



# Guardian Handbook

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## **Welcome to the Camp Tamarack Family**

Welcome and Thank You for choosing Camp Tamarack your family this upcoming summer. We look forward to getting to know you, your family and most importantly your camper.

Camp Tamarack is in a natural wilderness area, with easy access to many local venues and partners to continue to expand opportunities for every participant to grow, learn and develop their skills in a natural outdoor environment. Our community prides itself on investing in the next generation of people and creating outstanding citizens that understand the values of inclusion, empowerment, community, belonging, and adventure. Through our innovative programs we are committed to providing the best possible camp experience for your camper and have created this Handbook to familiarize you with some of our programs, policies, and daily life at camp. Please take time to review it and then spend some time discussing it with your child prior to their arrival at camp.

We have found that the more knowledge your camper has about their upcoming experience the outcomes you will notice in your camper will be greater. We often here that campers are nervous and unsure about camp, and we suggest giving them time to ask questions and learn about camp, and then bring them out to Family Camp Day or arrange a tour with a member of our Leadership

Team! You are the most knowledgeable person about your child, and the one that can assist us in ensuring their experience is positive. If you have any concerns about your child's upcoming experience, we encourage you to contact us at [office@camptamarack.ca](mailto:office@camptamarack.ca) or (780) 538-4694. To help reduce concerns and anxiety prior to camp we created this document, to help you and your family prepare for your Summer Camp Experience.

To stay up to date and in the loop at Camp Tamarack be sure to like us on Facebook, "Camp Tamarack", follow us on Twitter, @camptamarackgp, and Instagram, #camptamarackgp. Again, thank you for choosing Camp Tamarack. We look forward to seeing you on check-in day.



## About Camp Tamarack

### A Proud Beginning

Camp Tamarack's roots begin in 1978 as an idea and saw its first programs offered for people living with disabilities in 1979 in a wilderness setting. These programs are the basis of our mission and allow us to continue to grow as an organization. In 1985, the Camp Tamarack Association was formed, and the Shrine Club of Grande Prairie passed all formal running of the camp over. With new energy the board of directors soon began the task of acquiring more land and building a sleep away camp for everyone. Now, we are proud to say we are still offering summer camp experiences to all people with a vast variety of program options from day to sleep away and daily options to keep each camper engaged.

### Staffing

Our staff are deeply vetted and ready to join our team and help us ensure camp provides an opportunity for every person involved to learn and grow. It is this group of people that create the amazing moments for each camper for the summer. We are very proud of our outstanding staff that provide leadership and care for our campers and develop innovative programs for them to participate in. Each staff person is carefully selected based on our core values, their character, and their commitment to youth development. Each year we recruit a group of international staff to add diversity to our program and broaden the campers experience. Our 1:4 staff to camper

ratio is crucial to how we are able to know each camper on an individual level and allows us to say that your camper is cared for 24 hours a day during their time at Tamarack.



### **Accreditation**

Camp Tamarack is an accredited facility with the Alberta Camping Association. By being a member camp, we recognize and follow the standards regarding health, safety, personnel selection and facility maintenance, set by a professional organization and are proud to say we meet and exceed each standard.

### **Mission and Values**

#### **Our Mission**

Camp Tamarack aims to provide an inclusive and barrier free outdoor camping experience through accessible, fun-filled and innovative programs within a safe and positive environment that nurtures personal and social development. We strive to provide people of all ages and abilities a peer-supported outdoor experience in a safe and welcoming environment, to enhance the quality of life and create positive opportunities while discovering one's potential.

#### **Our Values**

Camp Tamarack strongly believes that through the open discussion of our values we can allow campers to develop lifelong skills that are needed today. Through our COMMUNITY, campers develop the meaningful relationships—ones that last a lifetime; they are able to feel connected with others and gain respect for each person; and with this they are able to achieve a Sense of BELONGING; all participants have the ability and opportunity to be a member of a group, connect with peers and demonstrate leadership. We allow campers to strive to be their best person and try new experiences, while participating in camp activities to teach ADVENTURE. INCLUSION is enabling each person to be a part of something more than themselves, to become one with the group and be a valued member, at Tamarack, this is promoted through intentional programming from the moment campers arrive until they head home at the end of the week. Lastly, EMPOWERMENT, where would we be if our campers didn't feel the strength of our community and leaders behind them, could they empower others or themselves to be all that they can be.



