

2014 SUMMER CAMP **FINAL INSTRUCTIONS**



PARENT & CAMPER HANDBOOK

Please read the contents thoroughly.

2014 SUMMER CAMP FINAL INSTRUCTIONS PARENT & CAMPER HANDBOOK

Welcome to our 2014 season at Camp Wenonah! We look forward to welcoming new campers, and also welcoming back our old friends for another great year at Camp.

We are very excited to have campers and staff attending Wenonah in 2014 from across Canada and from such countries as France, Italy, Spain, Mexico, Singapore, Taiwan, Venezuela, United Kingdom, South Korea, Barbados, Colombia, Anguilla, Belgium, Ireland, Germany, Netherlands, Russia, Poland, China and the United States!

It has been a busy off-season!! As always, we have worked hard over the winter to maintain and improve our facilities and to further develop our programs and services. We're delighted with the results and we're sure you will be, too.

We hope that this booklet provides everyone with the necessary information to plan for Camp in an efficient manner. It is our hope that you read it thoroughly and discuss the contents with your camper. Reviewing this package helps campers to be comfortable with routines and expectations.

On behalf of our entire staff team, we look forward to seeing everyone soon! Here's to our greatest camping season ever!

Jeff Bradshaw, Senior Director
Renata Bradshaw, Co-Director
Caron Brick, Associate Director
Rianne Barette, Assistant Director
Fraser McQuat, Assistant Director

CONTACT INFORMATION

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E-MAIL CONTACTS :

Campers at Camp / Muskoka Office:
Registration / Burlington Office:
Personal / Confidential Concerns (Jeff Bradshaw)

MUSKOKA OFFICE (June 23 – August 29)

Camp Wenonah
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Bracebridge, Ontario, Canada
P1L 1X1

Phone: (705) 645-6163
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info@campwenonah.com
caron@campwenonah.com
jeff@campwenonah.com

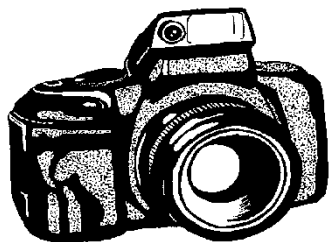
WEBSITE: www.campwenonah.com

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PROMOTIONAL PICTURES/SLIDES

Each year, many pictures are taken at Camp to use for our Camp slide show, brochure, website, Camp Archives and, on occasion, for provincial, national and international camping associations. If, for any reason, your child/children should not appear in these pictures, notify us in writing by the start of Camp. Note that campers bring their own cameras and photograph each other as well, and we have no control over how those pictures are used.



WENONAH GENERAL STORE

Camp Kivita will cover the cost of tuck for campers. Each camper will have the opportunity to go to the General Store two times during the camp session. Each camper will be able to choose two snacks or refreshments each trip. Camp Wenonah also has clothing and souvenir items available for purchase. These will not be covered by Camp Kivita (although all campers will receive a Camp Kivita T-Shirt) and caregivers may send money to Camp for these items (souvenir items/clothing as well as prices will be posted on the Wenonah website in June). Money sent to Camp cannot be used for food purchases from the General Store.

To promote healthy living at Camp and ensure fairness for all children in cabin groups, our expectation is that campers will NOT bring food items with them to Camp.

WHAT TO BRING TO CAMP

Suggested items to bring to Camp based on a two week period...please adjust accordingly for length of stay.

Camp Wenonah does not accept responsibility for any clothing and/or equipment that is lost or broken while at Camp or during transit by bus.

CLOTHING

- 7 T-shirts
- 4 pairs of shorts
- 1 pair of pajamas
- 3 sweaters/sweatshirts
- 3 long-sleeved shirts
- 4 pairs of long pants
- 2 bathing suits
- 2 beach towels
- 1 towel/facecloth
- 10 pairs of underwear
- 7 pairs of socks
- 2 pairs of running shoes
- 1 pair of water shoes (*for showers*)
- 1 pair of rubber boots
- 1 jacket
- 1 sunhat/baseball cap
- 1 rain gear (*durable jacket recommended; no ponchos or windbreakers*)



EQUIPMENT

- sleeping bag or fitted sheet and blanket
- pillow
- flashlight and extra batteries
- insect repellent (*10-30% deet - non-aerosol*)
- toiletries (*comb, toothbrush, toothpaste, deodorant, kleenex, sanitary needs*)
- shampoo & soap (*phosphate-free - help us maintain a healthy environment at Camp!*)
- sunscreen (*minimum SPF 30*)
- personal water bottle (*labelled with camper's name*)

OPTIONAL

- camera/film
- stuffed animal
- fishing rod
- self-addressed, stamped envelopes/writing paper (*for letters home*)
- tennis racquet
- acoustic guitar
- white shirt for tie dying (*also available for purchase at the General Store*)
- books/comics
- deck of cards/board games

