



RKY Camp

Summer Family Handbook 2023

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WELCOME TO RKY CAMP

Dear Families,

Welcome to RKY Camp! We are looking forward to a great summer. Whether it's your first time at camp or you're a returning camper, this handbook is full of important information you will need to know to prepare for camp.

Talking to your child about their upcoming adventure is an important step in ensuring a positive experience for everyone. Being at camp is very different than being at home. We sleep in cabins shared with up to 10 people, eat in a large dining hall with over 100 other campers, and are outside most of the day! This type of lifestyle means that we must work together to ensure that everyone's camp experience is positive. We expect all members of the RKY Camp community to treat each other with respect and help others enjoy their time away from home.

To assist you in reviewing this handbook, a  is used to indicate topics which are recommended for you to discuss with your camper(s) in preparation for their camp visit.

In the meantime, if you have any questions regarding the information discussed in this handbook, or about camp in general, please feel free to contact us at fun@rkycamp.org or at 613-375-6295. We would be more than happy to speak with you.

We have many skilled and enthusiastic staff on board for this summer, eager to share many fun adventures with all new and returning campers.

We can't wait to see you this summer!

Davin Allan
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RKY Camp
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RKY CAMP GOALS

For over 90 years, RKY Camp has been committed to providing a physically, emotionally, and spiritually safe atmosphere for all. RKY Camp was developed by Kingston Rotary, Kingston Kiwanis Club, and the Kingston Family YMCA.

The objectives of our program are to help your child:

- Participate in safe, wholesome, and fun activities
- Learn about living with others
- Strengthen their self-image by developing a wide variety of skills
- Appreciate and care for our natural world
- Experience personal and spiritual growth and enrichment
- Evaluate and clarify their own values

YMCA CAMPING QUALITY 8

The Quality Eight are measures of quality for summer camp that guide RKY Camp and YMCA Camps in our work. As such, we strive to ensure that:

- RKY Camp is fun
- RKY Camp is safe
- RKY Camp is a place for friendships
- RKY Camp is a place of belonging
- RKY Camp campers learn and are challenged
- RKY Camp treasures the natural world
- RKY Camp meets campers' personal life needs
- RKY Camp is a place that campers want to return to

PREPARING FOR CAMP

Cabin-Mate Requests

Cabins vary in size from 7 to 10 campers. We do our best to honour mutual cabin-mate requests, where ages and spaces permit. Due to the progressive nature of our camp program, cabin-mate requests involving a significant difference in age are generally discouraged.

In an effort to make RKY a special place for everyone, we ask for your help in preventing cliques. If your child is attending with a friend, please encourage them both to take some time to make new friends and share in the experience of living cooperatively with their peers.

It is important to note that we cannot guarantee cabin-mate requests. Cabins are made a week prior to all programs to account for all registrants and camper numbers. Furthermore, there are many factors and circumstances that influence cabin composition.





Packing Tips

Packing for camp can be fun for kids! Get your child involved so they can easily recognize their belongings. Since they'll be away for anywhere from 6 days to 4 weeks, it is very important that they come equipped with all the items needed at camp. Please review the packing list, as well as our packing tips, to assist you in preparing for camp.

1. Label EVERYTHING! We recommend using iron-on *Mabel's Labels*, to help make this task easier. You can see the variety of labels they offer at camps.mabel.ca. If lost items are labelled with your child's first and last name, we will attempt to return them to you.
2. Send Old Clothes. We get really dirty!
3. Sometimes it Rains! Most camp programs and out-trips continue despite rainy days. Rain suits (both pants and jacket) are great – windbreakers don't cut it. A pair of rubber boots complete our waterproof attire.
4. Bring a Laundry Bag! A laundry bag will help your child keep their dirty clothes separate from their clean ones. Laundry facilities are *not* available at camp except in emergencies, so please provide sufficient changes of clothing for your child's stay. More information on precautions for bedwetting is found below.
5. Pack with your Camper! Pack bags with your child, so they know exactly which pocket has all their clean socks and underwear!



Packing List

The following items are recommended for making your child's stay at camp comfortable and complete. Campers are strongly encouraged to take responsibility for their belongings at all times. Staff will be available to assist in organizing and packing at the end of the camp session, but are not responsible for camper's belongings while at camp. Please help reduce lost and found by clearly labelling your child's belongings. Do not send valuables to camp.

Luggage does not need to be expensive. Duffels, old suitcases, and hockey bags work great. We kindly ask that you do not pack items in garbage bags, as they rip easily and can be mistaken for garbage. Please pack all belongings in one large bag, including sleeping bag and pillow.

