



## Blue Lake Camp Q & A

Camp is an exciting and fun place full of friends, adventures, skills, stories, songs, campfires, games and many other things. It's also a very different place from what campers are used to - a different bed, different washroom, different food choices and a different schedule.

### **What can I do to ensure my child has a successful experience at camp?**

The more up-to-date information we have regarding your camper, the easier it is to ensure a successful experience. If there is information which you feel might need special attention or allow us to provide your camper with a better experience please let us know. For information of a confidential nature regarding your camper please provide a note in a sealed envelope addressed to the Camp Director.

### **What if my child requires medication while at camp?**

All prescription medications must be sealed in a blister package by your pharmacist. Ensure everything is clearly labelled with your child's name. All medications (including homeopathic) will be turned in to the First Aid Attendant upon arrival with the exception of asthma inhalers and, in some cases, epi-pens. Any children that are on special medications will meet with the First Aid Attendant on the first day of camp. We recommend you continue with regular behavioural medication if these are taken daily. Should you have any specific instructions please do not hesitate to call the office to give them more information.

**What if my child is injured or becomes ill?** Quiet rest areas are available if a child becomes over-tired or needs extra care. We may request that you pick up your child if they become ill. In the event that your child requires serious medical treatment, a staff member will accompany your camper to the hospital, and our Camp Director will contact you both prior to and following the visit. Our staff will stay with your child until you arrive.

### **What if my child becomes Homesick?**

Our staff are enthusiastic and passionate about making sure all our campers have an enjoyable camp experience. They are fully trained on how to respond to camper's individual needs and how to recognize and handle situations in which homesickness arises. Many of our staff members have years of camping experience and are able to identify and help manage homesickness. If your child is persistently homesick and it is impacting their camp experience a staff member will contact you to let you know the situation and to 'brainstorm' possible strategies to help your camper cope.

### **How does Blue Lake Camp deal with bullying?**

Blue Lake is a bully-free zone. Children at camp are under supervision around the clock to ensure that a safe and positive learning atmosphere exists. Staff are trained extensively in how to deal with the issue of bullying. Policies and Procedures are in place to make sure that each incidence of bullying is handled properly and immediately. Blue Lake Camp teaches positive social skills on a consistent basis!

### **What if my child sleepwalks/wets the bed/has night terrors?**

Our staff are well trained in how to deal with issues such as bedwetting, sleepwalking and night terrors. If your camper does happen to wet the bed, we will be discrete. Your camper will have the opportunity shower and their wet clothes will be laundered. Unfortunately we cannot launder sleeping bags but the entire cabin will “air” out their sleeping bags together to keep everything discrete. Your camper will have the option for extra bathroom breaks prior to bed time to try and avoid the concern occurring. If you have any concerns about your child please inform our camp office in order to better help us ensure he/she has a positive camp experience.

### **Can I visit my child?**

The camp program is a busy one that uses all parts of the day. Visits can be very disruptive to campers prone to homesickness (or to other campers in the group). Camp is also a great place for kids to build their independence and self-reliance. It is preferable that campers do not receive visitors during their time at camp.

### **Camp Activities**

Over the course of their camp experience campers will be exposed to a wide variety of activities and experiences. They will receive individual instruction in new skills, take part in cabin group activities and participate in games and theme events involving the entire camp. In all our programs we emphasize creativity, imagination and adventure in a safe, fun-filled atmosphere designed to encourage growth and the development of self-confidence. Activities at camp are challenge-by-choice - campers will never be forced to do an activity in which they feel uncomfortable but they will be encouraged by their leader to try new experiences. Camp staff work to design program options which are safe, active and appropriate to the age level of the group. Activity areas offer instruction where campers proceed at their own pace and the lessons are structured to allow time for campers to accomplish their goals within the timeframe of the session.

### **Cabin Groups**

Each cabin group usually has a maximum 10-16 campers and is assigned 2 group leaders who provide 24-hour supervision. Extra staff are also available to provide support to cabin groups and individual campers who may be struggling with the challenges of being away from home. The principle unit at camp is the cabin group. We have found that activities focused around a small group of peers encourages the development of close friendships as they take part in activities and meet challenges together. We do our best to foster an atmosphere of co-operation rather than competition. If we do run an activity containing some element of competition, we focus on challenging campers to achieve their own goals, rather than encouraging them to measure their accomplishments against the achievements of others.