## Preparing for Camp

Parent's hope that their child develops a greater sense of responsibility during their time at camp. They are encouraged to take care of themselves and their belongings with the supervision and assistance of our cabin leaders. We do ask that you encourage your child to help you pack them for camp, this allows them to know what they have with them and what they require to take care of themselves. Decisions will need to be made on what is and is not appropriate to bring with them, when you are in the final stages of getting ready. Remember to always focus on the new and positive experiences they will have at Tamarack.

### Camp Dress Code

We ask that all staff and campers wear clothing that is appropriate for the activities, they will be participating in. We ask our staff to dress in a respectful and dignified manner, respecting themselves and those around them. We believe it is important to show campers an alternative to what they experience in the media concerning how they can dress. Through our example, we strive to encourage campers to dress in a manner that promotes dignity and respect. Please assist us in ensuring that your camper comes appropriately prepared.

### Packing List

- Sleeping Bag & Pillow
- 2 pairs pajamas
- 2 – 3 pairs of pants
- 4 pairs of shorts
- 3 sweat shirts/sweaters
- 5 T-shirts/tops
- 8 sets of underwear
- 8 pairs of socks
- 1 bathing suit
- Rain coat & rubber boots
- Warm coat or fleece
- Running Shoes or Hikers (Closed Toes)
- Shower Shoes (Flip Flops)
- 2 towels / 1 face cloth
- Soap & Shampoo
- Comb/ Brush
- Hair accessories (if required)
- Toothbrush & paste
- Deodorant
- Sanitary pads or Tampons (if required)
- Hat
- Sunscreen
- Insect repellent
- Medication (prescription)

We urge campers to dress comfortably at camp and in the kinds of clothes they would wear for play at home. We recommend that you do not buy new clothes for Camp – instead send along old, comfortable clothing that can get dirty and/or stained and that you won't care if it is lost or damaged. Please be certain to mark your child's name clearly on all items. Clothes, boots, hats, flashlight, toothbrush... **EVERYTHING** your child brings to camp.

### Optional Items to Send to Camp

- Flashlight (with extra batteries)
- Tuck money
- Medication (OTC)
- Water Bottle
- Sunglasses
- A good book
- Journal and pencil

The following items are not allowed at camp and will be asked to be turned into Camp Leadership and will be held in our office until your camper checks out of camp. Upon Check Out the item will be to the appropriate guardian or parent.

### Items to Leave at Home

- Cell Phones and other electronics
- Knives
- Archery Equipment
- Gaming or Video Devices
- Outside Food
- Fireworks

## Medication

If medication is required, please send it bubble packed with the camper's name and the dosage clearly labeled. Ask your pharmacist to bubble pack it for you.

## Money

Campers will have an option to make purchases from our Tuck Shop while at camp. Money received by Cash should be provided in a labeled envelope with the camper's name and the total amount. It will be stored in a secure location until times in which a camper(s) may require it, and at that time it will be made available to them. We also accept E-Transfers that will need to be sent no later than 24 hours PRIOR to camp start date/time. All transfers can be sent to [info@camptamarack.ca](mailto:info@camptamarack.ca) in the comment's please be sure to provide details including: Camper's Name, Camp they are registered in, and confirmation of amount being allocated for TUCK.

**\*\*Please be aware that Camp Tamarack is not responsible for items that are damaged, lost or stolen during your camper's time at camp.**



## Day Camp Details

### Packing for Day Camp

Each day a camper should arrive at camp with a backpack full of:

- Change of clothing
- Jacket or sweater
- Swimsuit and Towel
- Sunscreen and Bug Spray
- Water Bottle
- Hat

### Daily Drop Off

For day camp programs the times are slightly different for each, due to the nature of the program. You will receive an email confirmation of these times before the start of each session

Try It - 8:00 am and 9:00 am

Primary - 8:30 am and 9:15 am.

You will meet one of our Leadership Staff on the basketball court and sign them in. Your camper will then make their way to their meeting spot where we will have staff ready to greet them. On Day 1 parent's walk their camper down to the meeting spot, but for the rest of the week they are expected to go on their own and our staff communicate via radio who is on their way.

### Daily Pick Up

You will meet one of our Leadership Staff on the basketball court, and they will double check your photo identification against our approved pick-up list. Once confirmed you can sign out your child and a radio call to the group will notify them of your arrival and a Camp Leader will walk them up to meet you. Again, pick up times vary due to the nature of the program and will be confirmed via email.

