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YMCA Camp Kanannaq Camper Guide



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YMCA Camp Kanannaq Parent/Guardian Handbook

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WELCOME TO YMCA CAMP KANANNAQ!

Dear Campers and Families,

Thank you for choosing YMCA Camp Kanannaq for your camp experience this summer! We look forward to a wonderful summer together. Whether it is your first time at camp, or you are a returning camper, this guide is full of important information to get the most out of your experience. We encourage families to review it with their children.

As we move into our twelfth summer, we are excited to focus on building meaningful relationships with all campers and providing high quality programming. We are eager to welcome you to our location at West Lake, on the traditional territory of the Lheidli T'enneh people.

If you have any questions or concerns, please contact myself directly. We believe that early communication allows us to address any potential challenges before camp begins, making camp a better experience for parents, staff and campers.

Once again, thank you for choosing YMCA Camp Kanannaq! We will see you soon.

Sincerely,

Samantha Conway

Samantha Conway
Coordinator of Camp Programs



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CAMP OVERVIEW

HOURS OF OPERATION

Luna, Solaris, Polaris, Aurora, and Borealis programs do not operate on Wednesday July 1st or Monday August 3rd.

Each day, camp runs from **8:15am to 4:45pm**. Early drop-off between 7:00am – 8:15am is an option at the Prince George Family Y ONLY for an additional fee. Drop off is at **8:15am sharp**, the bus does not wait for late campers. If you miss the drop-off time, you are able to drop your camper off at camp. Please let a camp staff know if this is your intention.

COMMUNICATION

For information about payment and registration, please contact:

Kaitlin Keber

Coordinator of Child Care Administration

kaitlin.keber@nbc.ymca.ca

250 562 9341 ext 109

For information of questions about camp programming or the needs of your child, please contact:

Samantha Conway

Coordinator of Camp Programs

samantha.conway@nbc.ymca.ca

250 613 9049

If your child is going to be absent, if someone else is picking up your child or you need to contact Camp during your child's time for any other reason, please call **250 613 9049**.

CAMP LOCATIONS AND ADDRESS

Prince George Family Y

2020 Massey Dr,
Prince George, BC

*Meet us in the parking lot by
the BMX Track*

YMCA Camp Kanannaq

21970 Blackwater Rd
Prince George, BC

At the YMCA, we believe in service excellence.
If you have any questions or concerns, please feel free to contact us at any time.



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PROGRAM INFORMATION

REMINDER PHONE CALL AND EMAIL

Before your child's session of camp begins, you will receive a phone call from a YMCA Camp staff to remind you. Reminder phone calls usually occur the week before your child starts camp. You will also receive a reminder email, and a copy of the session newsletter.

Y VALUES AND BEAD PROGRAM

At YMCA Camp Kanannaq, we believe that our values help us distinguish right from wrong and provide a foundation for character. They are the basis of who we are, how we live and how we treat others; living with and acting on good values contribute to the development of a healthy self-esteem and overall personal happiness.

The YMCA core values that we work to instill at camp are **caring, honesty, respect, responsibility and inclusivity**. While campers are at camp, they understand that it is their responsibility to live within the YMCA values. We use value beads to promote positive behaviour, model character and personal achievement. Value beads are worn at camp as a constant reminder of what we value in our camp community. Throughout the week, beads are awarded to campers for exhibiting the YMCA core values, success in specific program areas, as well as demonstrating leadership skills and service to the camp environment.

CAMP ACTIVITIES

Campers participate in a wide range of activities at camp. We operate with a *challenge by choice* philosophy. Please note that some activities are weather dependant. Examples of activities include camp wide games, small group games, challenge course, archery, canoeing, kayaking, swimming, outdoor skills, arts and crafts, and campfire.

FRIDAY SLIDESHOW

Each week we share photo highlights of your child's experience with families through a slideshow. These occur every Friday at **3:30pm**, at YMCA Camp Kanannaq (29170 Blackwater Rd, Prince George). We welcome families to join us to share in their camper's experience.

FUNKY FRIDAY

Every Friday at camp has a theme. Campers are encouraged to dress up. We encourage you and your camper to be creative and use materials you already have. The theme for your session will be in your newsletter, which you will receive via email.



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FRIEND REQUESTS AND TEAMS

We recognize that campers often attend camp with friends, siblings, cousins and many other important people in their lives. The camp team does their best to honor all friend requests noted on the registration form when planning camper teams.

