

Arthritis Society Canada

Camp Alberta

CAMPER HANDBOOK

2023



TABLE OF CONTENTS

Welcome Message	3
Bus Transportation Information	4
• Location and times	
Prior to Camp	4
Important Camp Information	5
• Medications	
• Medical Supervision at Camp	
• Emergency Procedures	
• Parent and Camper Communication	
• No Electronics or Cell Phones	
• Lost and Found	
What Happens at Camp	6-7
• Arrival	
• Community Meeting	
• Tour	
• Camper Teams	
• Camp Staff	
• Accommodations	
• Meals	
• Activities	
• Challenge by Choice	
Sample Program Schedule	8
Expectation of Camper	9
Camp Kindle Map	10

Dear Family,

Welcome to Arthritis Society Canada Camps! Where your dreams can come true.

This information handbook will help guide you and your camper to prepare for camp, know what to expect, understand camper rules and to ensure they have a safe and fun experience while at camp. We wish you all a happy and healthy summer and look forward to seeing your child at camp!

Camp Means a Chance to:

- Meet new friends
- Take your medicine in a supportive environment
- Sing songs and dance around the campfire
- Be yourself with campers who know what it's like to have arthritis or another rheumatic condition
- Have the best week ever!

At camp, you'll stay in a cabin with kids just like you, along with really cool camp counsellors, and each day you'll have fun with camp activities. Camp Kindle isn't just crafts and campfires (which we know you still love to do, so don't worry – we will). Choose what you want to do from a full list of fun activities that include sports, archery, swimming and more!

Pre-camp Checklist for Parents:

- ☐ **Submit camper online application**
- ☐ Read this package in its entirety
- ☐ Go over the schedule, packing list, and camper code of conduct with your child
- ☐ Talk to your child about homesickness if you think it will be an issue
- ☐ Call us with any questions or concerns!

For more information or if you have questions, please contact:

Toll Free: 416.979.7228 ext. 3384
Email: camp@arthritis.ca



BUS TRANSPORTATION INFORMATION

Arthritis Society Canada provides transportation to and from Camp Kindle from two cities: Calgary & Edmonton. We have contracted the bus service with Traxx Coachline, who are the choice bussing service for other camp organizations. They offer the best in class for service and safety.

Monday, July 10, 2023

PICK UP TIMES TBA FOR EACH CITY

- Calgary – Canadian Olympic Park west overflow lot, directly west of the Markin Macphail Centre
- Edmonton – Ikea parking lot (South)
- Authorized parents/guardians must drop-off child at chosen location and show ID with Lead Bus Chaperone and/or Nurse and handover medications for your child with any instructions for transport
- Campers **arrive at Camp Kindle between 10:30 AM – 11:00 AM**
- General and medical check-in at the registration tables with camp nurse

Friday, July 14, 2023

PICK UP TIMES TBA FOR EACH CITY

- Calgary – Canadian Olympic Park west overflow lot, directly west of the Markin Macphail Centre
- Edmonton – Ikea parking lot (South)
- Campers will **depart Camp Kindle between 1:00 - 1:30 PM**
- Authorized parents/guardians must pick-up child at chosen location and show ID with Lead Bus Chaperone and/or Nurse and all unused medications will be returned
- If you have any questions at this time, please discuss with Lead Bus Chaperone and/or Nurse

PRIOR TO CAMP

Please contact us, if:

- ☐ Your child has any **symptom of covid-19, cold, flu, infection or contagion** leading up to camp, as campers must not come to camp with these symptoms.
- ☐ Your child has been in contact with **measles, chicken pox, whooping cough or any other communicable diseases within one month prior** to the first day of camp.

If your child has been exposed to any viruses/infection prior to going to camp (e.g. COVID-19, measles), you must report this exposure to your child's physician. Should your child develop any symptoms of a virus/infection in the weeks following camp you must also report this to your physician as soon as possible.

These precautions are in place for the safety of our campers and their families due to the life-threatening implications any virus may have on their immunosuppressed health status.

IMPORTANT CAMP INFORMATION

1. Medications

Please do not pack your child's medical supplies in their suitcases. All medicines must be carried separately by the parent or guardian and provided to the nurse/medical team member at registration. Medications must be in blister packs. The only exception is if your child only has one medication or medications that are "take-as-needed", these must be packed their original containers and properly labeled. If the medications change between now and the start of camp – please advise as soon as immediately at camp@arthritis.ca. Participants who carry "take-as-needed" medications such as inhalers or EpiPens may keep such medications with them, but all other medications will be stored and locked in the first aid room at Camp.