Try It Camp – 5:00 and 6:00 pm

Primary Camp – 5:00 and 5:30 pm

\*\* Last Day Pick Up for Both Try It and Primary is between 3:00 and 4:00 pm.





### **Teddy Bear Picnic – Primary Day Camp**

Primary Camp has an event called Teddy Bear Picnic. On this day the campers are encouraged to dress to match the theme as well as bring their favourite stuffed animal/bear to camp. Watch your email for additional details.

### **Optional Sleep Over**

All Day Campers are invited to attend a sleep over and join everyone at camp for the Thursday Night of the week. We find that most Campers are ready to participate in the sleepover on the last night of camp. If your child chooses to sleepover you will need to add to their daily bag, with a duffle including:

- Sleeping bag and Pillow
- Additional change of clothing
- Pajamas
- Medication (if required) \*\* Please be sure this is turned over to the Leadership Staff member upon arrival at camp that day.
- Toothbrush and paste
- Hair brush
- Tuck money



## Arriving at Sleep Away Camp

Arriving at camp can seem daunting, but we want to ensure you that we want to make it as easy for you as we can. On the first day of your session, usually a Sunday, unless otherwise noted, you can arrive at camp anytime between 2:30 and 3:30 pm to drop off your camper. (You will receive an email confirmation of drop off times) There are 4 stations you will travel to, to ensure that all relevant information is double checked with the appropriate staff member.

**Stop 1 – Official Drop Off** – Here we will double check your contact and emergency contact details and ask about any further information that we should know. You will also sign your camper in at this location.

**Stop 2 – Mail and Tuck** – You can leave any labelled and dated mail at this stop, write letters (or come back to do so) and drop off tuck money. All tuck money should be in a labelled (name and amount) envelope or sent via e-transfer prior to camp start date (Refer to Page 7 of Handbook)

**Stop 3 – Medical Check In** - You will meet the Camp Medic at this location and leave any medications (*in bubble packs*) for them. They will double check everything, and ask about any changes, current and recent health concerns and confirm over the counter medication permissions. Please be open and honest with our Medic so we can be ready to support your camper's health and wellness.

**Stop 4 – Cabin Visit** – After completing the above steps you will receive your cabin assignment and be able to head to the cabin to meet your Camp Leaders. They are responsible for completing a lice check and you can share any relevant information with them to help us make your camper's week a successful one. Following your check and chat, you can proceed into the cabin and find their labelled bed and assist them in getting set up.

Finally, it is time to say, "Good Bye" or "See Ya Later". We encourage you to have departed camp by 3:45 pm, so we can transition into our camp programming and begin to build our community.

## Departing from Sleep Away Camp

Works in the same way as when you dropped your camper off. You will receive a sign out slip that will require three signatures, one each from stop one, three and four, to confirm you made each stop, that slip of paper will be turned in on the driveway, as you depart in your vehicle, where one of our staff will be waiting to double check, you have the right campers with you.

**Stop 1 – Official Sign Out** – Here we will check your photo identification and match it to the approved pick-up list in your camper's file. You will receive a copy of their Camper Feedback Form (filled in by their Camp Leader about your camper's week, socially and emotionally, as well as activities participated in) and any remaining Tuck Money and receipt. You will also sign your camper out at this location.

**Stop 2 – Lost and Found** – Please check this table for anything that may belong to your camper, any lost and found remaining at camp following departure will be held until the end of the summer and then donated.

**Stop 3 – Medical Check Out** - The Camp Medic will return any remaining for your child. They will fill you in of any incidents that may have occurred that resulted in first aid or a trip to the med room.

**Stop 4 – Cabin** – After completing the above steps you can return to the cabin you dropped your camper off at and collect their belongings. Please take a few moments to double check their bags, we do our best, but sometimes items get mixed up or mis-packed. This is a great opportunity to ask your campers Camp Leader any follow up questions regarding the feedback form you received.



Lastly, it is time to head home. Head to the car, load up and head home. Don't forget to turn your sign out slip into the Staff Member waiting on the driveway.