NOTES

There is no need to pack anything beyond those items listed on our Packing List. It can be damaging to the Camp experience when other items are sent. Camp is unique in that it is one of the few places where a child can be free of inequities. The more "stuff" that campers have in their possession, the more inequities are present in a cabin group. Help us create a positive experience for all campers by **NOT** sending the following items to Camp:

- | | |
|--|---|
| <ul style="list-style-type: none">× candles× expensive clothing× curling irons× food or packages in contravention of our food policy× hair dryers× fire crackers× DVD players× body piercing equipment× electronic games (<i>including PSPs and Game Boys</i>) | <ul style="list-style-type: none">× laptop computers× lighters or matches× fans× cigarettes× expensive jewelry× drugs× power bars× alcohol× walkie talkies× weapons or anything that looks like a weapon× iPods, Mp3 players, CD players, stereos |
|--|---|

**** Please visit Page 11 for more information about personal communication devices at Camp.**

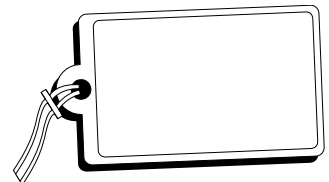
PACKING TIPS

A few suggestions when packing for Camp:

1. Label all clothing items. Information regarding the Mables Labels program has been posted on our website with the Final Instructions). We recommend all equipment be labeled (adhesive tape or waterproof marker is best). Never assume that your child will recognize an item, no matter how unique it is!

Labeling Tips:

- ✓ clearly label all clothing
- ✓ use a black permanent marker on white labels (a laundry marker works best)
- ✓ use iron-on name tags (especially good for dark clothing)
- ✓ use nail polish to mark metal or plastic objects
- ✓ label items with a last name, or a full name (initials are not usually helpful)
- ✓ beware of last-minute items that get "thrown in" without labels
- ✓ label disposable cameras - they all look identical!
- ✓ label ALL non-clothing items (cameras, sleeping bags, footwear, rain gear, etc.)



2. Mark all luggage with your family name. (*Hint - place a list of what you sent to Camp on the inside flap of your luggage so when it comes time to go home, the list can be referenced to make sure all is taken back home. Keep an extra copy at home so you can cross-reference with what actually comes home*).
3. There is no need to buy new clothes for Camp! Send clothes that are comfortable and well-used!
4. Do not send anything to Camp that you are not willing to risk losing.
5. Keep packing as simple as possible...watch out for the tendency to overpack for a stay at Camp...be realistic! Space in cabins is limited.
6. Include your child in the packing process. This helps to reduce lost and found items because the child will be able to recognize what was packed by the parent, and it also helps the camper's sense of independence and readiness for the Camp experience.
7. Cabins do not have shelf or "cubby" space - luggage is stored under the bunk beds. There is 12 inches of space under the bunks. Suitcases, duffel bags, and low Rubbermaid containers work well. Trunks do not fit under a bunk bed.



BEHAVIOUR POLICY

At the start of each session, in a community meeting, Camp rules and expectations of behaviour are outlined verbally with campers. Based on the Camp Wenonah mission statement, and the ideal of living it as a community, we break it down into "Four Ways to Show We Care." We would like to share them with you, and expect you will discuss the four ways we show we care with your child. Please note that this list is not all-inclusive, and campers often come up with more interesting (and amusing) suggestions of ways to show caring during the Community Meeting!

THE WENONAH MISSION STATEMENT
*Providing opportunities that develop a healthy
 respect and appreciation for one's self, for others
 and for the natural world.*

CAMP RULES & EXPECTATIONS: WAYS WE SHOW WE CARE

CARE FOR YOURSELF

- get enough rest (stay in the cabin after lights out)
- wear a hat, sunscreen, insect repellent, weather appropriate clothing
- eat a balanced meal
- wash your hands before each meal
- show good hygiene (brush your teeth, shower regularly)
- listen to instructions and directions from staff
- use your Counsellor or Section Director to help resolve any issues or problems



CARE FOR OTHERS

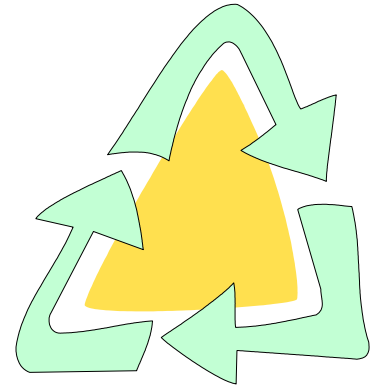
- respect people's belongings and do not borrow anything without asking
- respect privacy (don't go into a cabin that is not your own; ask before you sit on a bed)
- allow other campers to get their rest at night and during rest period
- share with others
- treat others fairly, cooperate, and be a good sport
- contribute to the cabin community and do what you can to make everyone feel welcome and included
- report any incidence of bullying or exclusion, and do not participate in it
- participate in cabin clean up on a regular basis
- be ready and on time for activities, and participate fully in all Camp programs