2. Medical Supervision at Camp

The Medical Clinic is designed to meet the medical needs of children and is ideal for groups of children who require additional medical care or support. The camp nurses are on-site 24/7.

3. Emergency Procedures

Our Host Camp, Camp Kindle, has emergency procedures in place. All campers and group leads are informed about the camp safety and emergency procedures during their welcome and orientation.

4. Parent Contact

We suggest that parents/guardians only contact their child in case of an emergency. Please call the **Camp Kindle main line at 403 637 3975** and they will pass you on to Arthritis Society Canada Camp Coordinator/Volunteer Lead who will connect with your child to return your call.

5. Cell Phone and Internet Services

Please do not send cell phones or other electronic devices (iPods, MP3, CD Players, Gameboys, etc.) with your child to camp as there is no Wi-Fi available. If these items do get to camp, it will be at your own risk of loss or damage. These are a distraction during the camp program, so best to keep these at home. A small digital camera is acceptable. Arthritis Society Canada is not responsible for any lost or damaged items.

6. Lost and Found

Please remember label every item of clothing, in order to help ensure that they return home with your child. After two weeks, unclaimed items will be donated to Goodwill.

WHAT HAPPENS AT CAMP

Arrival

Your camper will be welcomed by Arthritis Society Canada's volunteer team and Camp Kindle's program staff. At registration check-in, they will explain what's going to happen, provide camper team assignment and begin a luggage line to unload all bags and equipment. Medications will be labelled and checked in at this time by the Camp Nurse on duty.

Community Meeting

Once your camper has checked-in, everyone will gather in the main lodge for a community meeting. At this time, we go over Camp Kindle's three 'Respects' and discuss what we expect of the campers. We also explain our emergency procedures and other need-to-know information.

Tour

After the community meeting, campers will go for a tour of the area to familiarize themselves with their surroundings. Campers will then put their luggage in their assigned rooms.

Camper Teams

Campers will be divided into teams by age and gender, with a supervision ratio of 1:10 at all times. This may be adjusted depending on age ranges, program activities and requested additional support. Campers eat all meals, sleep in the same dorm area, and cycle through camp activities in their teams.

Camp Staff

Each team has a consistent group of camp counsellors and volunteer chaperones that are their caregivers for the week and will ensure the kids are well taken care. The program staff facilitate the different camp activities, overnight supervision and are trained in Standard First-Aid and CPR. All staff at Camp Kindle work hard to ensure the well-being, safety, and success of each camper.

Accommodations

Campers stay in comfortable heated lodges and sleep in bunk beds. The washroom and showers are single occupancy, shared with other campers and Camp leads.

Meals

Teams will meet their meal host who will welcome the campers inside to take off their shoes, wash their hands and take a seat. The meal host will facilitate a pre-meal thought and make announcements before sending campers up to get food. The team on gopher duty (table set up), will go in 10 minutes ahead of meal time in order to set up tables and chairs for the other teams.

Program Activities

Please note that not all teams will engage in all the activities listed below, due to age restrictions, camp scheduling, and possible weather interruptions. Campers will be able to sign up for the activities of their choice with others in their age range during regular programming time. Certain camp activities are mixed with campers of different ages and gender (campfire, all-camp games, choice activities & A.P.P.S).

Outdoor Adventure/Outdoor Education

Archery	Wetlands exploration
Shelter Building	Forest exploration
Fire Building	Sky exploration
Orienteering	Hiking

Classic Camp Activities

Campfires	Drama
Swimming	Games
Sports	Field Games (e.g. capture the flag)
Arts and Crafts	Indoor activities (e.g. egg drop)

Special Camp Activities

Special Event - Each week has a theme which builds throughout the week culminating in the “Special Event” on Friday Morning, which is a series of theme related activity stations.

Choice Activities - Three times a week, campers can engage in a choice activity, which are fun, alternative activities to normal programming where they can mix with campers from other teams and age groups.

Challenge Course Activities

The challenge course activities and minimum ages are as follows. All groups will get to do one of the activities below, depending on ages, scheduling, weather etc.

Min. age 6: Climbing Wall Min. age 9: Giant Swing & Zip Line Min. age 12: High Ropes Course

Challenge by Choice

All Camp programs follow the ‘Challenge by Choice’ philosophy, which allows participants to define success individually; allowing them to choose the level at which they challenge themselves. We encourage all participants to try each activity and push themselves.

