



# Y Camp Thunderbird

## Day Camp Information Package

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### Dear Camp Thunderbird Family,

Welcome to Camp Thunderbird! Summer will be here before we know it and soon it will be time to start preparing for camp.

**Information in this booklet is updated every year, and all of the information is vital for your camper(s) to have a successful experience. Please read carefully even if you have been to camp before!**

Life at camp is different from the routines and patterns of home. Taking the time to talk with your camper about their upcoming experience is an important step in preparing. Setting a positive tone and clarifying expectations can really help your child make the adjustment. In doing this, your child will take the most out of their Camp Thunderbird opportunity.

If you or your camper have any questions about their upcoming experience, we encourage you to give our Summer Camp Program Manager a call or come out and meet us at Camp Thunderbird for our Open House on June 16, 2019.

We look forward to having your child join us at Camp Thunderbird this summer!

## Camp Programs

Campers will be offered individual instruction in skills areas, take part in Day Camp group activities, and participate in special games and theme days in Day Camp.

Most activities at Day Camp take place within groups. Y camps across North America have found that activities focused around a small group of peers encourage the development of close friendships as campers play and meet challenges together.

We do our best to foster an atmosphere of cooperation rather than competition. If we 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 achievement of others.

### Sample Schedules

#### Grades K-2

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Prepare	Breakfast			
Camper Arrival				
Name Games Teambuilding	Low Ropes	Hike	The Lorax	Fort Building
Snack				
Rock Climbing Cougar	Snipe Catching	Nature Games	Archery	Canoe
Lunch			Picnic Lunch	Lunch
Day Camp Disco! (Swim, Gaga Ball, Arts and Crafts)				
Archery  2:45 Campfire	Canoe	Fort Building  Animal Game	Newt Catching	Capture the Flag  2:45 Campfire
Snack at Bus				
On the BUS				
Dinner				
		Campfire Optional Overnight		

## Grades 2-5

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Prepare	Breakfast			
Camper Arrival				
Name Games Teambuilding	Rock Climbing Cougar	Nature Hike	Orienteering	Archery
Snack				
Archery	Low Ropes	Rock Climbing Nicola	Canoe	Kayak
Lunch			Picnic Lunch	Lunch
Day Camp Disco! (Swim, Gaga Ball, Arts and Crafts)				
Fort Building 2:45 Campfire	Canoe	Nature Games Animal Game	Kayak	Capture the Flag 2:45 Campfire
Snack at Bus				
On the BUS				
Dinner				
		Campfire Optional Overnight		

### Experiencing Nature

Campers will spend time exploring, learning and connecting with nature... this is a chance to let the imagination run wild, and to enjoy unstructured play.

- Nature Hike
- Newt Hunting
- Nature games

### Creative Programming

Campers will join ranks with eccentric heroes to find clues, complete challenges and save camp from visiting villains!

- Arts & crafts and dressing up!
- Mass games (e.g., animal game!)
- Teambuilding and low ropes

### **Outdoor Adventure**

Campers will learn basic skills, or build upon existing knowledge through creative games, obstacle courses, and races. Every camper sets their own challenges, and can keep track of new skills on their Thunderskills Achievement Card.

- Rock Climbing
- Canoeing
- Kayaking (grade 3+)
- Archery
- Orienteering

### **Swimming**

Campers must complete a swim challenge to assess their swimming level. Whichever level they achieve they will be able to enjoy swimming, either in a life jacket or without, and different water activities each day. For campers who are not swimming, there will be newt catching, crafts, games, drama, and music activities.

### **Day Camp Overnight (Optional)**

Camp Thunderbird offers an optional over-night experience on the Wednesday night. **Please note that due to space limitations, pre-registration is required** (if you have not registered for this event, and would like to, please contact Registration Services). Campers participating in this event will get to have an extended day of exploration at Camp. They will join the other campers in the dining hall for dinner on Wednesday and for breakfast on Thursday. We will have a picnic lunch for Thursday, and all these meals will be prepared by our Food Services staff; they will refer to any special diet information you have provided. We provide nutritious and tasty food that meets everyone's dietary requirements. In the evening the children will participate in a campfire event (songs and stories), and then sleep over.