CARE FOR THE ENVIRONMENT (THE NATURAL WORLD)

- stay on established paths
- don't take more food than you intend to eat (no food waste)
- recycle
- keep showers short and every other day
- use phosphate-free soaps and shampoos
- turn off lights when you leave a building
- put garbage in trash cans
- don't pull leaves off trees or use live wood for fires/forts/crafts

CARE FOR THE SITE & EQUIPMENT

- use equipment as it was meant to be used
- if something breaks through proper use, it's OK - but please tell someone so we can fix it
- don't write your name on cabin walls (graffiti) or vandalize Camp property in any way
- fire extinguishers are for emergency use and should not be tampered with
- batteries in smoke detectors should not be removed



CODE OF CONDUCT

We strongly believe that every person has the right to feel safe, both physically and emotionally, at Camp Wenonah. When the aims of the "Ways We Care" are not met, and challenges present themselves, a hierarchical problem solving method of intervention is used and every effort is made to remedy various situations of mild/minor behaviour at the immediate level. The Camp staff are trained to work with understanding, care and patience. Corporal or physical punishment is not permitted, nor are humiliating or degrading measures.

We want to avoid having more serious, but increasingly common, social problems filter in to the Camp environment. In addressing these issues we hope to prevent the kinds of problems that plague schools and communities from happening at Camp. A safe environment requires the complement of safe practices and consistent consequences. Campers, POLARIS and WCITs are asked to agree to a Code of Conduct to indicate they understand the rules and the potential consequences of violating them.

Mitigating factors are taken into consideration when consequencing camper behaviour. Additional consequences may be added (for example: in the case of vandalism we may require the person to remove graffiti or repair damage). Any violation of the laws of the Province of Ontario results in automatic dismissal.

The Camp Administration reserves the right to withdraw any camper without warning who, in their opinion, compromises the physical or emotional safety of any person at Camp, or who is an immediate hazard to the safety of themselves or others.

CAMPERS WHO ARE SENT HOME DUE TO VIOLATION OF BEHAVIOUR POLICIES OR THE CODE OF CONDUCT ARE SENT HOME AT FAMILY EXPENSE.

One of our Directors will be pleased to discuss this policy if it requires further clarification. Feel free to contact us through our Burlington office (905-631-2849) in advance of Camp, or by e-mail (info@campwenonah.com).

CODE OF CONDUCT

		clear warning	oral report to Director	written report to Director	phone call to parent(s)	dismissal from camp
Problem Area	Description	Potential Consequence				
Alcohol	Consumption or possession of alcohol on Camp property or while in the Camp's charge				X	X
Bullying	Physical assault or aggression, threat of physical aggression, ongoing and deliberate exclusion, emotional abuse and/or harassment	X	X	X	X	X
Defiance	Refusal to comply with persons in authority	X	X	X	X	
Disorderly Conduct	Persistent opposition to authority, behaviour contrary to the positive moral tone and stance of the Camp	X	X	X	X	X
Drugs - legal	Use of non-prescription or prescription drugs not administered or approved by a Health Care professional (including the Camp Nurse or Administration)	X	X	X	X	X
Drugs - illegal	Use or possession of illegal drugs on Camp property or while in the Camp's charge				X	X
Harassment	Repeated comments or conduct that is known or ought to be known as unwelcome (including racial discrimination and slurs)	X	X	X	X	X
Marijuana	Use or possession of marijuana on Camp property or while in the Camp's charge				X	X
Profanity	Swearing, or the use of obscene or foul language	X	X	X	X	
Sexual Activity	Engaging in sexual activity which compromises the physical or emotional safety of the self or others	X	X	X	X	
Smoking	Use of any tobacco products (not limited to cigarettes) on Camp property or while in the Camp's charge				X	X
Theft	Taking or possessing property without the permission of the owner			X	X	X
Vandalism	Acts of vandalism include graffiti and the willful destruction of property	X	X	X	X	X
Weapons	Possession, use of, or threat of use of a weapon (including but not limited to a firearm or knife)				X	X

ARRIVING AT CAMP / DEPARTING FROM CAMP

BUS TRANSPORTATION TO / FROM CAMP

CAREFULLY read the following regarding arrival to and departure from Summer Camp. All Periods start on a Sunday and end on a Saturday.

Please remember that Camp Wenonah is a nut-free site. Be allergy conscious and remember those with serious allergies to nuts. We ask that you check the ingredients list when packing snacks for your camper for the bus ride to Camp.