### **What should I pack my child's belongings in?**

Luggage doesn't need to be expensive - backpacks are ideal, hockey bags, duffels, old suitcases and big laundry bags are fine. **Do not pack items in garbage bags as they rip easily and can be mistaken for garbage.** Include a sturdy backpack for any potential out trips or day trips and don't forget to label your luggage as well! See the packing list for more details.

### **My child is participating in the Stargazer Overnight Trip, what size backpack do they need?**

Your camper will be required to pack their sleeping bag, extra clothes, their dinnerware (including utensils) and towels as well as other miscellaneous items if they have chosen the Out-trip. Please ensure that they bring a good backpack, large enough to hold the above items (approximately 40L). Please ensure straps are in good condition and the backpack can properly close. You will find a list of additional items needed for the Stargazer Overnight Trip on the 6 Day Packing List.

### **What if the weather is less than desirable?**

Our camp programs will continue despite the occasional rainy day. For your camper's comfort and well-being they should be well prepared for the weather. Rainsuits and sturdy sealed rubber boots provide the best protection. Don't forget to label the boots as they often look the same!

**What if my child loses or forgets something at camp. (Lost & Found)**

We do our best to keep campers and their possessions together but every year we have many unclaimed items with no identification. Labelling all items makes it easier for us to return any items found during/after your camper's session. All items will be transported to the Lost & Found at the Cranbrook office location. If you do lose something at camp, please phone the office. Items not claimed by September 15th will be donated to charity. Any items that need to be mailed back to you will be at your expense. **Lost & Found items will be laid out for you and your camper to go through at check-out to check for any items your child may have misplaced. Please be sure to wander by to ensure none of your camper's items are here.**

**Should I pack additional food or snack's for my child?**

Camp is an active place and good meals are important to help keep energy levels high! With this in mind Blue Lake Camp offers nutritious, filling meals with vegetarian options. Summer campers receive 3 meals a day in addition to an evening snack. Fresh fruit is available all day for campers needing something extra. Food and snacks are not permitted in the sleeping cabins. We ensure that all campers have enough food, between the all day fruit, and main meal times. Please DO NOT bring extra food to camp. Our camps are able to accommodate many special diets, please ensure that any dietary requests are noted during registration.

**When do I drop my child off and what can we expect?**

**Refer to the Statement of Account in your confirmation email for drop off times.** Your camper MUST be supervised if you arrive early on drop-off days until the specified times. When on-site registration opens please bring your campers gear, medications and any other equipment etc. with you to the main office area with your camper. Campers will be provided with the name of their Counsellors and cabin. You will be instructed to take your gear to the deck of the cabin and bunk assignments will occur once everyone has arrived. You will also meet with the First Aid Attendant at this time and if you have medications they will be reviewed and confirmed with you. Finally you will have the chance to review what is in our camp store. If you purchase a new shirt from the store on the first day or when you registered for camp, your camper will not receive their shirt until the last day of camp so that it remains clean and doesn't get lost with all the other similar shirts.

Once you have carried your gear to the cabin deck assigned to your camper you are free to remain onsite and look over the facilities. Ask one of our floating staff for a camp tour and they will show you where everything is and explain some of the activities happening. You are welcome to meet your camper's Counsellor however please note some Counselling staff will be organizing and running activities during registration time. Your Camper and siblings are welcome to join in these activities. As well, some of our staff play dual roles at camp such as Lifeguard and Counsellor, and may be busy on the waterfront if it is a hot day. There is juice and fresh fruit in the dining hall and you are welcome to help yourself. After check-in, and after all parents have departed, at 4:00pm Camper's will be taken on a tour of camp where they will be informed about camp rules, boundaries and of Blue Lake Camp's special features etc.

**When do I pick my child up and what can we expect?**

**Refer to the Statement of Account in your confirmation email for drop off times.** Please ensure your camper is picked up on time, this will ensure we have accounted for all campers, and are able to continue on with our programming. If you must pick up your camper early, please inform the Camp Director on registration day or call the office, so we can ensure your camper is packed up ahead of time.

On pick up days, please ensure you stop into the office with your ID, check out with staff, and sign your camper out. We will ensure your camper has any items purchased at the store, and that you have collected any medications from the first aid attendant. You can collect your campers gear from their cabin and you are welcome to tour camp with your camper. The camp store will also be open on pick-up days so purchases can be made at this time as well.

**Lost & Found items will be laid out for you and your child to go through to check for any items your child may have misplaced or lost.**

Have a safe and wonderful drive home listening to all the stories and songs your campers have.