## Preparing your Camper for Camp

It is common for Parents and first-time campers to experience a range of emotions as camp approaches. With all the excitement and anticipation of what is to come their way, there is also anxiety about the unfamiliar. We know that separation is hard on your camper, but it often more difficult on the parent. We want you, the parent, to remember why you choose camp as an activity for your child, what you hope that they will gain from their experience, be it improved confidence or a sense of self-reliance. This section is to help you and your child approach this transition with a greater sense of ease

**Come to Family Camp Day:** This is an exciting time to become familiar with the camp setting, program areas, and meet our camp staff. Our Family Camp Day take place early spring prior to summer camp starting. Entrance to our facility is by donation and from there you will have opportunities to explore the grounds, try out some of our camp activities (Giant Swing/Archery/Rock Climbing), and for an additional cost, our carnival games and supper. Follow our social media or website to stay updated on when we will be having this amazing event you do not want to miss!

**Pack for camp together:** By doing this, campers know what they're bringing to camp and where everything is packed. This will help them to feel responsible and capable. This is also a great time to talk about all the wonderful opportunities ahead. Resist the urge to pack for them; this is a great time for them to start learning the independence that is expected at camp.

**Talk about the camp experience:** Help your camper negotiate the uneasiness and excitement prior to arriving at camp. You can help prepare them and set their expectations about what will happen at camp. Using this booklet, our Social Media Accounts and website, you will be able to share with them what to expect at camp.

### **Great questions to ask prior to arriving at camp:**

- What are you looking forward to at camp?
- What do you want to try at camp?
- What are you worried about?

Using your campers' answers to these questions you can help prepare them and find the answers together. We will have updates closer to camp starting that will share information and photos of the current summer's staff team, that will show what some of the activities look like at camp. Reviewing what a day at camp looks like (available below or on our website) and what kind of meals they can expect, will ready them for the change in their day to day. Knowing their worries allows you to discuss those concerns directly with your camper, and to fill in their camp leader on drop off day. We encourage setting a goal with your camper about something they want to

achieve or experience during their week at camp, but be sure to inform us, so we can assist them in accomplishing that goal.

**Home loneliness** is a natural feeling experienced by most campers, for most it passes. If your camper is having a difficult time adjusting to camp, it is likely a member of our leadership team will connect with you to learn more about your routine at home, and any additional supports that will assist your camper in achieving success. It is important to note, if we do connect with you, to remember that they are safe and we are working with them, there is no need for you to rush out to camp and pick them up. After coming up with a plan, usually involving some pictures or letters from home, we will be sure to connect with you the following day. Our Camp Leaders are trained to keep campers engaged in fun and age-appropriate programming as a strategy to prevent and alleviate home loneliness. As you prepare you camper for the transition to camp, talk to them about how proud you are of them, and all the fun they are going to have. We do ask that you refrain from promising phone calls home and that you will pick them up if they are missing home.

**Saying Good-Bye:** Please keep good-byes short and sweet, this will make it easier on you, your camper, and their camp leader. The transition from home to camp can be awkward and the sooner campers can jump into camp life the easier and smoother the transition will be. Letting campers unpack their own belongings and make their own bed is an important step in developing confidence in their ability to care for themselves. Frequently, parents feel guilty about leaving so quickly but our experience shows that brief good-byes are easiest on everyone. You're welcome



to get more information or speak to a staff person at this time, but campers should be, encouraged, to join their group. Use positive messages about camp such as, "You're going to have such a great time!" or "What a great opportunity to meet new friends!" Avoid promises to come to camp to pick them up *if* it does not go well. Instead, show that you believe in them and that they will enjoy themselves and have a positive experience.

**Birthdays:** These important dates are celebrated at camp, we make sure that we are aware of any special days, but it is always good to confirm with us at drop off. As well, please let us know what your child is comfortable with. Are they comfortable having a full camp sing Happy Birthday with a Cake? Would they rather keep it private and not shared with everyone? Please let us know what works best for you and your child.

## The Camp Program

At Camp Tamarack we believe a well-rounded experience includes being exposed to a variety of educational, social and recreational programs. We also feel that it is important for each camper to have choice within their day, to meet their needs, desires and allow growth and independence. It is our goal to offer many fun, creative, and safe programs in accordance with the guidelines and standards of the Alberta Camping Association.

Daily Schedule \*\* please note that the schedule is a guide and occasionally we are required to make changes to times and/or activities to meet the needs of the group.

**Arrival Day** – Following parent departure, campers will join their Camp Leader and participate in rotation of activities prior to dinner including, but not limited to:

Group Development - a variety of group activities designed to encourage participants to learn about one another and work as a team, in a positive and respectful manner.

Cabin Expectations activity - where the campers will be the ones designing the expectations and rules for their group during their time at camp. Camp Leaders will guide and facilitate the discussion.