Through an exclusive arrangement with Hammond Transportation of Muskoka, we enjoy the comfort of air conditioned, luxury highway coaches for all our travel to and from Camp. Highway Coach bus transportation is available from Vaughan Mills Mall for Summer Camp participants during all Summer Camp periods.

WENONAH / KIVITA BUS STOP - Vaughan Mills Mall

Vaughan Mills Mall
1 Bass Pro Mills Drive
Vaughan, Ontario L4K 5W4

Vaughan Mills is located north of downtown Toronto, at Highway 400 and Rutherford Road, just south of Canada's Wonderland. From Highway 400 North, exit at Bass Pro Mills Drive or Rutherford Road. Vaughan Mills is conveniently accessible from all areas of Toronto including Highway 7, Highway 401 and Highway 407 Express Toll Route.

The bus meets at the Vaughan Mills Mall entry #3 between Posts 3D and 3E and departs at 9:30am. A map to Vaughan Mills Mall is posted on the Camp Wenonah website.

BUS TO CAMP

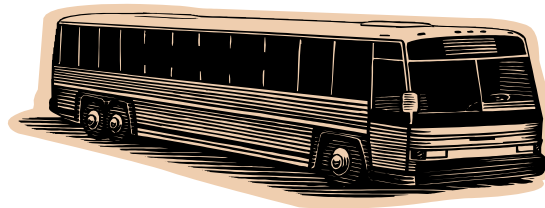
Note the following about bus service for Kivita campers to Camp on **SUNDAY, AUGUST 10, 2014:**

- **Plan on arriving 30 minutes in advance of departure time, departure time is 9:30 am**
- Campers may bring a nut-free snack (first meal at Camp is a late lunch)
- Camp staff are aboard the buses and take attendance
- Please note that buses depart at their scheduled time...we do not wait for those who are late

BUS FROM CAMP

Bus departs Wenonah on **SATURDAY, AUGUST 16** and arrives at Vaughan Mills Mall at **12:30 pm.**

- We ask for your patience when traffic is slow and buses are delayed



CAR TRAVEL TO/FROM CAMP

CAR DROP OFF TIME – SUNDAY, AUGUST 11, 10:30-11:00AM

On arrival day the buses drop off campers at Camp between 11:00 and 11:30 am, and have to navigate the narrow Camp road. Therefore, we ask that parents dropping off campers by car not arrive AFTER 11:00 am. Help us to avoid congestion and traffic problems!



Upon arrival at Camp by car, please check-in at the Main Office. Camp Staff will take campers to cabins to get settled in their cabins.

DO NOT ARRIVE EARLIER THAN THE STATED ARRIVAL TIMES

(staff are in meetings making general preparations for the start of each new Period).

UNDER NO CIRCUMSTANCES WILL CAMP WENONAH ACCEPT CAMPERS BEFORE THE EARLIEST CAR DROP-OFF TIME ABOVE.

CAR PICK UP TIME – SATURDAY, AUGUST 16, 10:30-11:00 AM

Prior to your departure from Camp, go to your child's cabin to pick them up and get their luggage. Be sure to get their designated envelope from the counsellor (which includes a cabin photo and any awards earned for levels achieved). Be sure you check out with your child's counsellor.

DIRECTIONS TO CAMP WENONAH

Camp Wenonah is located 20 minutes east of Bracebridge, six kilometers north of Highway #118. Visit our website to print or view a detailed map.

LOCAL ACCOMMODATION

With the start and end dates some families may wish to stay at a resort or in a nearby hotel, to avoid traffic or a very early start to the day. Listed below are places within 45 minutes of Camp Wenonah. Muskoka is a popular tourist destination in the summer, so it's a good idea to book early.

*Note: It is **NOT POSSIBLE** to drop campers earlier than the start date and time of their Camp Period.*

West of Camp:

Sleep Inn (Bracebridge) (705) 645-2519
Travelodge (Bracebridge) (705) 645-2235
Inn at the Falls (Bracebridge) (705) 645-2245

East of Camp:

Sunny Rock Bed & Breakfast (Minden) (705) 286-4922
Pinestone Resort (Haliburton) (705) 457-1800
Bonnie View Inn (Haliburton) (705) 457-2350

DURING CAMP

COMMUNICATION DURING CAMP

FIRST TIME CAMPERS

It continues to be our policy to call all families of first time campers following their first 48 hours at Camp. You will receive a phone call from Camp on the first Tuesday of your child's stay. If we are unable to reach someone directly, a message will be left. If, after several attempts, we are unable to reach a parent or we are unable to leave a message, we will not continue. Calls are made to campers' homes.

CONTACTING THE WENONAH OFFICE

Our Burlington office is open regular hours during Spring and Summer (Monday - Friday, 9:30 am - 4:30 pm). Associate Director Caron Brick is available to help you.

