



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(s) 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 14, 2020.

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

Camp Commitment

Camp Thunderbird strives to be a fun, safe and nurturing environment where everyone has a chance to be their best. All camp participants, staff and volunteers pledge to treat each other with dignity and respect. Behavior that prevents others from enjoying a positive camp experience will not be permitted. If necessary, parents will be required to collect their camper early. Inappropriate behavior including the use of offensive language, aggression, or use of prohibited items such as but not limited to tobacco, alcohol, non-prescription drugs or offensive materials will not be permitted.

The Camper's Commitment is a very important aspect of Camp Thunderbird's philosophy and speaks to our core values of caring, respect, honest and responsibility. We ask that you take the time to read and discuss the Camper's Commitment with your child.

You will be asked to acknowledge and agree to the commitment during registration.

Camper Commitment

I want to be a camper at Camp Thunderbird. I agree to behave respectfully at camp. I will do my best to make this a great experience for myself and my fellow campers. I understand that failure to live up to my Commitment may mean that I am sent home from camp early. I also understand that by making this Commitment, I can look forward to fair treatment from my cabin mates, fellow campers and staff.

Parent/Guardian Commitment

I have discussed the Camper's Commitment with my son/daughter and confirm that they agree to cooperate in the camp experience, to follow safety instructions and refrain from behavior that is harmful or disruptive to themselves or other campers. I understand that by supporting this Commitment, my child may look forward to fair treatment from their fellow campers and the camp staff.

I also understand that camp prohibits the use of offensive language, inappropriate behavior, and the use of tobacco, alcohol, or non-prescription drugs. I acknowledge that their use, or the failure by my camper to abide by this commitment is cause for my camper to be sent home early without refund of camp fees.

Risk Awareness

Participant Safety and Risk Management

The YMCA-YWCA of Vancouver Island Outdoor Centre and Camp Thunderbird is committed to providing quality outdoor experiences that support healthy growth and development of young people. The camp environment and programs provide unique opportunities for children, youth and adults to challenge themselves, learn new outdoor and interpersonal skills and make new friends.

We invest significant resources to create programs that provide these benefits to our participants without exposing them to unacceptable hazards. Participants and their families should be aware of the risks involved in participating in camp programs and accept that by participating they are taking those risks. Please take the time to review this summary of risks and our risk management approach. Risks will vary for each program, so we ask that you also take the time to review the information provided about each program on our website. We are happy to speak with you should you have any questions or comments.

Risk Management, Planning and Safety

The unique nature of an outdoor education or summer camp experience comes with risks called “inherent risks”. This means that we cannot eliminate the risk without destroying the unique character of the activity – the aspects that make it beneficial for the participants. Although we cannot eliminate those risks, we actively take steps to reduce or control them, with the intent of bringing them to a tolerable level. For example, riding a bicycle has certain risks, and most people would agree that by wearing a helmet and obeying traffic laws, the risks are tolerable.

At the Outdoor Centre and Camp Thunderbird, we manage the risks specific to our environment and programs by being experts in our field, providing thorough staff training, and buying and maintaining quality program and personal protective equipment. While these measures do not guarantee safety, they allow us to offer programs that provide the many documented benefits of outdoor education and summer camp experiences, such as personal growth, connections to nature and a sense of accomplishment.

Risk Encountered at Camp Thunderbird

Activities we encounter in our everyday lives, and those that take place at the Outdoor Centre and Camp Thunderbird involve risks. Risk may vary based on the nature of the activity. Any of the activities at the Outdoor Centre and Camp Thunderbird involve certain emotional and physical risks, and many of them include the risk of disability, psychological trauma or even death, in the event of a serious incident.

Some of the hazards encountered as part of Outdoor Centre and Camp Thunderbird programs may be familiar from our home communities: inclement weather and storms, motor-vehicle accidents, uneven ground, treefall, fire, hot liquids, infectious illnesses, and equipment failure.

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

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

Grades 2-5

Camper Arrival				
Name Games Teambuilding	Rock Climbing Cougar	Rock Climbing Nicola	Orienteering	Archery
Snack				
Archery	Low Ropes	Rock Climbing Nicola	Atlatl	Kayak
Lunch			Picnic Lunch	Lunch
Day Camp Disco! (Swim, Gaga Ball, Arts and Crafts)				
Fort Building 2:45 Campfire	Canoe	Animal Game Animal Game	Nature Hike	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 check [online](#) for available space.** Campers participating in this event will get to have an extended day of exploration at Camp. They will join the rest of campers in the dining hall for dinner on Wednesday and for breakfast 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 | -Hatchets or knives |
| -Cell Phones or Smart Phones | -Money |
| -Portable music devices | -Tobacco |
| -E-Readers | -Video games |
| -Expensive clothing | -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 14 provides 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.com 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 they must be organized through Camp Thunderbird's supervisory staff. If you would like to speak with 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, however puffers and epi-pen's 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 s/he feels 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 Behavior 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. 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 make arrangements to hold it for you at camp until September 15, 2020 at the latest. This will give you time to get to camp during our office hours for collection. **We do not transport Lost and Found items.**

The best way to help us reduce the amount of lost and found is to talk to your camper about keeping track of their 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 participant, 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.

Camp Office

Camp Thunderbird

5040 Glinz Lake Road

Sooke BC V9Z 0E3

pcarson@vancouverislandy.ca

Phone: (250) 642-3136 Fax: (250) 642-3980