Clothing for Two-Week Session (adjust accordingly for 1-week, or month-long programs):

- 6-8 t-shirts
- 2-3 long-sleeve shirts
- 1-2 sweaters
- 3-4 pairs of shorts
- 3-4 pairs of long pants
- 1-2 sweaters
- Bathing suit
- 2-week supply of underwear
- 12+ pairs of socks (some wool)
- 2 sets of pajamas
- Warm jacket
- Raincoat, pants, and boots
- Sun hat or baseball cap
- Sunglasses
- At least 2 pairs of running shoes
- Sandals (preferably with back straps)





Gear:

- Sleeping bag (sheets and blankets optional, but a sleeping bag is required for out-trip)
- Pillow and pillow case
- Toiletries: hairbrush, soap and shampoo, toothbrush and toothpaste, etc.
- 2-3 towels
- Laundry bag or plastic garbage bag
- Reusable water bottle
- Sunscreen, insect repellent, chapstick
- Flashlight and extra batteries
- Stationary, pen, stamped envelopes
- Medic alert bracelet (if applicable)

Optional Items:

- Books, magazines, family pictures, sports equipment, disposable camera
- One change of nice clothes for Banquet
- Ragger's Rag (if previously participated in the Blue Rag program)
- Journal and pen
- Musical instrument

Face masks are not required, but if your camper is more comfortable wearing a mask, they are welcome to do so.

Note: if you are unable to acquire essential items for your child's camp experience for any reason, please email davin@rkycamp.org. Our local Rotary Club sponsors a camp gear library for our families to access their child's time at camp.

What Not to Bring:

At RKY Camp, we believe that a camp experience should be a return to the basics, where campers can develop a sense of harmony with nature, themselves and others. If any of these items are brought to camp, they will be collected by the Camp Director and returned to the parent/guardian at the end of the camp session. RKY Camp is not responsible for lost, damaged, or stolen items. Please ensure the items listed below are not brought to camp:

- Cell phones
- Personal electronics (e.g. iPads, iPods, laptops)
- Electronic toys or devices (e.g. Nintendo Switch)
- Bluetooth speakers or stereos
- Matches
- Knives
- Expensive watches, jewelry, or any other valuables
- Expensive cameras
- Expensive musical instruments
- Hair dryers or curling irons
- Food, gum, or candy
- Cash
- Drugs or alcohol
- Cigarettes, tobacco products, or vaping devices

Participants who bring drugs, alcohol, cigarettes, tobacco products, or vaping devices may be asked to leave the program at the discretion of the Camp Director.





Medications and Wellness:

All medications are to be sent to camp in their original packages with a Ziploc bag, clearly labelled with the camper's full name and date of birth. All staff and camper medications are locked in a secure space within the Wellness Centre. We ask that you give the medications directly to our Wellness Staff at the check-in table on the first day of camp. We strongly encourage the use of blister packs for prescription medication for ease of administration and to reduce extra medications.

Please do not send non-prescription drugs or vitamins to camp. Our Wellness Staff are qualified and authorized to provide a number of over-the-counter medications to your children if it becomes necessary. Our Wellness Centre is well stocked with these over-the-counter medications and our Wellness Staff are always working with participants to make sure they are at their best. The Wellness Staff or Camp Director will keep you informed about your child's health in the case of a change in health, a trip to the doctor, or an emergency. In order for us to provide the best care possible for your child, please make sure to be as specific as possible on your child's medical information form.

Parents and guardians of campers carrying Epi-Pens or inhalers for asthma are asked to ensure that this information is brought to the attention of the Wellness Staff upon check-in to provide medical directives and consent concerning their use.

Laundry Services

There are no camper laundry facilities at RKY Camp except for emergencies. Please ensure that your child has enough clothing for the full session. Exceptions to this rule are made for CITs, who stay at camp for one month. Laundry is available for bedwetting or incidental soiling of clothing.

Lost and Found


Items left at camp will be brought "as is" to the pickup at Molly Brant Public School, 30 Lyons Street, Kingston, Ontario on the final day of each session. Parents and guardians are encouraged to look through lost and found at this time. Any items not claimed at pick up will be laundered and inventoried by RKY staff. We will be holding two Lost and Found nights at the YMCA of Kingston, one after each month, for parents and guardians to come and look through what has been left behind/unclaimed. Any items that are not claimed will be donated to a local charity.

Camp Photos

At RKY Camp, we do our best to take photos of our campers (whose caregivers have signed the media release) and make them accessible to our families. Over the years, there has become an increasing expectation for frequent photo updates from camp. While we strive to provide photo updates, we want our campers to remain engaged in program and with the natural world.

As we provide a much-needed unplugged environment for our campers, we do not take photos from cell phones. We use a digital camera, and our photos must be uploaded on a computer and reviewed to





ensure campers without a media release form are not present in any photos. We do not have a dedicated photographer at RKY Camp – members of our senior team take photos when they are able – and our internet connection at camp does not always allow for timely uploads. With this in mind, we are only able to commit to posting photos a few times per week.

