

Waeg Camp Parent Guide 2021

In this guide you will find:

How we communicate



What to bring to camp



A typical day at camp



Drop off and pickup procedures



Swimming at camp



Lunch and other food at camp



Health Precautions



Sun Safety



Communication With Us

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.

We ask that you please take the time to complete and return the Camper Information 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.

Let's Keep in Touch

Any questions or concerns with anything regarding camp can be directed to our co-coordinator Sophie:

Email: camp@waegwoltic.ca

Phone: (902) 471-9234

Weekly Camp Updates

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



Camper Calls

Prior to your child's first day of camp, you will receive a camper call from our Camp Coordinator, Sophie! This is your opportunity to ask questions and voice any concerns you may have leading into your campers' first day of camp!



What to Bring to Camp



What to Pack:

- Water bottle
- **Coast Guard approved PFD**
- **Sunscreen & swim shirt**
- Swimsuit, towel, and goggles
- Morning snack
- Lunch (or sign up for lunch plan!)
- Hat
- Change of clothes
- Appropriate footwear

What Should Stay Home:

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

*** It is essential that any and all personal toys stay at home to reduce contact and transmission***

Lost and Found

We have one designated lost and found bucket per group. At the end of the week, all of the collected items will be washed and dried on high heat before returning home with your camper. We encourage your camper to be responsible for keeping track of their personal belongings. Our staff is not responsible for lost or missing items. No toys or special items should be sent to camp. Please label your campers' clothing and personal items so that lost items can be identified and returned to their owner.

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. We will be sending campers home with their pinnie each day to provide greater parental/guardian control over your campers' individual health and hygiene! Campers will receive their pinnies on Monday, and they will be collected on Friday. **To ensure your child's safety, your campers should arrive to camp each day with their pinnie on.** Additionally, please note that the pinnies are washing machine and dryer safe!

A Typical Day at Camp

A Day in the Life!

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

*Please be advised that this is a general itinerary. These times may vary as groups will be adhering to staggered schedules to limit cross contact. *

Swimming & Tennis Lessons

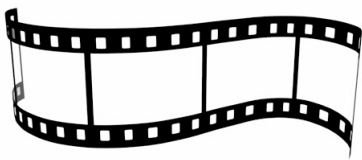
If your child is enrolled in tennis or swimming programming while in camp, we will have the “lesson fairies” walk them to and from each lesson to ensure safety and punctuality. Our counselors and lesson fairies will both be equipped with a schedule containing times/location to make sure your camper(s)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

If you plan to register your camper(s) for youth programming, please register between **the camp friendly hours of 9:30am and 11:30am**. Can't find a lesson/level during the camp friendly times? Please reach out to us first 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

To offer our services exclusively indoors while adhering to the mandated public health restrictions, 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 indoor environment. When selecting movies, we refer to <https://www.common sense media.org> to celebrating differences and being kind to others.



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 Camper Information/Permission 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.



Remember!

WAEG CAMP BEHAVIOR



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 behavior 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 behavior. Depending on the severity of the behavior, we may skip a particular step. (I.e. aggressive behavior will not be tolerated.)



Incident 1: Verbal Warning- Counselor will go over the 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: Alternate Activity- Camper(s) may be removed from activity and provided an alternate activity to allow emotions to regulate. Another conversation will be held between counselor and camper explaining how behaviour can improve.

Incident 3: Written Warning- If behaviour continues, a warning will be given to the parent or gaurdian. Either Sophie or Alex 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 co-coordinators will work closely with parent or guardian to provide solutions that seem best-fit for each child to be able to prosper in Waeg Camp. If distributive or violent behaviour continues, the child may be removed from Waeg Camp.

Drop-off & Pick-up Procedures

Drop-off Procedure

Drop-off will take place at the back of the St. Mary's Boat Club parking lot between 8:30am – 9:15am. We are continuing this drop-off location as an effort to mitigate the high volume of people accessing the property through the main gate at the same time. We encourage designating one parent/guardian responsible for pick-up and drop-off. Upon your arrival, our Assistant Coordinator, Alex, will complete a brief verbal screen with you while a lifeguard conducts a wellness check on your camper(s) using a contactless thermometer. If you would prefer to come onto the property to drop-off your camper, we kindly ask that you accompany your child to the back end of Fairfield and complete the necessary wellness check. Once signed in, your camper will go directly to their group and fall under the care of their camp counsellor.