Tie Dye – an appropriately sized White Camp Tamarack shirt will be handed out to each camper and they will have the opportunity to twist and tie it up, and then dye it. We then seal them up for up to 48 hours, before rinsing, heat setting in the dryer and returning to the camper on the final night of camp.

Following the activity rotation, we will have our first meal together, and then head out for a short ACE and Opening Campfire and Ceremonies, where campers will learn and share about Camp Tamarack and any previous experiences, they will meet the staff and learn about our values and general expectations during their time at camp. Prior to bed, they will end their day with snack and filling in their prompted journals, provided and designed by the camp to fit their age and camp program. And a Cabin Chat to discuss the day and the week ahead.

### **Regular Camp Day**

The day starts with our cabin staff waking the campers around 7:45 am, and music playing throughout camp. At 8:15 am the campers and staff head to Morning Circle, for daily announcements and a short activity, all before Breakfast at 8:30 am.

Following breakfast all groups head back to the cabin to clean and tidy up, some groups will have a daily chore to assist with from picking up garbage to sweeping the hall and tidying the washrooms. These rotate between all groups. We expect everyone to assist us in maintaining our camp and keeping it ready for whatever may happen next. After cleaning up, Campers head to rotational activities for the morning, some are pre-set others are camper choice, this often depends on the camp program you and your child selected. At 11:30, we have Fun and Fitness, these 45 minutes of time are designed to allow the camper to have option in their day, they select

what they want to do and staff work to make that happen, quite often we see groups playing 9square, GaGa Ball, Grounders, reading etc. It is very diverse and allows them to select what they need for them. All of this happens before lunch at 12:30 pm. After lunch we move back to the cabin to relax and rest, this time is set aside for everyone to have some quiet time, we have staff in the cabins to supervise and participate with them, card games, puzzles, colouring, reading and the occasional nap all occur during this time. We then head out into another round of camp activities, before a quick shower hour (we encourage all campers to shower at least twice a week, more if they are exceptionally messy) and then head to the hall for Dinner. To round out our evening there is a short options period and an ACE (All Camp Experience) before snack, journals and bed.

**Departure Day:** The final day of camp starts just like any other day, Wake Up, Morning Circle and Breakfast. At the end of breakfast, any projects are returned from arts and crafts and campers pick up their journal to add to the top of their bag. In the final hour of camp, campers and staff head back to the cabins to pack, while packing they double check ownership of belongings, and send any extras to “Lost and Found.” Campers’ belongings are then left on their bed to wait for your arrival.

## Food and Accommodations

**Meals and Food:** At Camp Tamarack we provide delicious, well-balanced, hearty meals featuring plenty of camper-friendly favorites, fresh fruits, vegetables, and more. We prepare foods in the healthiest way possible, minimizing added fats, sugars or sodium during cooking. A salad bar is available during lunch and dinner. A cereal and fruit bar are available during breakfast. We will always find something for everyone to eat and encourage them to try something new.

**Picky Eaters:** At each meal there is a hot meal served with multiple options within it, we only ask that campers eat something, be it pasta with no sauce, or just the veggies. No camper ever goes hungry. Even the pickiest eaters will try things at Camp that they refuse at home. Our camp leaders keep an eye out to ensure that all campers are, fed and hydrated.

**Accommodations:** As an inclusive facility we are able meet dietary requests, when submitted with registration, this including, but not limited to, vegetarian, gluten free, celiac, lactose free or dairy free. We do ask that you are specific when filling in your paperwork during registration and are clear with what they can and cannot consume.

## Activity List and Terminology

**Creative Arts** - A space where campers can find their inner artist and create freely. Offering both structured and unstructured creative arts activities allow for individuals to choose the activity that is best for them.

- Arts and crafts
- Theatre/Dance
- Music
- Cooking and baking
- Tie dye
- Singing/voice

**Adventure Course** - Our Challenge by Choice course allows campers to step outside their comfort zone in a peer supported environment. The camper is in charge on how high they go, if they take the step off the platform to zip, and in trusting their cabin mates when out on the Low Ropes course. We will always offer words of encouragement, support, and praise as they complete each element.

- Zipline
- Low ropes
- Team building
- Giant swing
- Group initiatives
- Climbing tower

**Outdoor Adventure** - Outdoor Adventure allows the campers to connect and feel safe in the natural environment. We aim to provide them with a wealth of skills and opportunity to be proactive in nature and leave no trace behind them.