We recognize the joy (and sometimes relief) experienced when you see photos of your smiling child at camp, and we will do our best to upload photos in a timely manner. We appreciate your understanding.

Accessibility at Camp

RKY Camp welcomes children of all abilities to our programs. RKY Camp staff are trained and able to assist campers with certain physical and developmental disabilities. In the event that your child requires one-on-one support, one of our Integration Counsellors will be assigned to ensure your child’s needs are met. Our Integration Counsellors will help modify and adapt programming to ensure your child is included and integrated into the RKY Camp experience. If your child requires one-to-one support while at camp, please contact the Camp Director to discuss how we can best support your child.

Inclusion at Camp

Recognizing that prejudice, discrimination, and stereotyping are prevalent through society, we are dedicated to the creation of a safe, secure space for those seeking services with us. It is the policy of RKY Camp to maintain and promote a facility that provides the highest quality of services to our campers regardless of their actual or perceived gender identity or sexual orientation. We encourage the parent(s) or guardian(s) of any transgender, trans*, and gender-nonconforming campers to contact the Camp Director to discuss the commitments to inclusion made by RKY Camp and how we can best welcome and support your child.



ON THE FIRST DAY OF CAMP

All summer programs begin on a Sunday and end on a Friday.

Please note the change to 2023 arrival day timing below.

The camp arrival and departure location is Molly Brant Public School, 30 Lyons St, Kingston, Ontario.

Arrival Day

Option:	Location:	Arrival Time:
Bus from Kingston	Molly Brant Public School, 30 Lyons St, Kingston, ON	12:30 pm – 1:00 pm
Drop off at Camp	RKY Camp 1194 Sugar Bush Lane, Parham, ON	3:00 pm – 3:15 pm

Please ensure your camper has had lunch prior to drop off. RKY Camp will be providing a substantial snack when campers arrive at camp. Parents and guardians are required to stay with their child until they have been through the sign-in process and checked in with their counsellors.

Buses depart Molly Brant Public School for RKY Camp at 1:15 – 1:30 pm.

If dropping off at RKY Camp, please do not arrive early, as the staff team will be preparing for intake and our camp road is hard to share with incoming school buses.

Please note, the start time for the first day of camp has been scheduled later than in the past to provide our staff team with enough time off in between camp sessions to return home and recharge before their next cabin of campers arrive, as well as to fulfill our (ESA) obligations for time off for employees.

All medications must be labelled and in original packaging ready to be turned over to the Wellness Staff. Having prescription medication in blister packs by a pharmacy is a preferred method for our Wellness Staff, as it is organized by dose.

