



Eco-Friends
Summer Day Camp



@ Cooper Marsh Conservation Area

Registration Handbook

BACKGROUND

Since 1997 the St. Lawrence River Institute of Environmental Sciences has provided local youth with the opportunity to explore nature at Cooper Marsh through the Eco-Friends Day Camp. The camp challenges participants to learn about science and the natural environment in a hands-on, minds-on manner. Four exciting one-week sessions are available for children aged 6 to 11. Sessions will include a combination of hiking, frog catching, pond dipping, games, crafts, scientific experiments and much, much more!

2019 Camp Themes

Week #1: Dive into Science—July 22–26: Calling all little Einstein's! If you love science, experiments, and making great discoveries, this is the week for you. Join us in our search to find future chemists, biologists and ecologists!

Week #2: Fascinating Fish—July 29—August 2: Exploring the fascinating world of fish found in the St. Lawrence River. Learn about their different shapes and sizes while examining some live species for yourself. Get ready for a wet and wild week!

Week #3: Into the Wild—August 5—August 9 (no camp on Aug.5): Come explore the fascinating world of the small and large creatures that surround us. Get your hands dirty as we delve into their habitats and closely examine critters under the microscopes!

Week #4: Nature Canvas—August 12—August 16: Explore your creative side while using inspirations from nature. Learn the many aspects of art including music, dancing and painting.

***Four-day week**

STAFFING NOTES

What sets our camp apart from others is the quality of our counsellors. We know that having qualified individuals gives parents peace of mind. It also ensures that children are provided with a nurturing environment with positive adult role models. Our team of select individuals is hired after extensive interviews, background check and criminal record check. They are hand-picked for their knowledge of camp, science and their proven leadership abilities. Our staff members are usually University and College-level students. They all have first aid and CPR training.

Our counsellors create fun-first atmosphere that ensures every camper has an awesome time. The positive, fun-loving attitude of our counsellors is infectious. The camp is always bursting with smiles and laughter.

Our Supervising Staff are B.Sc., M.Sc. and PhD-educated. Parents often comment that this is what separates us from other camps. Every year we receive a lot of positive feedback from parents about the quality of our staff.

CODE OF CONDUCT

All campers and parents must review and follow the Eco-friends Summer Day Camp Code of Conduct together prior to the start of camp.

Camper Rights

- To feel safe and secure (both physically and emotionally) at camp.

Camper Responsibilities

- To listen when others (staff, fellow campers) are talking.
- To show self-control at all times, keeping hands and feet to yourself, playing safely and cooperatively.
- To respect yourself, others, the environment, and all property.
- To be polite, honest, use appropriate language and good manners. Set a good example and be a positive role model.
- We reserve the right to withdraw a child from the camp activities if there are behavioural problems.

WHAT TO PACK

- **Please pack two water bottles & ice packs as the water at Cooper Marsh is not drinkable—and bottles cannot be refilled!**
- Sunglasses and a full-brimmed hat
- A pair of rubber boots and a jacket
- A spare set of clothing—expect your child to get dirty!
- Two snacks and water packed in a reusable bottle
- Lunch—no microwave; ice packs recommended
- Please put your child's name on his/her belongings.
- Please do not send nut products in lunches or snacks as we have a number of campers who are extremely allergic.
- Please bring your own bug spray and sunscreen. (Apply sunscreen in the morning.)
- Bathing suit & towel (when requested)

*** Campers can leave their items (bags) at Cooper Marsh during the week.**

REGISTRATION

RECEIPTS

Did you know that receipts for camp are tax-deductible? Your receipt can be used as your receipt. Or contact info@riverinstitute.ca or by phone 613-936-6620.

REGISTRATION CANCELLATION

Our deadline for cancellation or changes is 7 days before your camp week. All cancellations require you to phone us in advance of the camp for a refund. You will receive a refund for the full amount paid less a \$25 cancellation fee. If you paid by cheque, we will issue a refund cheque. If you paid by credit card, we will reimburse your credit card. Please allow 10 to 14 days to process your cancellation and for us to issue a refund cheque.

DROP OFF AND PICK UP HOURS

- Camp program hours 9:00 a.m. to 4:00 p.m.
- Pre-Camp hours: 8:00 a.m. to 9:00 a.m.
- Post-Camp hours: 4:00 p.m. to 5:00 p.m.
- Pre-and Post Camp care is a flat-rate fee of \$25.00/week.

CONTACT NUMBER FOR CAMP

During your child's first day at camp, you will receive the number for the River Institute, as well as the camp cell phone number. Please contact the camp cell phone if you plan to pick up your child early from camp, if your child will be late or if your child is sick. Both numbers will be provided in an e-mail.