Our Muskoka office is open Monday to Friday, 10:00 am - Noon and 3:00 pm - 5:00 pm during Summer Camp. If you call outside office hours, leave a detailed message and we will return your call as quickly as possible.

We make EVERY effort to return calls as promptly as possible. We ask for your patience and understanding when we need to prioritize calls back to families. Often, parents who request a call returned immediately may not fully appreciate that we may need to deal with another situation first. Be realistic about what requires immediate attention when calling Camp during the Summer hours. Continual updates take time away from what our staff do best - spend time with the children!

THE WENONAH OFFICE CONTACTING YOU

Don't be alarmed if someone from Camp Wenonah contacts you during your child's stay. Most often there is some bit of administration that needs clarification or confirmation, and it does not mean that anything is wrong.

We will contact you if your child has to go to the hospital or to the doctor's (non-emergency and emergency situations), is having severe homesickness, or at the Section Director's discretion for behavioural problems. We do not automatically contact you if your child visits the Health Centre during the day for a minor issue. If you wish us to handle this in any other way, please make this request in writing prior to the start of Camp.

If there is a medical emergency, we make every attempt to contact you - first at your home or main number, then at work, then at any alternative numbers you have provided (cell phone or cottage). If we cannot reach you, we then contact the person you listed as the emergency contact. It is important to make your wishes known to any person acting as your emergency contact. In the case where a decision is necessary and contact has not successfully been made, the Camp Director will need to make a decision on your behalf, in your child's best interest. We will, of course, continue to try and reach you until we make contact.

COMMUNICATION DEVICES AT CAMP

The use of communication devices (phones, Blackberrys, iPhones etc.) by campers at Wenonah has become a challenge over a number of years. There are growing expectations (often conflicting) from campers and their families about communication to and from Camp.

We believe strongly that part of the Camp Wenonah experience is providing campers with opportunities to strengthen their sense of independence. Camp is unique in that it emphasizes community living in a safe and healthy natural setting.

“Camp is not the stock market or a breaking news story. It’s community living, away from home, in a natural, recreational setting. Nothing needs to be transmitted at the speed of light. Plus, children are exposed to electronic technology all year. It’s nice for them to have a break during the summer.

It’s also healthy for children and parents to talk with each other about their experiences after spending some planned time apart. Technologies should not crowd out the necessary psychological space for dialogue. The artificial needs created by new electronic technologies — to see and hear everything the instant it happens — are not always developmentally appropriate needs for our children. To wait a few days for a traditional letter to arrive, for example, gives parents and children alike the time to reflect, form new relationships, solve problems independently, and understand their emotions. In these ways, unplugging the digital umbilical promotes healthy growth and self-reliance.”

- Dr. Christopher Thurber, Child Psychologist

Our experience is that campers thrive at Camp as they learn to develop relationships and negotiate challenges with those they are sharing the Camp community with. They also benefit from Camp because it gives them a break from common technology. We believe that the success of each child at Camp is compromised by the presence of communication devices. Their use by campers compromises the core values of the Wenonah experience.

Parents often send a communication device to Camp because they want to be able to get in touch with their child in case of an emergency. Rest assured, we will pass along any urgent messages from a parent to their child. In the unlikely event that we need to reach families because of something that happens at Camp, we will be in touch as soon as possible.

We also realize and appreciate that more and more campers will arrive at Camp with an expectation of having some connection home through a cellphone, Blackberry, IPHONE etc...

We STRONGLY encourage One Week Period campers to NOT bring a device to Camp. This contradicts the basic foundation of the Camp experience and the development of independent living and decision-making skills. Any device found in cabins or anywhere else in Camp will be taken and returned to the camper on the last day of Camp.

PHONE USE

For many of the same reasons that we would prefer not to have communication devices at Camp, campers do not have access to phones in our offices.

DO NOT ENCOURAGE YOUR CAMPERS TO CALL HOME!!

It continues to be our policy to contact families if any concerns arise including extreme homesickness.

Except in the case of emergency our office staff do not permit camper use of the main phone. Any messages for campers are delivered with regular Monday-Friday mail.

MAIL

Mail is delivered to Camp each weekday. Incoming mail takes a few days to arrive at Camp (about four days from Toronto). Because we are in a rural setting, outgoing mail takes longer. Mail sent from Camp is taken to Bracebridge twice per week. We encourage parents to write to their campers and, during Rest Period each day, campers are encouraged to write home. It's always a good idea for parents to send along several stamped, self-addressed envelopes and writing paper for their campers. Stamps are available for sale at the Wenonah General Store.