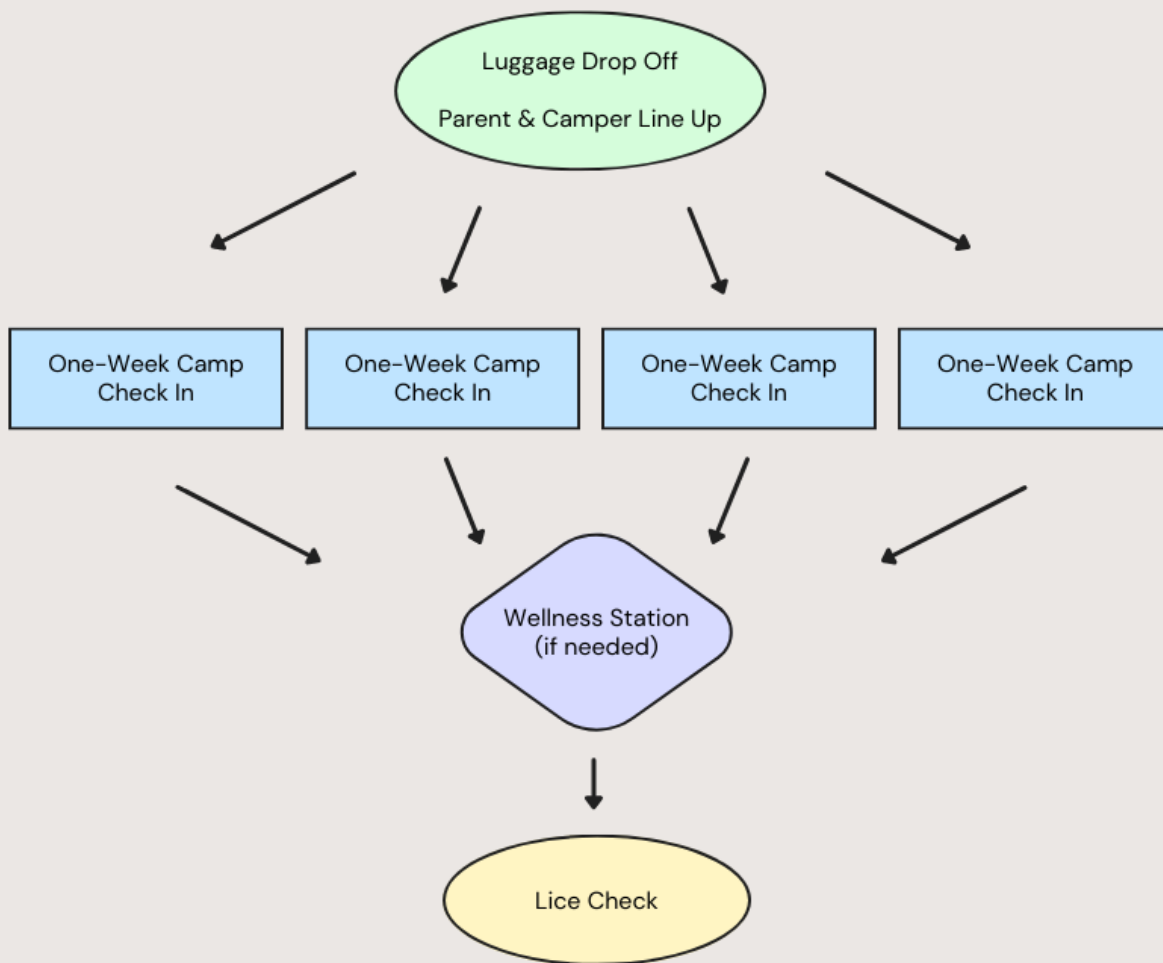
Final Day

Option:	Location:	Time:
Pick Up from Camp	RKY Camp 1194 Sugar Bush Lane, Parham, ON	9:30 am – 10:00 am
Pick Up from Kingston Bus	Molly Brant Public School, 30 Lyons St, Kingston, ON	12:00 pm



Arrival Day Check-In Procedure

Arrival at Molly Brant Public School, 30 Lyons St, Kingston, ON. Check in begins at 12:30 pm.



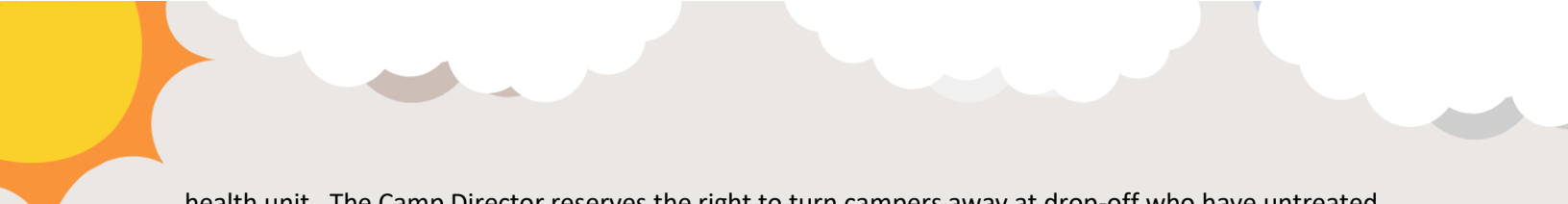
Upon arrival at Molly Brant Public School, you will see a series of check-in tables arranged as above. The check-in process is as follows:

1. Luggage Drop Off: drop off all camper luggage in the designated area.
2. Notify the staff of any changes to your child's personal or medical information.
3. Provide us with all medications along with directives for their administration (please note, no medications may be kept in camper cabins without approval from the Wellness Staff).
4. Prepare your child for a quick check for head lice.

Head Lice

All campers and staff are required to undergo a check for head lice by our staff prior to boarding the buses. If head lice or nits are found, treatment must be started before arrival at camp. We strongly recommend that caregivers check their campers for lice prior to the start of camp. If you require further information about detection or treatment of head lice, please contact the Camp Director or your local





health unit. The Camp Director reserves the right to turn campers away at drop-off who have untreated head lice or evidence of head lice. If you are concerned about your child's head lice, please feel free to contact the Camp Director for advice.

A TYPICAL DAY AT CAMP

7:00 am	Polar Bear Swim
7:50 am	Flagpole
8:00 am	Breakfast
8:45 am	Cabin Clean Up – everybody does their share
9:30 am	Area Selection #1
10:30 am	Area Selection #2
11:30 am	Free Choice Time – all program areas open
12:30 pm	Lunch
1:30 pm	Rest Hour & Tuck
2:30 pm	Cabin Group Activity – planned by you!
3:30 pm	Interest Group Activity- choose your favourite!
4:30 pm	Free Choice Time – all program areas open
5:30 pm	Dinner & Invitations
7:00 pm	Evening Program – with the whole camp!
8:45 pm	Snack
9:00 pm	Flagpole & Taps
9:30 pm	Youth Camp Bedtime
10:00 pm	Senior Camp Bedtime

Camp Programs

Two-week campers are given the opportunity to select two main program areas at camp they would like to focus on. Areas include camp craft, swimming, canoeing and kayaking, adventure, nature, arts and crafts, and music. Upon arrival at camp, campers rotate to all of the areas to gain a sense of which activities they would like to challenge themselves with. Campers then select three activities they would be interested in participating in for the full camp session. Campers are slotted into two activities out of their three selections and are guided by our staff through a progressive, skills-based approach to each of their selected activities. **We do not guarantee that all campers will obtain their first choice of activity.** However, there are many other opportunities at camp to experience all program areas at camp. For example, all program areas are open during Free Choice Time for campers to try their hand at other activities, meet new friends, and learn something new. Cabin group activities are also another opportunity where campers can take on the challenge of a boating lesson or the climbing wall with their cabin group.