CAMPER HEALTH AND SAFETY

Sign-in/Sign-out

The person dropping off and picking up your child each day must sign them in and sign them out. Please notify the camp counsellors who will be picking up your child daily. If we are not notified, we will not release your child until we have made contact with you and secured your permission. **THE SIGN OUT PERSON MUST ALSO PRESENT PHOTO IDENTIFICATION** when requested to upon picking up your child. We realize that this is a bit of a hassle, but we want to ensure the safety of your child.

EXTREME HEAT POLICY

A heat warning is automatically declared when Environment Canada forecasts a humidex of 40 or more for at least two consecutive days. Our staff understands the damaging effects of overexposure to the sun's rays and we have established some specific policies that protect our campers and still allow them to enjoy the outdoors.

Our staff teach campers to protect themselves by asking them to do the following:

1. Wear a hat.
2. Wear light coloured clothing.
3. Always wear sunscreen—Waterproof sunscreen should be applied at home prior to arriving at camp. In addition, sunscreen reminders are made several times throughout the day and campers are encouraged and assisted by counsellors to reapply during the day.
4. Take frequent breaks.

5. Increase fluid intake.

RAIN OR SHINE

All camps will operate rain or shine. However, as disappointing as it is, we reserve the right to hold back on activities due to rain and especially if there are forecasts of thundershowers and lightning. We will make decisions at camp on a case-by-case basis.

TICK AWARENESS

Black legged ticks are tiny arachnids that can spread Lyme disease. Although not all ticks can carry the Lyme disease, it is important to protect ourselves against blacklegged ticks. As ticks may be present at Cooper Marsh, we would like to advise the parents to be check their children for ticks at home. Counsellors will make sure to avoid any activities in woodlands, tall grasses and bushes, and will remind campers to check for ticks as well. The best way to prevent Lyme disease is to prevent tick bites by:

1. Covering up
 1. Light-coloured clothing to spot ticks and remove them before they bite
 2. A long-sleeve shirt or jacket tucked in long pants
 3. Tuck pants into socks
 4. Socks and closed footwear
2. Using insect repellent
 1. Insect repellent or bug spray containing DEET or Icaridin on clothes and exposed skin.
 2. Double-checking yourself
 3. Pay close attention to areas such as your scalp, ankles, armpits, groin, naval and behind your ears and knees.
3. Washing and drying thoroughly
 1. Put your clothes into a dryer on high heat for at least 60 minutes to kill any possible ticks.
 2. Take a shower as soon as you can to wash off a tick that may not be attached through a bite.
4. Checking your pets

Removing a tick is the same for humans and animals. Follow these steps to remove ticks:

1. If the tick is attached to you, use fine-tipped tweezers or tick removal tool to grasp the tick as close to your skin as possible. **Do not use your fingers.**
2. Pull the tick straight out, gently but firmly making sure to remove the entire tick (including the head). **Don't squeeze it—avoid crushing the tick's body.**
3. After removing the tick, place it in a secure container, such as a screw-top bottle used for medication.
4. Give the tick to your health care professional or local health unit.
5. Thoroughly clean the bite site with rubbing alcohol and/or soap and water.

For more information visit: <https://www.ontario.ca/page/lyme-disease>

MEDICATION ADMINISTRATION

Eco-Friends Counsellors will administer medication only after parents have completed a "REQUEST FOR ADMINISTRATION OF PRESCRIPTION MEDICATION" form. Please see counsellor for a form upon arrival at camp. The form gives permission to employees of Eco-Friends Counsellors to administer medication and/or emergency injections to campers during camp hours as per details provided on the form. Administration of medication will

not be provided without this completed and signed form. The parent/guardian of a camper with a serious health concern is strongly encouraged to have proper identification on the student at all times (i.e. Medic Alert Bracelet) and is responsible for providing, in advance, medication/supplies for any treatment required in a life-threatening situation. These health concerns include, but are not limited to severe allergies and anaphylactic shock, severe asthma, seizures and diabetes.

NUT AWARENESS

Eco-friends provide a nut-free camp environment. We do not provide any foods that contain nuts or nut products and insist that families refrain from sending foods with nut products to camp. Staff training regarding life-threatening allergies ensures a proactive approach to food safety.

LOST AND FOUND

On a regular basis, we try to comb through the lost and found bin to reunite items with their owners. To make the process easier, we ask that you label everything clearly.

Despite our best efforts to return the lost articles to their owners during the summer, there are always a few articles of lost and found at the end of the season. We will make every attempt to return any labelled clothing at the end of the summer. Lost and found is brought to our office in late August where it may be picked up. We will phone you and let you know that the found item is in our office.

After September 5, unclaimed lost and found is donated to a local charity.

FEEDBACK

Please take a moment after camp to email us feedback about your child's experience. Feedback provides us with valuable information about what we do well and which areas of camp could use some improvement. We thank you in advance for your input.

For more information please contact Cristina Charette, Education Coordinator 613-936-6620 ext 232.