- Nature building, outdoor
- Orienteering (cookery)
- Hikes
- Wilderness survival (fire/shelter building)
- Archery
- Knot tying

**Group Games** - A fun escape from direct learning to the ease of indirect skill building. Group games allow campers gain independence and leadership skills most when they are working together and creating opportunity amongst themselves.

- Gaga Ball
- Volleyball, Basketball, Soccer
- Parachute Games
- 9 Square in the air
- Circle games
- Back pocket games







**Water Activities** - We do not have access to swimmable water on our property but the importance of it has not been ignored. Utilizing local pools including Beaverlodge, Eastlink and (fingers crossed) Bear Creek Outdoor Pool, we ensure each camper will have the opportunity to swim once through the week or participate in other onsite water activities. We also ensure program breaks if the weather gets too hot and add water to our programs or have water fights with our endless supply of sponges and cups.

### Off Site Programming and Special Guest Facilitators

We know we cannot offer everything, but thanks in part to the support of our community we are able to partner with amazing local organizations and businesses.

- Wapiti White Water Kayaking
- Nitehawk Year-Round Adventure Park – mountain biking and hiking
- Alternative Physical Education (APE) Parkour
- Hula Hoop Circus

**ACE (All Camp Experiences):** all-camp events that are true camper favorites! Campfires, overnights, Lip Sync Night, Gold Rush, Live Action Pokémon Go!, Camp Fire, Scavenger Hunts, Carnival Games, Olympics, and much, much, more!

**Camp Outs:** Weather permitting, campers will have the option to experience the adventure of an overnight campout in one of our five tipis. Cabin groups prepare and make their evening snack over the fire and enjoy a small group campfire. They rejoin the rest of camp at morning circle the next day.

**Cabin Chat:** At the end of each day the cabin group reflects on the day and prepares for the next. The camp leaders guide the group in discussing one of our core values, and how they can apply it to their own lives, or they may choose to focus on a shared experience the group had and discuss what they experienced and learned from that. They may choose to discuss a related topic such as bullying or making friends as well. This is also the time for sharing the highs and lows of the day and allows the camp leaders to ask if there is anything that the campers need. It is a time at camp where bonding that happens within the group.

## Tuck Shop

Campers will have the option of shopping at our Camp Stores once during their camp session. The Tuck Shop's stocked with small sweets (chocolate) as well as, camp apparel, water bottles, bags, and a variety of other small items. During drop off you may choose to leave cash at your second stop should you wish for your child to pick something for themselves at the tuck shop during the week. You may also choose to email transfer cash prior to camp start date. Please review Page 7 of handbook for details. We will track what your camper purchases and ensure they stay within their balance. An email with items in the will be emailed to you prior to your arrival at camp, so you can discuss purchases with your camper.

**Tuck Balance Refund:** Upon entering Camp during Pick-Up, we will provide you with a sheet detailing your camper's tuck purchases and indicating their balance. You will have the option to keep the remaining balance or to donate it back to the camp to go into our Campership Fund.

## Health Care

**Medication** – No medications are to be kept in the cabin or by the camper, except for life saving medications (epi-pens, inhalers).

**Medication – lifesaving:** Life Saving medications (Epi-pens, Inhalers etc.), will be kept on the camper, this is to ensure the right medication goes to the right camper, if needed. Camp will provide a small waist pack for the medication to be held on the camper requiring it. Our staff will assist and double check that it is with them.

**Medication – prescription:** All regular medications **must be** bubble packed, a pharmacist can assist you with this, with the prescription information, name, dosage, and administration schedule. A camper will only be given medication in the dose and schedule directed by the prescribing physician. We ask for your support in following this policy as it allows us to simplify the time spent dispensing medication to our campers and improve safety.

**Medication – Over the Counter:** We stock routine medications such as Tylenol, Benadryl, etc. You do not need to send these to camp with your child unless they take it on a regular basis. Your permission to administer these medications to your camper is required and will be collected during arrival. We will always call to follow up and inform you of the dose and reason given. If you do not give permission, we will call you prior to any medication administration.

**Lice** – All campers will have a check during their arrival to camp. If lice or evidence of lice is discovered, you will be asked to return home and apply a treatment. Your camper is welcome to return to camp once treated and all their belongings have been washed and dried at high temperatures, to prevent transmission between campers. Your camper will have another lice check upon return to camp.

