



2021 SUMMER DAY CAMP

GUIDELINE SHEET

- A Daily Health Screening (DHS) must be submitted by a legal guardian from home by 8:00 am each day or completed at drop-off. A link will be provided on our website.
- All campers must be escorted by a legal guardian to camp on Monday.
- If DHS is done at home, Tues - Fri, older campers can self-drop-off, or caregivers and older siblings can drop-off.
- If campers arrive without a legal guardian on Monday or without their DHS completed any day, they will be sent home.
- Campers must follow camp rules and listen to the staff at all times. Participants unable to follow health and behavioural rules will be removed from the camp, isolated with a staff member while waiting for a guardian to pick up within one hour.
- Each camper must be able to be dropped off successfully - parents will NOT be allowed into the building.
- Each camper must bring all their own food and a water bottle. Please make sure all food and drink items are peanut and nut free.
- Campers are not allowed to share or trade any personal items.
- Each camper must bring a face mask. Please pack 5 extra masks in their bags.
- Each camper must practice respiratory etiquette and be able to properly wash their hands using the OPH protocol (20 sec.)
- Each camper must have full toileting skills.
- Each camper must bring and apply their own sunscreen, which cannot be shared. We also recommend having a zip lock bag of extra clothing in their bag.
- Each camp will have a separate space.
- Different camp cohorts will not interact.
- Each camp will have dedicated equipment.
- Children who show symptoms associated with COVID-19 will need to be picked up immediately.
- Campers awaiting COVID-19 test results may not attend camp



“BUT WHAT ABOUT THE STAFF?”

Our staff will be following the same guidelines as your camper.

- Daily health screening.
- Masks when applicable.
- Will model social distancing.
- Will follow best health practices.
- Isolation while awaiting COVID-19 tests.

ALLERGIES, MEDICATION & MEDICAL ALERT INFORMATION

If your child has an allergy or medication, we require specific forms to be completed (printed copies will be available.)

Children who carry Epipens will need two at all times and one **MUST** be carried on their person.

List of Medical Alert Information Categories:

- Ear Aches o Seizures
- Attention Deficit (ADD or ADHD)
- Skin Conditions
- Eating Disorders
- Sinus Infections
- Heart Conditions
- Headaches
- Diabetes
- Emotional Concerns
- Stomach Aches
- Arthritis
- Autism
- Nose Bleeds
- Asthma
- Dietary Needs
- Celiac

If your child has any of these categories, please print and fill out the [Medical Alert Information Sheet PDF File](#).

ABSENCES

If your child will be absent. Please contact us before 8:00 am or call Keyana at, 613-415-0672.

We like to know in advance! Regardless of cause, you still need to complete the Daily Health Screening online.



PICK UP INFORMATION

When you drop off your child in the morning, please let the staff know who will be picking up your child at the end of the day.

When you are ready to pick up your child a staff member will be outdoors at a sign out table.

- Please have your ID ready to pick up your child.
- Please let the staff member know who you are picking up and what camp your child is in. You must make arrangements with your child's Camp Coordinator in regards to pick-up in advance (before 4:00 pm).
- If you need to pick up early, please call Keyana at, 613-415-0672 to determine what your child's camp is doing. You may need to meet them at their location.

WHAT TO PACK?

- A book/coloring book & colored pencils
- Sunscreen
- Hand Sanitizer
- Extra masks
- Hat
- Water bottle
- Extra clothing in a ziplock bag
- Swimsuit and towel (on a special activity day)
- Lunch: Please provide your child with a nutritious lunch, snacks and plenty of drinks. Lunches and snacks must be nut-free. We recommend you pack lunches with your children, so they have food that they like. Staff encourage children to eat the majority of their lunches but we will not force them and we can not work miracles if the children dislike their food.

WHAT TO WEAR?

Please ensure your child is in weather appropriate clothing that is suitable for active play like sneakers or sports sandals (NOT flip flops). We recommend that you do not send your child in special clothing as we often do messy crafts and play outdoors