The focus of the one-week camp experience is to give campers the opportunity to discover all areas of camp. As such, one-week cabins rotate through program areas during the mornings at camp. If a camper shows a particular interest in a specific area, they are given opportunities to pursue that during Free Choice Time and afternoon program options.



 **Out-Trip**

While at RKY Camp, all campers participate in an out-trip with their cabin. The out-trip is an important part of our programming, and we strongly encourage all campers to participate fully. Campers unable or unwilling to participate in the out-trip portion of the camp experience will have to be picked up and brought home for the duration of the out-trip and return to camp when the cabin has returned.

Out-trips take place on RKY property or Eagle Lake for most campers, with trips to North Frontenac Park for our oldest campers.

All trips to North Frontenac Park will have two lifeguards and one staff member with their Remote First Aid certification at a minimum. All trips will have a satellite communicate device for contact with camp and the ability to call in professional rescue services in the case of an emergency. Families will not be able to contact campers while they are on out-trip.

All necessary equipment for the out-trip is provided by RKY Camp and your child will not require any special equipment in addition to what is outlined in the packing list.

 **Housekeeping Duties**

RKY Camp is a community and as a member of a cabin group, each camper will be expected to share in the responsibilities of keeping the cabin clean and their personal belongings in order. Campers also assist with table setting and clearing during meals, and even help with cooking and cleaning dishes on out-trip. Please help us reinforce the value of these duties and the importance of teamwork that is required to complete these tasks.

 **Personal Care and Hygiene**

We do our best to give all campers guidance about personal care and insist on proper hygiene. In addition, while not on out-trip, campers will have the opportunity to shower at least every other day. While on-trip, campers will have the opportunity to swim each day.

In the evenings, youth camp and senior camp will alternate scheduled shower time in our shower facilities, in addition to daily opportunities to swim. If you have any specific expectations, please make sure that your child and your child's counsellor are aware of these.

 **Bedwetting**

If bedwetting is a concern, please note that our staff are trained to deal with these discretely. Campers are encouraged to ask their counsellors for help, day or night, and every effort is made to prevent accidents. Campers who may wet the bed are asked to bring extra bedding or sleeping bag liners to camp. Camp will quickly launder any soiled bedding. If you believe your child is likely to wet the bed, please make note of this in your camper registration forms.





Homesickness

Many children who are away from home for the first time may go through a period of homesickness until they are adjusted to the camp setting. Feelings of missing home can be mild or severe and produce symptoms such as a stomachache, headache, or anxiety. Camp staff are trained to monitor for early symptoms of homesickness and to respond to individual needs and help children feel comfortable at camp.

In our experience, homesickness passes with time and caring support. However, there are some things you can do to help reduce homesickness, including:

- Learn about RKY Camp with your camper, so they can anticipate what it will be like.
- Talk about the activities that will happen at camp and ask your camper what they are looking forward to at camp. Go through the sample schedule.
- Arrange for your child to spend a night or two at a friend's house.
- If your camper is worried about missing home, talk about it with them. Let your camper know that homesickness is normal and tell them about strategies they can use to help ease their worry. Common ways of addressing homesickness at camp including writing letters home, sharing feelings with their friends and counsellors, hugging their favourite stuffed animal, and thinking about the activities they are most excited for at camp.
- Use a calendar to show the amount of time that your camper will be away. Predictability and perspective on the length of the camp session is important.
- Pack a personal item from home such as a stuffed animal or picture of your family. This can help ease the transition from home to camp.
- Supply pre-stamped, pre-addressed envelopes and paper for your camper to send letters home.
- Send mail prior to your child's camp visit to ensure that they receive mail while they are camp. Our Bunk1 service is ideal for quick delivery of messages to your camper.
- Before your camper leaves for camp, avoid making comments that may reflect your anxiety about your child being away. Phrases such as "I hope you'll be okay" or "what will I do without you" may leave a child worried that something bad might happen to them or their parents/guardians and may preoccupy their thoughts. An example of a positive send off is "I know that you're looking forward to a lot of the activities at camp. I can't wait to hear your stories".
- Avoid making a "deal" with your camper to bring them home if they don't like the experience of being away. This may undermine the child's sense that their parents/guardians have confidence in their ability to be on their own. It may also set an expectation that they won't like the new experience and the child may not give the camp experience a chance. If they are homesick, all they will think about is how their parents/guardians said they will come get them right away.