On Wednesday morning, please make sure that you pack the usual Day Camp gear, **including lunch for Wednesday** (see General Packing List below), as well as the following over-night gear:

- Sleeping bag, sleeping mat & pillow
- Flashlight
- Pajamas
- Warm Clothes for the evening
- Fresh clothes for Thursday
- Toothbrush & Toothpaste
- Stuffy toy or other special bedtime item

## What to Bring to Day Camp

The following checklist is a good guideline for packing for Day Camp. We encourage you to wear old clothes you won't mind bringing home dirty or getting lost. We do not recommend that you bring expensive clothing to camp.

Label everything! We suggest sew-on labels for clothing items, and an indelible marker for other items. Include the camper's full name. Try to ensure that your camper can recognize the items that belong to them.

### General Daily Packing/What to Wear List

Please pack all these things in a Day Pack, and be aware that the children carry the backpack throughout the day.

- Lunch – **MUST be Nut Free** - A large lunch as we are active throughout the day!
- Water Bottle
- Day Pack
- Shorts or pants depending on the weather
- 1 pair of long pants (optional/weather dependant)
- 1 sweatshirt, long sleeve shirt, or jacket
- Hat (for those rainy or sunny days)
- Raingear (weather dependent)
- Pair of shoes (athletic shoes, close-toed preferable – no flip-flops please)
- Bathing suit (easy to move, paddle, and swim in)
- Towel
- Sunscreen (SPF 30 or higher)
- Sunglasses

### Please do not bring:

- Nuts of any kind
- Cell Phones or Smart Phones
- Portable music devices
- E-Readers
- Expensive clothing
- Hatchets or knives
- Money
- Tobacco
- Video games
- Other valuables

## Information for Families & Campers

### Come and Meet Us

Our staff have a vested interest in helping prepare your child for camp. Well-prepared young people tend to prosper in any camp environment.

**Our Open House on June 16** provides an excellent opportunity for campers and parents to meet our staff and discuss programs, care, and values inherent in each Thunderbird program. We are sure that both new and returning camp families will find this event informative and enjoyable.

Please plan to attend! (See [www.vancouverislandy.ca](http://www.vancouverislandy.ca) for times and further details)

### Contacting Your Camper

#### Telephone

No phone is available for campers to regularly make or receive calls while at camp. If parents want to speak to their child, they are more than welcome to do so; calls must be organized through Camp Thunderbird's supervisory staff. If you would like to speak with our Summer Camp Program Manager for any reason, please feel free to phone the camp: 250-642-3136.

### Camper Wellness

#### Preparing Your Child for Camp

Camp is an exciting and fun filled place: new friends, new adventures, new skills, stories, songs, campfires, and games. It's also a very different place: different washroom, different schedule and different people... and on the over-night there is sleeping in a tent and eating in a dining hall with lots of people!

Along with the excitement of all these new experiences, there is bound to be some anxiety. Here are a few things you might do to keep the anxiety low and anticipation high:

- Read this package, camper and parent together, and talk about preparing
- Talk about what it's like being in a group with up to 9 other children, and the ways they can go about making new friends
- Talk about ways to solve problems at camp - talking with a counsellor or other camp staff
- Campers can prepare for camp over-nights by having a sleep-over and sleeping in sleeping bags at home and at a friend's house
- Attend our annual Family Fun Day and try activities together - see how beautiful Camp is!

- Focus on the positives like all the new skills they will learn and build confidence in the skills they already have

### **Camper Health**

You have provided all necessary medical information on the registration form. Please feel free to provide us with more information if you think it would be beneficial.

### **Medications**

All medications should be signed in and given to the Day Camp Team Leader at the bus or at camp; puffers and epi-pens, however, are to be kept with the children. Either way the Day Camp Team Leader needs to be given or informed about medication on the first day. Please make sure that any medications your camper may have are in the original package and are labeled clearly with the camper's name and instructions for use.