We strongly recommend that friend requests be limited to friends of a similar age. This allows us to place campers in groups of a similar age, and for staff to facilitate developmentally appropriate programs.

Our Luna program is restricted to 5-6 year olds only. Older siblings and friends will not be placed on Luna teams. Our Solaris program (ages 7-12) is further divided into two groups, Bobcats (ages 7-9) and Lynx (ages 10-12).

Dividing and creating teams is a complicated process, and once teams are decided for the week, they are very difficult to change. Throughout the day campers have many opportunities to spend time with those who are not on their team. Typically, teams are only together for the morning, and campers choose who they wish to spend the afternoon with.

If you have concerns about your camper's team please contact the Camp Coordinator.

SWIM TEST

Before being allowed to participate in swimming, **all** campers must participate in a swim test, as per BC Camps Association policies.

There is a designated swim test block on the first day of each session. Children are required to participate in the swim test each session, even if they already completed the swim test during a previous session as our lifeguards may change. Campers can choose to take the swim test with or without a PFD.

Campers will be given a wristband indicating their swimming ability. It is very important that campers wear their wristband to camp everyday to ensure everyone's safety.

STATEMENT OF INCLUSIVITY

YMCA Camp Kanannaq aims to be an inclusive environment for all children and youth, regardless of gender identity, gender expression, sexual orientation, ethnicity, culture, Indigenous status, socio-economic background and ability. We firmly believe that all children have the right to attend camp.



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SIGN-IN AND SIGN-OUT PROCEDURES

SIGN-IN

Parents must sign their child in at 8:15am. Camp staff will not begin sign-in until 8:15am.

SIGN-OUT

Only people above the age of 16 may be authorized to pick up your child from program.

Government issued photo ID is required for pick up. Children can only be released to individuals that are listed on the authorized pick up section of the registration form.

You may be asked for ID more than once. You can add someone to your authorized pick up list at any time by speaking with a staff member, or by submitting the name in writing (on a signed and dated note) in person or to samantha.conway@nbc.ymca.ca.

IMPAIRED SIGN-OUT

If an authorized person arrives to pick up a child and the person appears to be under the influence of legal or illegal drugs or alcohol and appears to be a threat to the safety of the child (for example, driving impaired), the YMCA must report the occurrence to the Ministry of Children and Family Development and the police.

LATE SIGN-OUT

If you are going to be late, please contact camp at 250 613 9049. We understand that sometimes life happens; however, it is our policy that camp pick up is at exactly 4:45pm. Parents/guardians are provided a 5-minute grace period for instances such as traffic, etc.

The YMCA charges a late fee of \$1.00 per minute when late pick-up occurs. This is due at the time of late pickup.

If a child is not picked up by 5:15pm, it is YMCA policy to contact the Ministry of Children and Family Development for pick up.



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HEALTH AND SAFETY

HOT WEATHER POLICY

YMCA staff will modify camp activities to accommodate for hot weather in order to promote the health and safety of all campers. Please apply sunscreen to your camper each morning before camp and send additional sunscreen for re-application. Hats are highly recommended. Staff will take the following hot weather precautions: frequent water breaks, sunscreen reapplication reminders, more water-based activities, less vigorous activities and the use of cooler, shaded areas.

RAINY DAY POLICY

Camp operates rain or shine! Please send your child with a raincoat and suitable footwear if there is rain in the forecast, as they will still be spending most of the day outside. Staff will modify activities to ensure that the safety of campers remains a priority. In the event of a thunderstorm, or severe rainfall, campers will rotate through a variety of indoor activities until the storm passes.

POOR AIR QUALITY POLICY

During periods of poor air quality, campers will participate in less vigorous outdoor activities and more indoor activities (depending on the severity of the poor air quality). In extreme circumstances, alternative programming may occur at other YMCA centres. In this case, families will be informed of the alternate plan during their morning sing-in.

COMMUNICABLE DISEASES

Should a camper contract a communicable disease (including lice, pinworms, hand-foot-mouth disease, Norovirus) during their camp session, a notice will be sent home to all parent/guardians of that session's campers. The child will not be allowed to return to camp until appropriate medical clearance is obtained. Camp will follow disinfectant and containment procedures as per Northern Health guidelines.