**Illness Prior to Camp** - Should your camper have been ill, experienced high fever, diarrhea, or vomiting, within 48 hours of camp starting please contact us. A camper will not have fun if they are ill at camp, please keep them home until they have had no symptoms for 24 hours.

**Covid Protocol** – We still take precautions seriously at camp when it comes to the spread of covid. If a camper has a confirmed case, with or without symptoms, it is important that your child stay or return home for 5 days from the day of confirmed test. If your camper is unable to attend camp or is asked to return home from camp for this reason, a refund will be provided reflecting the number of days missing camp. For more information on our Covid Policy for campers and staff please send an email to [info@camptamarack.ca](mailto:info@camptamarack.ca)

**Accident/Illness and Emergency Treatment:** Camper health and safety are particularly important to us. Our staff are trained to watch campers for signs or indication of injury or illness. If your child has a serious accident or becomes ill, we will contact you, to decide for the next step, be that a doctor appointment, or trip to the Hospital, or heading home for proper rest. It is our policy that any camper who may be contagious, or symptoms including vomiting, diarrhea, or high fever, remain home or return home for 24 hours from time of last symptom.

**Behaviour Support:** Camp Tamarack is committed to providing a safe and open environment. Our #1 camp policy is RESPECT: it is the responsibility of all to make sure camp is a safe community for everyone. All staff members participate in an intensive training program that prepares them to deal with all aspects of camp life. We emphasize positive, age-appropriate strategies that guide and encourage children, and at the same time establish clear behavior expectations. At all times, staff members are guided by the principle that all people are to be treated in a respectful and caring manner. Campers are expected to follow the same and to abide by all camp expectations, set by themselves at the beginning of the week.

Staff members support campers by clearly defining and enforcing expectations and responsibilities, however, if they are not followed and campers are struggling to meet the expectation, consequences will be discussed. Consequences for negative behaviours or actions are discussed with and set by camp staff and the camper together. If significant behavioral concerns arise, parents will be contacted by a leadership staff member and a plan for behavior support will be developed and implemented. In the event the camper's behavior does not improve after all avenues of intervention have been explored, or when one camper's actions are detracting from the experience of others, the camper will be sent home.

Below are disruptive behaviors that will not be tolerated at camp and may result in a camper being asked to return home:

- Any act which may create a potentially dangerous situation for themselves or others
- Stealing and vandalism
- Physical violence or verbal abuse
- Leaving camp property without permission
- Racial or religious intolerance
- LGBTQ Intolerance

- Sexual activity or misconduct
- Consumption of alcohol or illegal drugs
- Consumption of Marijuana or vaping products
- Behaviors which negatively affect another camper's experience at camp.

If a camper exhibit any of these behaviors at camp the Staff and Camp Director will take appropriate action. Consequences will be appropriate and may include being asked to return home. Parents or guardians will be contacted regarding serious behaviors. **No refund** will be issued if a camper is sent home for inappropriate behavior, as listed above. **Please ensure your campers are aware of these guidelines and understand the expectations and consequences.**

Camp Tamarack Staff are not trained to manage campers who have severe emotional concerns, demonstrate violent behavior or who routinely violate rules and policies. If you are concerned about any additional needs your camper may have when it comes to behavioural support, please contact our Camp Director at [director@camptamarack.ca](mailto:director@camptamarack.ca) and discuss the best options for your camper. We aim to make camp accessible for everyone and will collaborate with you and your camper to find the best option for them.



## Keeping in Touch

Campers appreciate letters and postcards. Write often but do not dwell on home problems, favorite pets, or how much everybody misses them. When you write, be cheerful and informative. All properly addressed mail and e-mail will be sorted each day to ensure same-day delivery. Some campers may write back, if it appears urgent, we may email a scanned copy to you, or you will receive it during pick up, do not expect too many letters – assume “no news is good news” – your camper may be too busy making friends and having fun to write.

**Photos:** We use a photo site called Smug Mug, it allows us to upload and share our photos with you, we usually start the daily upload at 9:00 pm, but it often takes all night to get the photos loaded. On the first full day of camp, you will receive an email from us with the link and password to access them. The photos are free to download, but we do ask that you do not share photos of children, other than your own on social media.