Phoning Home

We discourage the use of telephones by campers. However, if homesickness becomes severe, we will always contact you. If it is necessary to do so, we may attempt to arrange a phone call with you and your child.

Depending on the level of homesickness that your child is experiencing, there are other options we can explore before a child calls home. Often, children need a quick reassurance from their family that everything is okay, and some encouragement to make the most out of camp. Parents can send an email at any time to the camp email address, and it can be printed and given to your child that day. These methods of communication can really help a child feel that they have support from home.

Though we believe it to be rare, we realize that camp just isn't for some children, or perhaps not at that time. Rest assured that at RKY Camp, we are not interested in forcing anyone to do anything they do not wish to do. If you hear from your child by mail that they are not enjoying their time, please let us know – we will always be honest with you about our perspective. If your child is not enjoying their experience at all, we will do our best to remedy the situation or arrange for their return home.

First-Time Campers

If your child has not attended camp before, or is away from home for the first time, we strongly recommend a sleepover or two for them at the home or a friend or relative. This will give them some experience with feelings of separation from the family prior to their stay at camp.

RKY Camp will call all first-time camp families within the first 2-3 days of their child's time at camp to provide an update. Receiving a call from camp does not mean it is an emergency and our staff will be quick to confirm this on the call.



Dietary Needs

At RKY Camp, we take all camper dietary restrictions seriously and provide appropriate alternatives at each meal served where required. We take every step in offering and informing campers of the alternatives made available to them at each meal.

Please speak with your camper about their responsibility in ensuring they are following their required diet. Let your camper know that they should speak with an RKY Camp staff member right away if they have any questions or concerns regarding the food provided while here at camp. Please feel free to contact the Camp Director should you have any questions about specific dietary needs.





CAMP POLICIES

Camp Rules and Behaviour at Camp

Our basic camp rules follow the core values of Honesty, Caring, Respect, Responsibility, and Inclusion. RKY Camp staff are trained and experienced in providing high-quality care for our campers, ensuring the needs of everyone are met. We expect that all staff, volunteers, campers, and parents/guardians are focused on supporting RKY Camp to be a safe environment for everyone, both physically and emotionally. As such, our general camp rules are as follows:

- Respect each other
- Respect yourself
- Respect the natural environment
- Respect RKY Camp

RKY Camp does have specific rules that could result in participants being sent home, at the experience of the parent/guardian:

- Violence towards others
- Abuse, harassment, or bullying of any kind
- Participant endangering themselves or others
- Possession of drugs, alcohol, tobacco, or vaping devices
- Defacing of camp property or the natural camp environment

RKY Camp strives to create a community where everyone feels safe and comfortable. Bullying, fighting, harassment of any kind, and sexual activity will result in a camper being sent home at the discretion of the Camp Director at the parent/guardian's expense. Parents and guardians are welcome to contact the Camp director at any time for clarification on these or other camp rules. Please review this information with your child.

Discipline at Camp

We feel that children gain security from knowing how their day will unfold and what is expected of them. Our aim is to help campers achieve self-discipline and a sense of responsibility to ensure health and safety, respect the rights of others, and treat camp property properly.

Campers may receive natural consequences in a positive manner at a level that is appropriate for their actions, age, and developmental level. Corporal punishment is **not** permitted, nor are deliberate, harsh, or degrading measures that would humiliate or undermine a camper's self-respect.

Conflicts can arise at camp. These conflicts range from minor disagreements to major fights. It is our belief that the effective resolution of conflict by staff and fellow campers alike is the key to a successful learning experience at camp.





Camper Dismissal

If a situation arises where a camper threatens the safety of another camper, or if a camper shows a complete disregard for camp rules, that individual may be dismissed at the discretion of the Camp Director or Executive Director. The camper's family is responsible for any costs associated with that individual's dismissal and no refund will be given if the dismissal is due to behavioural reasons or concerns. It is the parents/guardians' responsibility to pick the child up or arrange for pick up upon the dismissal.

Possession of Illicit Substances

Smoking, vaping or vaping devices, the consumption or possession of alcohol, cannabis, and/or non-prescription drugs are not permitted on RKY Camp property. Any camper who disregards this policy will be sent home immediately, regardless of circumstance or degree of participation.

HEALTH & SAFETY

Camper Health Logs

Each night, your camper's counsellor(s) will talk through the daily health log. This is a time for a formal check-in with your camper regarding their day. The questions range from confirming that your camper did a tick check to highlights of the day and questions relating to their emotional state at camp. The health logs are read by a member of our Wellness Staff each day and monitored for trends that may need to be addressed (mood, eating habits, bowel movements, etc.).

