAD** water for one minute
- **SWIM** 50 metres



Swim Standards



On the recommendation of the Lifesaving society we are making changes to our camp swim standards for our Lido Swim Time!

All full day Camps have aquatics components; for our Summer Camps, all swim activity is supervised by NLS Certified lifeguards and Camp Staff who are in the water with participants. Because we will be sharing the pool with the general membership, a swim test is completed on your child's first day of camp in order to assess your child's ability while in the water. Your child will then be given a bracelet to ensure their ongoing safety during our swim time but also to help our lifeguards determine which children are in camp and which children are not. Children will only have to complete a swim test once throughout the summer unless they would like to challenge the outcome as they progress through their summer swimming lessons! Parents may also make this request.

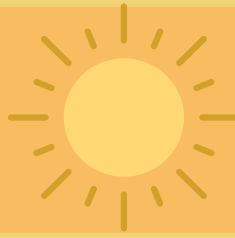
More information on the criteria of the swim test will be sent out to parents through the parent guide.

Yellow – If your camper is under the age of 8 and is unable to complete the swim test, they will be given a yellow bracelet. A yellow bracelet means they are expected to wear a Coast Guard approved personal flotation device (PFD) at all times when swimming in the Lido. Puddle jumpers are not acceptable during camp's Lido swim. This is not to discourage children and their abilities, but to ensure proper safety as we will not be the only group in the pool. There are great PFDs out there these days that allow for a wide range of motion while offering gold-standard protection.

Blue – Children who have passed the swim test but are under the age of 8 years old will be given a blue bracelet, as well as children over the age of 8 who did not pass the swim test. A blue bracelet means campers are required to wear a swim belt at all times when swimming in the Lido with Camp.

Green – Children who are over the age of 8 who pass the swim test are deemed to be independent swimmers and will be given a green bracelet. To obtain a green bracelet, campers must pass all aspects of the swim test and continue to show sound judgment and throughout their time with us. The lifeguards continuously monitor the abilities of the swimmers in their zone. Your child may still be asked to wear a swim belt if they are not swimming confidently in deep water.

*The authority and position of the lifeguards is taken very seriously by the camp staff. We take our direction from them when it comes to the overall safety of your child in the pool during our Lido time. If a lifeguard determines that your Green Bracelet child must use a flotation device when swimming in the Lido, we will provide one for them so they can continue swimming. These evaluations are made based on the fact that your child is not under personal supervision by a parent during camp swim time and they may not be strong or confident enough to keep themselves above water for the duration of their swim time. This is not to discourage children and their abilities, but to ensure proper safety as we will not be the only group in the pool. If your child does not want to swim with an aid, alternative options will be provided for the day. If there is a change in a child's swimmer status, we will notify the parent directly.



Sun Safety



We apply sunscreen four times throughout the day:

1. **After morning snack**
2. **After lunch --> before swim**
3. **In the afternoon after swimming**
4. **Before pick-up**

*Campers should arrive at camp with sunscreen on as we do not re-apply until after morning snack. We ask that you label your child's sunscreen. This is aimed at reducing the amount of lost sunscreen.

Safety Precautions

Sunscreen is an important safety measure that can result in close contact between your child and their counsellor. If your camper requires additional assistance to apply sunscreen, their counsellor will help with application. We recommend sending your camper with spray sunscreen as it tends to be more user friendly.

High Risk Exposure

Over time, we have identified that swim time is when campers are at the highest risk of sunburn. In accordance with the Sun Safety Nova Scotia and their guidelines, we strongly encourage that campers bring a **swim shirt** to camp every day. This will significantly reduce the likelihood of your child being subjected to excessive sun exposure.

Allergies



Regarding allergies if your child carries and EpiPen, camp staff will collect it at the beginning of each day, and it will remain in possession of your child's counsellor for the entirety of the day. Our counsellors use fanny packs so they will have the EpiPen with them at all times. If you would prefer to have the camper carry the EpiPen they can use an Epi-pouch or we can discuss other options.

If you have indicated on the general camper information form that your camper has an allergy or medical condition, you will receive a follow-up email to give you the opportunity to provide more information about your campers' medical requirements and/or preferred accommodations. All of our camp staff are first aid trained along with the lifeguards. In the event of a medical emergency: lifeguards, parents/guardians, and first responders (if necessary) will be notified immediately.

Head Lice

Head lice is a rite of passage we all hope to avoid. Camp Waegwoltic recognizes that head lice is a concern, and we make every effort to prevent the spread of lice. As a result, Camp Waegwoltic has implemented policies in an aim to reduce the spread of lice at camp.

Firstly, our lice motto is 'Hair Up, Hats On!' If your camper has long hair we suggest keeping them in a ponytail and wearing a hat while at camp. Secondly, no stuffed animals or blankets from home will be allowed to come to camp as these items can be carriers

Finally we want to encourage communication about lice. We ask that you notify the camp coordinator if your child has lice at any point throughout the summer. Please help us reduce the spread of lice by keeping up the communication with us. We have an open-door policy, and we respect everyone's privacy!