Please address your letters to:

*Your Child's Name / Period(s) Attending
Camp Wenonah
1324 Bird Lake Road, RR #3
Bracebridge, Ontario
P1L 1X1*

On occasion, parents may receive a letter that is sad or upsetting. Keep in mind that the letter was written a few days prior to your receiving it, during a settling in period or during what your child perceives to be a difficult time. Most often the problem will have been resolved by the time you read the letter. However, if you notice a pattern or receive news that is worrisome, we urge you to contact Camp and speak with one of the Directors.

Mail that arrives after your child has left for Camp is “returned to sender.”

CARE PACKAGES

We do NOT encourage parents/relatives/friends to send care packages to Camp, especially those that contain food. Care packages tend to be left in the cabin and as a result unwelcome visitors (raccoons, squirrels, and ants) like to drop by to visit! Finally, the arrival of care packages tends to be divisive within the cabin no matter what the good intentions of parents are for their children to share with their friends at Camp. The arrival of packages creates undue competitiveness and can lead to expectation and disappointment within a cabin group, which then puts pressure on parents and adds extra expense. When the focus of Camp is on getting a package it becomes a distraction from the very things you sent your child to Camp for. Camp is a vacation from the materialism of everyday life. It is our experience that campers love to receive any kind of mail - it does not have to be in the form of a package!



Campers may receive non-food care packages for birthdays. If your child needs “emergency” items that were forgotten (batteries, shoes, film, etc.) please clear it with the Camp administration before mailing so we know to expect it. Our mail gets delivered to a rural mailbox into which boxes do not fit. It therefore takes longer for a large package to arrive at Camp because we have to go in to town to pick up a package. We prefer that any care packages be sent in large envelopes. This helps our office staff tremendously, and also limits the kinds of things that can be sent to Camp to reasonable amounts and size (a magazine, a book, or a deck of cards fit very nicely into an envelope).

EMAIL

Another great way to reach your camper is by sending an email (info@campwenonah.com). Our emails are checked ONCE A DAY and delivered to camper mailboxes each day. Campers are unable to reply to emails.

Please include your child's name in the subject to help us deliver the email promptly. Do not give the Camp email address to anyone outside of the family. We do not guarantee the delivery of emails from those other than immediate family members. We do not print animated greeting cards or digital photos; please limit emails to text only.

Understand that emails are not private. We do not read them, but if the messages are obviously inappropriate

we do not pass them along. We ask email correspondence to be limited to one email per camper per day at Camp. Anything beyond this number makes it very difficult for us to guarantee delivery. Do not put us on any lists of forwards or mass e-mails.

Email is typically checked early in the morning or late at night to allow time during the day for sorting (and to keep our phone lines open). If you have an urgent message, call us (705-645-6163). Administrative email correspondence is appropriate if it is not time sensitive (ie: you need to make us aware of a transportation change or you give notice of an emergency contact number).

FAX (705-645-5760)

You are welcome to send a fax to your camper during their stay at Camp. Limit faxes to one page each week. We appreciate faxes that are sent to Camp before 8:00 am and after 10:00 pm.

FOOD SERVICE

Under the direction of Executive Chef, Brad Laidlaw, three home-style meals and snacks are prepared each day. For those that require special diets or have food allergies, notification in writing is required at the Muskoka Camp Office no later than three weeks in advance of the first day of the Camp Period attending. Copies of the two-week menu are available on our website.

NUT POLICY



Our entire Summer camping season is designated as "nut sensitive." Each summer we welcome numerous campers and staff to Camp with life threatening nut allergies. In no way do we compromise their personal safety during their stay at Camp. Our Summer Camp menu is created with this in mind.

Any supplemental food items sent by families should be cleared in advance of Camp with Jeff (Sr. Director), and **MUST** not contain nuts, nut products or traces of nuts, or be made in a facility that also processes nuts.

BIRTHDAYS AT CAMP

Our food service staff prepare birthday cakes for all campers, POLARIS and WCITs for their special day at Camp. It is not necessary to request or send a cake. If your child has a birthday at Camp, you can leave or send a birthday package, but do not include any food items in it.



ALTERNATIVE MENUS

A vegetarian menu option is available for campers and staff. If your child is a vegetarian, indicate this choice on the Camper Information Form. It is important to note that once a camper has chosen the vegetarian option, he or she must remain on that menu plan for their full stay at Camp.

The vegetarian menu is the only alternative with a set menu. If your child has a food allergy, indicate this on the Health Form in detail so that Brad can accommodate these food allergies. If your child's food allergy is life-threatening and may require extensive modifications, please notify the Camp Director directly to make arrangements. Some restrictions may require supplementary food to be sent by parents for the kitchen to prepare.