**Mail:** Campers love to get letters, postcards, or emails while they are at camp, and this is the best way to communicate with your camper. We suggest you pre-write your letters and leave them with us in a large, labeled envelope at drop-off. We have a daily mail delivery after lunch where campers who received mail will have it delivered to their cabin. This is a wonderful way for your camper to know that you are thinking about them as much as they are thinking about you. When writing your letters, it is encouraged to share positive news from home assuring all is well with you and the rest of the family or to have them reflect on their day, asking them what they did or about their new friends.

**Email:** Want to be in contact on a regular basis but didn't have time to write letters, you can email your camper at [office@camptamarack.ca](mailto:office@camptamarack.ca) and put their name in the subject line. We print letters daily and deliver them after lunch, and mail received after noon, will be delivered the following day.

**Phone:** Phone Calls are discouraged but not banned. Our staff are trained to collaborate with your camper and assist them in being successful, through any situation they may come across. It is important that when talking to your camper about struggles they may encounter that you encourage them to talk to their camp leader; remind them that this person is there to assist and help them. Please do not tell your camper they can call you whenever they need to, this only makes it more difficult for us to assist your camper in a positive manner. You, as a parent, are more than welcome to contact our office and ask how your child is doing, what activities they are participating in or any other questions or concerns you may have. Be aware that we do not answer the phone 24 hours a day, leave us a message and we will get back to you! We usually return parent/guardian phone calls around 8:30/9:00 pm. If something occurs that we require your support on we will connect with you, this may be regarding behavioural supports, home

loneliness, or a forgotten favourite stuffy. You are the one that knows your child best, and we will work with you to ensure that they have a successful and fun week at camp.

**Visiting Camp:** Please do not visit campers during the camp session. We believe your camper will have a better overall camp experience if left with peers and staff the week.

## Directions and Additional Policies

### Getting to Camp from North of Grande Prairie:

1. Head North on Hwy 40 heading into Grande Prairie.
2. After the Wapiti River, at the top of the hill turn right, following the signage on the Highway.
3. Make an immediate left on to Range Road 62, still heading north.
4. Go past the Camp Tamarack RV Park and drive another 500meters.
5. Our driveway is on the right, turn in and head to the large accessible area where parking is available.
6. If you drive and see a sign for "A River Road Bed & Breakfast", you have gone to far. Turn around and start driving South on Range Road 62, our camp will now be on your left.

### Getting to Camp from Grande Prairie South 40 Highway

1. Head South on Hwy 40 heading out of Grande Prairie
2. Continue driving until you hit the lights and make a Left turn onto to Road 668
3. Make the very next right turn onto Range Road 62
4. Drive down to the end of the Road until you see our Driveway and sign on the left and turn in. Head to the large accessible area where parking is available.
5. If you drive and see Camp Tamarack RV Park, you have gone to far. Turn around and head back North on Range Road 62. The camp will now be on your right.

### Getting to Camp from Grande Prairie (Resources Road)

1. Head South on Resources Road
2. Continue driving until you hit the 4 way lights outside of ever green park entrance.
3. Make a right at the lights on to Road 668.
4. Continue driving all the way until the very last left Range Road 62. Turn Left
5. Continue driving south down Range Road 62 until you see our Driveway and sign on the left and turn in. Head to the large accessible are where parking is available.
6. If you drive and see Camp Tamarack RV Park, you have gone to far. Turn around and head back North on Range Road 62. The camp will now be on your right.

**Additional Paperwork**

Certain camp programs will have additional forms and paperwork for you to fill in. If you have selected Ultimate Adventure or Tamarack: Expedition, we will email you a pdf document with any additional waivers required by our partners to participate in their programs. These waivers need to be returned to the camp, via email or in person, 2 weeks prior to the start date of the camp program. If you are registered for Adult Camp, additional documents and waivers will be emailed to you prior to camp start date.

**Refund Policy**

Summer camp fees are considered childcare expenses for your income tax purposes. Receipts will be emailed when a camper has registered Online (or when an email address is provided), and a paper copy will be available upon request at pick up. Cancellations with at least 2 weeks' notice will receive a full refund, less a \$25.00 administration fee. Cancellations or early departures with extenuating circumstances (medical reasons, death in the family) may also be considered for reimbursement. Refunds are not issued in instances where a camper is removed from the camp program at the choice or request of the camper, the camper's parent/guardian or when a camper is expelled from camp for behavioral issues.

Camp Tamarack reserves the right to cancel any program if the registration numbers are not high enough to cover the costs of running the program. A full refund will be granted if another date is not suitable.