Ticks

Everyone who spends time outside in Nova Scotia is at risk of being bitten by a tick. While the Waeg's maintenance team has surveyed the property and the counselling staff are aware of what to look for, we encourage parent/guardians to perform at-home checks. For more information and tips to reduce your risk, visit <https://novascotia.ca/ticksafety/>.



Health Precautions

Camper Care

Our summer camp staff are thoughtfully selected and thoroughly trained. Every counsellor is certified in Emergency First Aid and withholds Vulnerable Sector Police Checks each year. Additionally, all of our staff are supervised by two program coordinators who report directly to Katelyn Matheson, our senior administrator of programming and recreation at the Club. In addition to our core staff, our summer camp also benefits from the supervision of our 30+ fully qualified lifeguarding staff.

Illness Protocol

The health and well-being of our members and staff is of utmost importance to us. Therefore, if your child is showing symptoms of illness, please make alternate childcare arrangements.

Our "**Common Childhood Diseases Chart**" has been created by **Nova Scotia Health Promotion and Protection** we ask you adhere to the return (to childcare) dates given if your child develops any of the symptoms/diseases listed.


It is necessary that parents develop back up plans for the care of their child in the event of illness.

Your child cannot attend the Full-time Camp Programming if they:

- Have a temperature of 101 degrees Fahrenheit (38.4 degrees Centigrade).
- Have not been fever free for 24 hours.
- Have vomited while at camp or within the last 24 hours
- Have diarrhea (abnormally loose, watery bowel movements that are much more frequent than usual)
- Has been on prescribed medication for less than 24 hours for a condition requiring exclusion from the program according to the Communicable Disease Program.
- Has a rash that has not been identified by a physician to be determined as not contagious or that seems to be worsening
- Has a severe cold with fever, sneezing and heavy nasal drainage that affects their mood and ability to participate in the program

*If your child becomes ill during camp hours, a parent/guardian will be notified immediately to pick up your child. The child will remain in the care of our support staff in Camper Cove until a parent/guardian arrives.

Communicable Diseases and Return Dates

Colds	Stuffy or runny noses, sneezing, Watery eyes.	When the child can actively Participate in all parts of the program.
Flu	Sore throats, muscular aches, fever; chills, vomiting and Diarrhea can be involved.	When the child can actively Participate in all parts of the program.
Diarrheal Diseases	Abnormal loose stool, cramps	Diarrhea can be infectious. Children should be kept home until diarrhea stops.
Strep Throat	Red and Painful throat. Fever, swollen neck glands, white patches on tonsils.	48 hours after antibiotic treatment
Impetigo	Spreading sores which can develop a golden color crusty area. Little dot-like sores spread Around the original sores. Can Appear on the face, hands, legs, Feet, and buttocks.	48 hours after antibiotic treatment.
Chicken Pox	Very itchy rash starts with pink bumps. Watery discharge.	5-6 days after the rash appears or When the chicken pox are all scabbed over.
Pertussis (Whooping Cough)	Intermittent spasms of coughing; leads to choking and/or vomiting causing reddening in the face	5 days after antibiotic Treatment.
Hepatitis	Viral infection of the intestinal tract. Cause fatigue and nausea, flu like symptoms.	One week after illness Appears.
Mumps	Large swelling from the face to the neck, jaw and in front of the ears. Often accompanied by cold-like symptoms.	9 days after swelling Begins. 
German Measles	Fever, cold-like symptoms followed by a fine rash, swollen glands behind the ears.	5 days after the rash appears.

Fire at the Waeg

There was a fire at The Waegwoltic Club on April 14th. Luckily it was contained to the Clubhouse building. The actual programming and day-to-day of camp will not be affected at all. The only real impact is when construction starts how we will move between locations on property. Luckily it is a huge property and we have a lot of room to navigate around it. We are ready for another unforgettable summer and are grateful that camp was not impacted!

Termination of Childcare Space

The Waegwoltic Club recognizes that some summer camps are not always appropriate for all children. Many supports are put in place to create a happy and successful placement for all children. In cases of severe behaviour issues, it may be necessary to terminate the camper from the childcare space.

A decision to terminate a child's space will be made in consultation with parents and staff. The Waegwoltic Club's priority is for the safety of all children in its programs.

Custody Arrangements

Parents are asked to explain custodial arrangements when enrolling their children in Summer Camp. When special circumstances apply such as parent denial of access to one parent, we ask that you provide written documentation of custody and access schedules issued by the court.

Drugs/Alcohol

Children will not be released from camp to accompany a parent or guardian who is under the influence of drugs or alcohol. In such circumstances, our Coordinator Gabby, will call the other parent/guardian, or emergency contact listed and request that they come pick up the child.