Pick-up Procedure

Pick-up will also take place at the back end of the St. Mary's Boat Club parking lot between 4:00 – 5:30pm. Our assistant coordinator, Alex, will be stationed at St. Mary's Boat Club for those who are picking up camper(s) and heading home for the day. This is in an effort to reduce the amount of congestion on the upper property at the end of the day. Alex will greet you and notify other staff of your arrival. We ask that you designate one parent/guardian for pick up as well as drop off.

For those who wish to come onto the property to pick-up their camper and access our facilities with your camper(s), you may enter Fairfield and check-in with a staff member to communicate that you are signing your camper out.

Rainy Day

In the event of rain, camp pick-up and drop-off will take place at Camper Cove. There will be signs posted to direct foot traffic for your safe arrival to Camper Cove.

***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 facilitate a safe transition. Parents are not allowed in Camper Cove. This policy is in place to limit the number of people our participants could potentially come in contact with. ***

Swim Safety

Camp goes swimming every afternoon and ensuring the safety of our swimmers is paramount. In addition to our 30+ fully qualified lifeguarding staff, our camp counsellors are stationed around the Lido and their white 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 floatation device (PFD).** Trust us, lifejackets have come a long way! 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 and see the next page for more details about our new swim safety procedures!**



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

NEW CAMP SWIM STANDARDS *FOR A SAFER WAEG!*

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.

Lunch & Snack at Camp

Please be advised that we are a **nut free camp and a nut aware property**. That is to say, 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

Camp is cashless! To make purchases from the canteen, your camper will require a loaded membership card (see next section).

As initiative to promote healthy living, Camp Waegwoltic has 'Treat Days' every Wednesday and Friday. On Treat Days, the canteen will offer ice cream, slushies, and freezies, while campers can take advantage of the rest of the product range throughout the rest of the week!

Credit Account

This option provides campers with access to money via their Waeg card.

Moreover, it allows parents to monitor their campers' food purchases.

You can contact Kim Weeks at kim@waegwoltic.ca or (902) 429-2822 ext. 3 to enable this service.

Lunch Plan

Camp Waegwoltic offers a Lunch Plan program at a charge of \$50.00/week + tax. This year we will be offering lunch plan 'brown bag style' as opposed to buffet format. You can register for this service through your online account or at (902) 429-2822 ext. 2.

Health Precautions

Camper Care

Our summer Camp staff are thoughtfully selected and thoroughly trained. Our staff are certified in Emergency First Aid. In addition, camp staff are HIGH FIVE® certified. HIGH FIVE® is an organization that has created a quality standard for recreation facilities across Canada, and thus, certification is nationally recognized. HIGH FIVE® training highlights five principles that support healthy child development:

- 1) A Caring Adult
- 2) The opportunity to make Friends
- 3) The opportunity to Play
- 4) The opportunity to Master Skills
- 5) The opportunity to Participate

Furthermore, 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

Given the current circumstances, it is of utmost importance that we consider the health and safety of all of our Club's users and staff. It is our commitment to you that we will take vigorous measures to ensure the health and safety of your children. **To help us serve you best, please complete the attached form titled 'Your Commitment to a Safe and Healthy Summer' and return it to camp@waegwoltic.ca along with your camper information form.**

We encourage you to monitor your child for signs and symptoms associated with COVID-19. **If your child claims they are not feeling well, they will not be permitted at camp.** We hold all of our staff to the same standard. Contactless temperature checks will be conducted every morning as well as mid-day to ensure your camper is healthy.

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 or guardian arrives. **Please ensure that your member account has the most updated daytime phone number we can reach you at in the event of illness or emergency.**

Allergies

With regard to allergies, if your child carries an 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. In addition, at the beginning of the week, your camper will be given an Epi-pouch that clips on to the outside of your campers' bag. The Epi-pouch may travel to-and-from home with your camper, and camp staff will collect the Epi-pouch at the end of each week. This procedure guarantees that your child's medical device is accessible at all times.

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. 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, their hair should be pulled back prior to arrival at camp each day. Additionally, we encourage all participants to wear a hat during the day not only to reduce the spread of lice, but also for sun protection! 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 either one of the Camp Coordinators if your child has lice at **any point throughout the summer**. Please help us reduce the spread of lice by keeping up 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 parents/guardians to perform at-home checks. For more information and tips to reduce your risk, visit <https://novascotia.ca/ticksafety/>.

Sun Safety

We apply sunscreen three times throughout the day:

- 1) after morning snack
- 2) after lunch
- 3) in the afternoon after swimming.

Campers must arrive at camp with sunscreen on as we do not re-apply until 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 be required to wear a mask and gloves to perform the application. We recommend sending your camper with spray sunscreen as it tends to be more child-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 Sun Safety Nova Scotia and their recommended 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.