SAMPLE SCHEDULE (may change slightly)

Scheduled times can be modified to meet needs of groups and individuals such as more time to get ready in the morning and more transition time between activities. Meal times are set.

Example Master					
	Monday	Tuesday	Wednesday	Thursday	Friday
7:30		Morning Meet	Morning Meet	Morning Meet	Pack Out & Move Out
8:15		Tablesetters	Tablesetters	Tablesetters	
8:30		Breakfast	Breakfast	Breakfast	
9:15	Arrival	Cabin Time	Cabin Time	Cabin Time	Cabin Clean Up/Check Lost & Found:
9:30	Pack In, tours and Get to know you games	Swimming	High Ropes (Static Course, Team Pods, Climbing Wall, Giant Swing)	Archery	Theme
10:00					
11:00		Choice Activity or Yoga?	Choice Activity or Yoga?	Choice Activity or Yoga?	
11:40					Head Down to BBQ
12:15	Community Meeting	Tablesetters	Tablesetters	Tablesetters	BBQ 12:00
12:30	Lunch	Lunch	Lunch	Lunch	
1:30	Flag Raising	Cabin Time	Cabin Time	Cabin Time	
2:00	Low Ropes	Arts'n'Crafts	Initiatives	Creative	
3:30	Transition	Transition	Transition	Transition	
3:45	A.P.Ps Intro	A.P.Ps	A.P.Ps	A.P.Ps	
5:15	Tablesetters	Tablesetters	Tablesetters	Preen and Prep 4:45	
5:30	Dinner	Dinner	Dinner	Banquet	
7:00	All Camp -Campfire	Evening Program	Evening Program	Dance	
9:00	Snack	Snack	Snack	Snack	
9:30	Get ready for bed	Get ready for bed	Get ready for bed	Get ready for bed	
10:00	Lights Out	Lights Out	Lights Out	Lights Out	

EXPECTATION OF CAMPER - RESPECT AND RESPONSIBILITY

Camp can be one of the best experiences for a child! We work hard to ensure safety and quality fun at camp, but we will only be successful if everyone who comes to Camp Kindle plays a part.

A Camper Code of Conduct Agreement has already been signed by parent/guardians upon registration. Please go over the following expectations with your child/children before camp and make sure that they understand the content outlined below.

Our expectation of you, the camper, is simple: treat yourself, your peers, your chaperones, the facilities, and the program planned with the highest amount of respect. Everyone is responsible for making their time at camp a success!

Treating yourself with respect includes:

- Getting enough sleep at night;
- Practicing healthy hygiene (showering, brushing teeth, frequent hand washing, etc.);
- Seeking help from your counsellors if you are experiencing any sort of social, emotional, physical or mental distress;
- Dressing appropriately for the weather outside.

Treating your peers and chaperones with respect includes:

- Listening to others when they speak;
- Being honest with others;
- Allowing others to get enough sleep at night;
- Referring to your peers and chaperones by their pronouns
- Communicating with your counsellors if you are feeling unwell to prevent the spread of contagion to others.

Treating the facility with respect includes:

- Keeping the dorms and buildings clean and in their original state;
- Keeping noise to an appropriate level, especially at night and during meal times;
- Refraining from eating in dorms, leaving garbage, damaging furniture;
- Leaving our natural environment as we found it.

Treating the program planned with respect includes:

- Try everything at least once;
- Try to learn something new;
- Work as a team to complete activities.

DIRECTIONS TO CAMP KINDLE

ADDRESS: 29479 Range Road 6.1 A, Water Valley, AB T0M 2E0
PHONE: 403.637.3975

FROM CALGARY (APPROX 1.5 HOURS)

- Take Highway 22 North from Cochrane
- Turn Left onto Highway 579 to Water Valley
- Continue straight through Water Valley for 10 kms. Road will switch from paved highway to a gravel road at about the 5 km point. The last 5 kms are on gravel road.
- Camp Kindle is on the right hand side, indicated by our sign. Please follow the road through our gate, past the red barns, over the bridge and to the upper village.

FROM EDMONTON (APPROX 3 Hours)

- Take Highway 2 South to the Old/Sundre Exit (Hwy 27)
- Turn Left onto Highway 22 South
- Turn Right on Highway 579 to Water Valley
- Continue straight through Water Valley for 10 kms. Road will switch from paved highway to a gravel road at about the 5 km point. The last 5 kms are on gravel road.
- Camp Kindle is on the right hand side, indicated by our sign. Please follow the road through our gate, past the red barns, over the bridge and to the upper village.