The prevalence of eating disorders among adolescent girls and boys is increasing dramatically. Campers sometimes decide to "experiment" with disordered eating at Camp (away from parents' supervision). As part of our commitment to keeping children safe, we do not allow dieting or experimentation at Camp. We expect everyone to eat healthily at Camp. It is for that reason, as well as providing the kitchen adequate notice for ordering and preparation, we require advance notice of (and your consent for) specific dietary requirements and can only accommodate dietary needs based on medical needs and allergies, religious beliefs, and well-established/long standing lifestyle choices. Camp does not accommodate individual taste and food preference.

FOOD POLICY

PLEASE DO NOT BRING EXTERNAL FOOD ITEMS TO CAMP. There are plenty of snacks available at Camp, and we ask you NOT to send food items to Camp with your camper. Between snack items, fruit available in the Lodge, and General Store items, plenty of food and snacks are available to campers during their stay at Wenonah.

HEALTH SERVICES

MEDICATION



If your child is bringing any medication to Camp, observe the following:

- ✓ Medication must be brought to Camp in the **original container**. It is not legal for our nurses to dispense medication from any other container, including weekly pill organizers.
- ✓ Send clear instructions in writing for the administration of medication, including the reason for taking it. Camp staff cannot accept verbal instructions.
- ✓ Send enough medication to last the full Camp Period attending.

Please have medication ready to give the Camp Kivita nurses at the bus pickup or when you drop your child off at Camp. Medication will be returned to you when you pick your child up.

CHECK YOUR CHILD

Campers should not come to Camp with known communicable diseases or health nuisances (such as chicken pox, lice, viral infections, rashes, athlete's foot, impetigo, etc.). If your child has been exposed to anything communicable within three weeks of the start of their Camp session, alert the Camp Office. Together, we will determine whether to consider keeping your child at home for an extra day or so. In the event that a camper arrives at Camp unaware that he/she has a communicable illness, we will let families of campers in that child's cabin know their child has been exposed.



Ensure that young female campers know about and understand menstruation and have appropriate sanitary napkins. It is not unheard of for the onset of menses to begin at Camp.

HEAD LICE

Please check your child thoroughly for head lice/nits within three days of their first day at Camp.

Because of the potential for head lice to spread in a communal setting, we want to be proactive and avoid the kinds of problems that other Camps and schools have had. As part of our "No-Nit Policy" every camper is checked by the Camp nurses during the first day of Camp. If your child arrives at Camp with head lice, a parent or guardian is asked to either come to Camp and treat the lice (which may include nit picking) or to remove the camper from Camp and he or she may only return to regular Camp activities when the head is clear of nits or lice.

It is our expectation that arrangements will be made to pick up a child with head lice from Camp as quickly as possible. Children may be admitted back to Camp when the head is free of nits or lice. This means that chemical treatments are not enough - the nits have to be manually removed. Manually removing nits, by using a good nit comb (such as LiceMeister) means that eggs do not have a chance to hatch or to spread. The most positive aspect of manually removing nits or lice is that your child may return to Camp in one or two days, if it has been thoroughly done. If a chemical treatment is used, a child will miss the session because of the need to repeat the process.

SUN SAFETY



We are aware of the dangers of over-exposure to the sun and strive to take reasonable precautions to prevent adverse effects of the sun and UV rays. Help us in this endeavour by packing a hat with a brim and sunglasses, and sending sunscreen for your child (minimum SPF 15, but SPF 30 or higher is preferable), and a water bottle with your child's name on it. Sunscreen

is available at the Health Centre and all program areas should campers run out. Water taps can be found around Camp. Campers are encouraged to wear light clothing that covers shoulders and arms, when not doing water activities.

H1N1 INFLUENZA VIRUS

To date we have had no cases of H1N1 at Camp Wenonah. Each camper and staff member is screened for H1N1 by our Registered Pediatric Nurses upon their arrival at Camp. Our H1N1 protocol is based upon the guidelines suggested independently by the Simcoe Muskoka District Health Unit and the Ontario Camps Association.

What can I do to practice prevention?

- ✓ Wash your hands often with soap and water.
- ✓ Sneeze and cough into your upper sleeve.
- ✓ Avoid sharing food, beverages or personal items.
- ✓ Do not come to Camp if you are ill or have symptoms of influenza.
- ✓ See a health care provider if you feel ill or are experiencing influenza symptoms.

STAFFING NOTES

WENONAH MANAGEMENT TEAM

Camp Wenonah uses a Management Team approach to supervise all activity in Camp. The full-time Camp Wenonah Management Team includes Owner/Senior Director Jeff Bradshaw, Co-Director Renata Bradshaw and Assistant Director Fraser McOuat and Rianne Barette - all of whom reside on-site in Muskoka - and Associate Director Caron Brick, who works from the Burlington Office.

Other seasonal members of the Management Team include: Jason Monteith (Period Five Director), Maia Bradshaw and Will Stratton (WEEnonah Directors).

