

# SUMMER CAMP

## PARENT GUIDELINES FOR SUMMER CAMPS

Welcome to the Cowichan Valley Regional District's Spring & Summer Camp programs! Our primary focus is to ensure the safety of staff and children attending camps. In order to provide the highest level of care and safety, CVRD will follow guidelines set out by WorkSafeBC, Public Health and BCRPA. We ask that you thoroughly read these guidelines to assist us in minimizing any safety risks.

### ATTENDANCE PREREQUISITE



It is imperative that your child is responsible enough to strictly adhere to the guidelines and instructions from staff in order to attend all camps. We ask that parents discuss the following guidelines with their child prior to attending to prepare them for their camp experience.

New 2025 camp Profile Forms must be filled out and submitted prior to the start of camp. We keep Profile Forms on file at the Cowichan Lake Recreation for a calendar year. Once a form is filled out you will not be required to re-submit it until the New Year.

# SUMMER

## SCREENING FOR ILLNESS



Parents will be expected to screen their child for symptoms of illness prior to daily arrival at camp. If your child is sick or showing any of the following symptoms - do not bring them to camp.

- Experiencing any flu or cold-like like symptoms
- Is being treated for lice
- Has pink eye

Entry will be denied if your child suffers from any symptoms above. If your child displays symptoms during the day, you will be asked to pick them up immediately.

## SUNSCREEN APPLICATION



Application of sunscreen is a dilemma when trying to minimize physical contact with children and between children. While we will still assist a child with sunscreen application when necessary, we will need to take universal precautions.

To ensure staff assistance is limited, we ask parents to assist in the following manner:

- Sunscreen your child prior to drop off
- Teach your child how to apply sunscreen/help siblings
- Very fair skinned children or those who burn easily should wear a sun shirt
- Send along spray sunscreen to be reapplied when needed.

# SUMMER

## WHAT TO EXPECT AT CAMP



- It is your responsibility to provide your child with enough lunch, snacks, and water to get them through the day; no food sharing will be allowed
  - All food items should be nut-free
  - Please pack a water bottle each day
  - Children will be asked to wash their hands before and after lunch and snacks
- Washroom use throughout the day will take place as a “buddy” system so a child is not on their own
  - Daily activities and free play will be part of your child’s day, please make sure that they are dressed appropriately for inside and outside play, including wearing appropriate footwear, and bringing swimwear/towel and helmet/gloves etc.

## DROP OFF & PICK UP



- Drop off and pick up times will be included in the Welcome to Camp email sent out previous to camp start
  - Our staff will be busy getting ready for the day, so will not be able to accommodate early arrivals
- If your child will not be attending camp, please let us know by calling 250.749.6742
  - Please be sure to arrive on time for pick up; failure to pick on time could result in a post camp fee being charged

## PARTICIPANTS WITH DIVERSE NEEDS

Help us support your children! You must indicate on the Profile Form if your child has extra support needs or requires an aid at school. **If your child requires an aid at school, they will require an aid in our camp program.** Parents/guardians of children with known special needs must disclose and discuss their child’s needs with the Recreation Programmer prior to enrollment. This helps our staff better support your child in camp, and create a positive experience for everyone.

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## CAMP DO'S

- **RESPECT OTHERS' PERSONAL BUBBLES** by keeping your arms, legs, etc. to yourself
- **RESPECT OTHERS' PERSONAL BELONGINGS:** please keep important personal items at home
- **LISTEN WHEN A LEADER IS TALKING:** no one else should be talking
- **BE KIND TO ONE ANOTHER**
- **WEAR YOUR HAT AND SHOES** (unless otherwise told by a leader)
- **KEEP YOUR FEET ON THE GROUND**
- **STAY WITHIN THE BOUNDARIES:** stay where a leader can see you
- **USE THE BUDDY SYSTEM** when going to the washroom or filling up water bottles
- **HAVE FUN!**

### WHAT TO BRING TO CAMP:

- **A POSITIVE ATTITUDE**
- **APPROPRIATE FOOTWEAR**
- **DRESS FOR THE WEATHER**
- **HAT/SUNSCREEN**
- **WATER & BIG LUNCH**

### WHAT TO LEAVE AT HOME:

- **PERSONAL ITEMS THAT COULD BE LOST OR STOLEN**
- **ELECTRONICS**
- **TOYS & STUFFIES**
- **\$ FOR VENDING MACHINES - OFF LIMITS**