There will be a morning portion of the health log relating to respiratory symptom screenings to take place before breakfast.

Medical Examinations

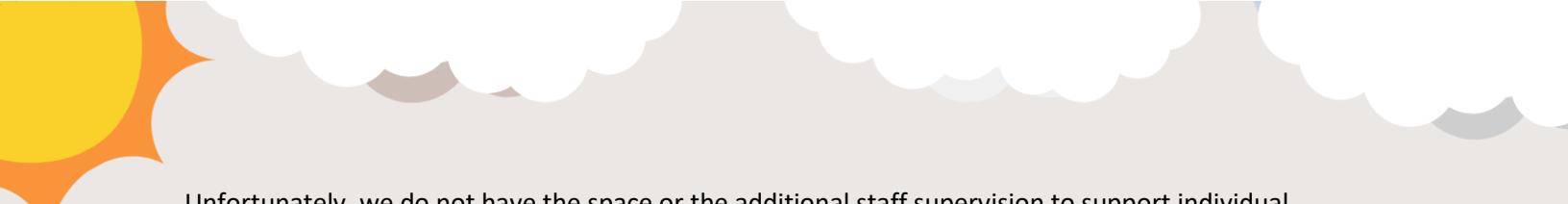
While it is not mandatory for your child to have a medical examination, we strongly encourage an exam if:

- It has been more than 12 months since the last exam.
- You have any doubts about your child's ability to participate in any camp activity.
- Your child has recently been hospitalized or treated or has been exposed to any communicable diseases.

Illness While at Camp

Camp is a very challenging environment to handle contagious illnesses. For this reason, we work hard to ensure that we know the health of our campers and staff and do everything we can to minimize the potential for spread of illness. It is our camp practice to treat injury, illness, and infectious diseases as per recommendations of the local health unit. For common illnesses or viruses, children will be required to return home until they are no longer contagious.





Unfortunately, we do not have the space or the additional staff supervision to support individual campers for lengthy medical stays in our Wellness Centre and feel that they will be much better supported at home to make a speedy recovery and return to camp. In addition, having campers with any type of contagious illness recover at home helps us to reduce the potential for spreading illness in our community. Families will be responsible for any costs associated with prescriptions. Reimbursement for time missed at camp due to contagious illness is at the discretion of the Camp Director.

We ask for vaccination information in our registration forms in case a related illness presents itself at camp and Public Health instructs us to identify campers who are not protected and inform their families. In the absence of any Public Health directives related to vaccination status, we will not be requiring vaccinations are a prerequisite for attendance in our programs.

In the event that there is a high community transmission of certain infectious diseases, and we see that presenting at camp, we reserve the right to implement interventions at camp in order to mitigate risks of outbreaks. These can include masking, COVID-19 testing, and cohorting.

Use of Health Card Numbers

In accordance with the Health Card Numbers Control Act, your child's health card number will be kept confidential and used only for the purpose of securing health care at a licensed medical facility.

International and Out-of-Province Campers

If your child is not a resident of Ontario, please make arrangements for complete medical insurance coverage while at camp. Please be advised that camper families are responsible for all costs associated with medical treatment, including prescribed medication. Please ensure that you forward copies of all important documents, such as insurance coverage, prior to your child's arrival.

Additionally, international and out-of-province campers are required to provide a local emergency contact who could pick up the camper in the event of illness or emergency.

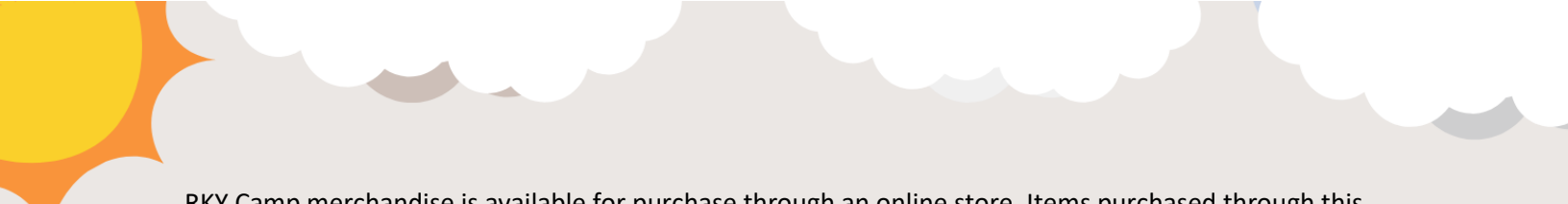
Risk Management

Every overnight camping program involves some degree of risk – as does any learning experience. Our goal cannot be to make all experiences for your child risk-free. Rather, we seek to minimize risk as much as possible. Should you have any questions about the risks associated with any aspect of our camp program, or about the measures we take to minimize and mitigate risk, please do not hesitate to contact the Camp Director.