We stock basic over-the-counter medications including: ibuprofen, acetaminophen, antihistamines, cough syrup, throat lozenges, and upset stomach relief medications. We encourage families not to send these medications to camp with their campers unless they take them on a regular basis. We will always do our best to make contact with guardians to get permission before administering medications, however, if we are unable to make contact we may decide to administer the medication under the advice of our medical staff.

### **In Case of Emergency or Illness**

If your camper becomes ill and is diagnosed as being either contagious or too ill to remain at camp, we will contact you. Until they are picked up your child will be isolated from other campers in the Wellness Centre and cared for by the Medical Volunteer or another senior staff member. If your child becomes injured and needs to be seen by a physician, you will be contacted. If contact cannot be made in a timely fashion the Program Manager or designate will arrange what they feel is best in terms of treatment.

***If any prescription drugs are necessary as a result of the doctor's consultation, you will be billed for the amount after camp.***

## Homesickness

It is reasonable to assume that until they become adjusted to camp life, your child might go through a period of homesickness. It is natural for children to experience homesickness when they come to camp. Often campers feel homesick most around departure time, meal times, and downtime or bed time. Our staff are trained to detect early symptoms of homesickness and to help children feel comfortable at camp. Our counsellors are people who enjoy being with kids and will take the time to listen. Our Team Leaders, who oversee the counsellors, have years of camping experience and excellent counseling skills.

If your child is homesick, we will take the following steps to ensure a positive experience:

- Your child's counsellor will comfort and work with your child to overcome the negative aspects of homesickness
- If your child continues to show strong signs of homesickness, the Team Leader will become involved
- Staff may contact guardians to discuss options and strategies for working with your child
- As a last resort, we may ask you to talk to your child to help him or her through the experience

In most cases these steps will allow your child to overcome their homesickness and enjoy their remaining time at camp.

## Supervision at Camp

It is our goal to provide a safe, comfortable and supportive environment. Our staff are trained in providing high quality care for our campers and ensuring that the needs of each individual are met. A Day Camp group will always have at least one counsellor present. Some activities (orienteering, capture the flag, scavenger hunts, etc.) involve groups of campers being out of direct supervision. During these activities there may not be a staff member in direct line of sight with campers, but someone will always be within earshot and campers are given clear directions on what to do if they need assistance. These activities are only run with groups where all campers are able to interact positively together.

## Camp Behaviour Policy

If a situation arises where a camper threatens the safety or security of another camper, or if a camper shows disregard for camp guidelines, we will make every effort to encourage appropriate behaviour and contact the parents.

**If we are not successful in encouraging appropriate behaviour, the child will be dismissed from camp at the management team's discretion. Camp will not be held responsible for any costs associated with a dismissal on the grounds of disruptive behaviour.**

Parents of campers are kept abreast of any concerns and progress. Parents may also be asked to assist in creating a positive environment for all.

## Miscellaneous

### Lost and Found

Lost and Found items are displayed outside the dining hall during the session and are available for review by parents on pick-up days. Unclaimed Lost and Found items are kept at camp for 14 days after the session ends and are then donated to charity.

Please fill out our Lost and Found request form (found on our website) and a staff member will check the Lost and Found for you. If the item is found, we will contact you and arrange to hold it for you at camp until September 15, 2019 at the latest. This will give you time to get to camp during our office hours for collection. **We do not to transport items into Victoria or Langford.**

The best way to help us reduce the amount of Lost and Found is to talk to your camper about keeping track of their belongings before getting to camp. Put your camper's name on anything brought to camp.

### Your Privacy

The YMCA-YWCA is committed to maintaining the confidentiality, privacy, and accuracy of personal information it collects, uses and discloses about its participants, members, donors, parents/guardians, staff, and volunteers. At the YMCA-YWCA of Vancouver Island your privacy is and always has been very important to us. We are dedicated to providing you with superior service, while protecting your privacy and safeguarding your personal information. For more information please visit our website: [www.vancouverislandy.com](http://www.vancouverislandy.com)

### Camp Office

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