Jeff, Renata, Fraser and Rianne oversee the day to day direction of the Wenonah experience. Caron coordinates all Camp administration from Burlington.

COUNSELLING STAFF DAYS-OFF

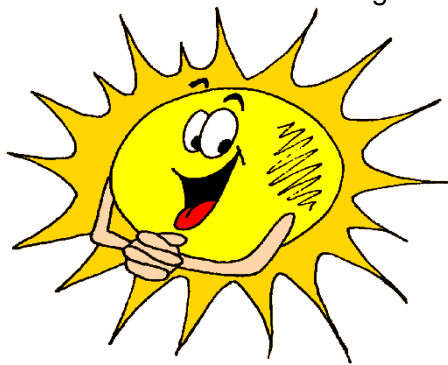
All Counselling staff have a 48 hour period of time-off during each two week cycle. During this time, cabins are supervised by other staff on an assigned basis.

FEMALE COUNSELLORS WITH YOUNGER MALE CABINS

We are continuing our longstanding policy of, on occasion, placing a female counsellor with our younger (10 years and under) male camper cabins. We have had great success with this in the past. Many of our younger campers appreciate having an older female figure with their group and, for many it helps the transition to Camp from home. A male junior counsellor also lives in the cabin.

STAFF QUALIFICATIONS

We have high expectations of every staff member, which are reflected in our hiring policies. Each staff member completes an interview and a background check. Many staff members are returning for the 2013 season, and have participated in both levels of leadership development programs (POLARIS and WCIT). Staff must have a minimum swimming/lifesaving qualification of Bronze Cross, and many have NLS. We also look at qualifications in other program areas which means that counselling and program staff are able to teach in a variety of program areas.



PROGRAM NOTES

A TYPICAL DAY AT CAMP

7:30 am	Wake Up & Morning Dip
8:15 am	Breakfast
9:00 am	Morning Watch
9:30 am	Activity
11:00 am	Camp Kivita Program
12:30 pm	Lunch
1:30 pm	Activity
2:30 pm	Rest Hour
4:00 pm	Cabin Choice
5:30 pm	Dinner
6:30 pm	Camper Options (including General Swim)
8:00 pm	Evening Watch
8:15 pm	Snack & Meds
8:30 pm	Evening Program (to bed for youngest campers)
9:30 pm-10:30 pm	Lights Out (dependent on age)



Activities include Canoeing, Kayaking, Mini-Golf, Voyageur Canoe, Arts & Crafts, Archery, Outdoor Adventure, Low Ropes, Group Development Initiatives, Tennis, Fishing, Sailing

SWIM CHECKS AND COLOUR CORDS

On the first day of Camp, every camper must complete a swim check. This is not a test, and there is no pass or fail. In accordance with Ontario Camps Association Standards, we must check the swimming ability of every camper (and staff member). Campers then wear colour-coded wrist bands so that staff members can tell at a glance whether a camper is a non or weak swimmer, or a strong swimmer. Some water activities may be restricted for campers who are non-swimmers or weak swimmers.

CABIN CLEAN UP

Your child is required to do a daily chore as part of cabin clean up: sweep the cabin, empty the garbage, tidy the clothes line, set the table, or act as “hopper” during a meal. Once a period, each cabin is Cabin of the Day, which requires them to raise and lower the flag and sweep the Lodge after meals. These responsibilities fall to every camper - as part of a cabin group and as part of a larger community.



AFTER CAMP

RETURNING FROM CAMP

Just as it takes at least 48 hours for campers to adjust to Camp, so too will there be a readjustment period when your child returns home from Camp. The last day of Camp is a long one (the final campfire and closing ceremony often go late, and wake-up the next morning is often earlier than usual). Your child will likely be tired and full of many emotions. It is common for younger campers to be over-excited while older campers are often more melancholy over the separation from their friends and counsellors. Allow your child to tell you about his or her experience when he or she is ready.

Jeff Bradshaw is always available to discuss any concerns that may arise once your child is home from Camp.

LOST AND FOUND

There are two laws of Camp Lost and Found. First, more is lost than found. And second, if it can get lost, it will. On a regular basis we try to comb through the Lost and Found bin to reunite articles with their owners. To make the process easier, label everything clearly. Information and links to Mabel's Labels can be found on our website.

Despite our best efforts to return lost articles to their owners during the summer, there are always, inevitably, several bags of Lost and Found at the end of the season. It continues to be our policy to make every attempt to return any labelled clothing at the end of the summer. Lost and Found is brought to our Burlington Office in mid-September where it may be picked up. For those wishing items to be sent by mail, appropriate postage charges are added to camper accounts. We will phone you and let you know that the found item is in the office. After two phone calls, we assume that you do not want the item back. After October 31st each year, unclaimed lost and found is donated to a local charity.