TUCK SHOP

The RKY Tuck Shop provides a variety of snacks and treats for campers once every other day during the session. This is in addition to the daily evening snack provided by RKY Camp. This service is included in your camp fees.





RKY Camp merchandise is available for purchase through an online store. Items purchased through this store will be given to campers while at camp. For late registrations and extenuating circumstances, some merchandise may be available for purchase at camp. This will be facilitated by our Coordinator and communicated to you for consent and payment.

Please check the RKY Camp Facebook page for updates on the online Tuck Shop store.

MAIL

Campers are always excited about receive mail at camp. It is best to keep letters positive and light-hearted. Any sad news is generally best left until your child arrives home. It can take up to four or five days for a letter to arrive at RKY Camp. Please account for this time when sending mail to camp and perhaps send in advance of your camper's arrival.

Please address mail to:

Camper's Name
RKY Camp, Session # ____ (Cabin name if known)
G.D., Parham, ON K0H 2K0

Parents and guardians are reminded that packages containing food should not be brought or sent to camp. Food in cabins attracts animals and can result in clothing and equipment damage. Counselling staff have also found that selective sharing of treats often leads to difficulties amongst cabinmates. If delivered to camp, food care packages will be held by the Camp Director until the last day of the session.

Mail and packages that arrive past your session dates are often returned to the post office. Please ensure you have included your return address so late mail and packages can be returned to sender.

BUNK1 EMAIL SERVICES

We are pleased to continue using Bunk1 email service. You can better keep in touch with your campers and receive handwritten replies from them via email. In order to access this service, you need to register for an account.

You will be send a letter at least two weeks prior to the camper's session, outlining the sign-up process.

Once purchased, campers can write their messages to you on the additional purchased Bunk Note Replies, which are then sent to the email address you registered with. Bunk1 notes are sent to RKY Camp with a one-day delay. They are then delivered to mailboxes in the morning and received by campers during the day. You must purchase additional Bunk Reply Notes to hear from your camper, as a Bunk1 message is only a one-way communication. If you are having trouble sending or receiving messages from your camper, please contact Bunk1 directly at 1-800-216-9472 or support@bunk1.com as they are better suited to answer questions.



RKY CAMP SAMPLE MENU

Subject to Change						
DAY	Breakfast	Lunch	Veggie	Dinner	Veggie	Snack
1				Penne & Marinara, Caesar Salad, Garlic Bread, Brownies		Freezies
2	Chocolate Chip Muffins Fresh Fruit	Macaroni & Cheese Veggies & Dip		Bar-B-Q Chicken, Roasted Potatoes, Tossed Salad Cookies	Black Beans & Rice	Pretzels
3	Buttermilk Pancakes & Syrup	Tomato Soup Grilled Cheese Veggies & Dip		Sheppard's Pie, Bread, Cole Slaw Jell-O		Popcorn
4	Bagels & Cream Cheese Fruit Cocktails	Cheese Pizza Caesar Salad		Mexican Fiesta Tacos, Fresh Vegetables	Veg Tacos	Bananas
5	Scrambled Eggs & Home Fries	Tacos Veggies & Dip	Bean Burritos	Lasagna, Caesar Salad, Garlic Bread, Apple Crisp	Marinara Sauce	Rice Krispie Squares
6	Oatmeal Muffins & Peaches	Chicken Burgers Tossed Salad	Veggie Burger	Hot Dog Cookout Potato/Mac Salad Watermelon	Veg. Kabobs	Bits & Bites
7	Bacon and Scrambled Eggs	Make your own Sandwich, Chicken Noodle soup.	Veggie Sub with Cheese	Roast Pork Chops, Mashed Potato, Bread, Cooked Veg., Tarts	Fettuccini Alfredo	Nachos & Salsa
8	Danish & Fruit Salad	Pizza on a Bun Veggies & Dip		Chicken Parmesan Fettuccini, Salad	Chick Pea Casserole	Apples
9	Omelets and Sausages	Chicken Fajitas Garden Salad	Veg. Fajitas	Spaghetti & Meat Sauce, Salad, Garlic Toast, Chocolate Pudding	TVP Sauce	Cereal Bars
10	Croissants, Eggs, & Fruit	Beef Chili, Sour Cream, Cheese, Veg	Veg. Chili	Hamburger Cookout, Coleslaw/ Carrot Sticks Popsicles	Veg. Burger	Popsicles
11	Eagle Breakfast Sandwiches	Sloppy Joes Garden salad	Pizza Buns	Ham, Scalloped Potatoes, Corn, Cookies	Stuffed Peppers	Bananas
12	Assorted Bagels & Cream Cheese	Chicken Caesar Wraps, Veg. & Dip	Falafel	Roast Beef, Mashed Potatoes, Mixed Veg. Nanaimo Bars	Mock Meat Loaf	Popcorn
13	Cinnamon Buns & Fruit					