SICK CAMPER

If children become sick at camp which disables them from all participation, it is advisable for the child to be sent home. Parents/guardians will be phoned and are expected to arrange for their child to be picked up promptly. Parents are asked to keep children home from camp until they are fully recovered from their illness (24-48 hours after last incidence of fever, vomiting or diarrhea). This prevents the spread of viruses and other communicable diseases. Campers should return when they are prepared and able to actively participate in all camp activities.



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MEDICATIONS

If your child requires prescription (including antibiotics, inhalers and Epi-pens) or non-prescription (Benadryl, ibuprofen, acetaminophen etc.) medication at camp, please complete and submit YMCA Camp Kanannaq's **Medication Form** before your first day of camp. This form is available from the Coordinator of Child Care Administration at 250-562-9341 ext. 109 or on our website at www.nbc.ymca.ca/camps-outdoor-education/

Prescription medications need to be in the original container with your child's name and the date of the prescription on the container.

Non-prescription medications need to be in the original container and labeled with the child's name. Please ensure all medications are still current, as camp staff will not administer expired medication.

If your child is bringing medication for emergency use, (i.e. inhaler or EpiPen), please note that your child's counselor will carry it in their emergency pack - or if your child self-administers their medication, they can carry it in a fanny pack.

MEDICATION VACATION

If your child is on a medication vacation during camp, it is the parent's responsibility to let staff know. Letting us know allows us to work with your child more effectively.



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GUIDELINES FOR BEHAVIOR

It is the YMCA's goal to provide a healthy, safe and secure environment for all campers.

Children who attend camp are expected to follow guidelines and interact appropriately with others. Please review these guidelines with your camper:

- We are individually responsible for our own actions; therefore, all campers will respect themselves, others and our environment.
- Campers are responsible for their own attitudes and behaviors; honesty and caring will be the basis of all relationships and interactions.
- Campers will care for and respect the environment.
- Campers will accept other campers and ensure that everyone receives equal opportunities for involvement.

To ensure a safe and inclusive environment for all campers, any intentional participant behavior that puts other campers, volunteers, staff or others at physical or emotional risk may result in immediate dismissal from the program. Any expenses incurred as a result of program dismissal will be the responsibility of the participant/parent/guardian. No refund will be given to campers leaving camp prior to the end of the session due to behavior.

Behavior Management Procedures:

YMCA Camp staff will follow the following procedure when guiding challenging behaviours in the program:

1. **Warning** (Child will be told that the behaviour is unacceptable)
2. **Self-Directed Time Away** (Child will be asked to have some time away until they are ready to participate according to the behaviour guidelines)
3. **Leader- Directed Time Away** (Child will be asked to have some time away until the leader decides that are ready to participate according to the behaviour guidelines)

Child sent home (parent/guardian must pick up)



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WHAT TO BRING TO CAMP

DAILY PACKING LIST FOR ALL PROGRAMS

Please ensure all of your child's belongings are labelled with their first and last name. YMCA Camp Kanannaq is **not** responsible for any lost or stolen belongings.

- Water bottle
- Running shoes (for Aurora campers we recommend hiking boots)
- Beach shoes
- Sunscreen (minimum SPF 30)
- Bug spray
- Light jacket or hoodie
- Hat
- Swimsuit
- Towel
- Change of clothing (depending on the age of your child)
- Nut-free snack and lunch
- Backpack
- Extra weather appropriate clothing (Camp operates rain or shine!)

SNACKS & LUNCHES

Your child will be very active at camp and will need healthy lunches and snacks to fuel their high level of activity. When you plan your child's lunch please keep in mind that there are no microwave ovens at camp.

YMCA Camp Kanannaq strives to encourage a healthy lifestyle and environmentally sensitive behavior. Please try to minimize plastics and other litter from your camper lunches. Please note many campers have nut allergies – **Camp is a nut-aware environment.**

ELECTRONIC DEVICES

At YMCA Camp Kanannaq, we believe that part of the camp experience is being fully immersed in our natural setting. Therefore, we do not allow campers to bring electronic devices, including: cellphones, tablets, electronic toys, iPods or MP3 players, portable speakers or radios. If campers bring these devices, staff will collect them, store them in a secure location and return them to parents at the end of the day.



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LOST AND FOUND ITEMS

Lost items will be held for one week after the last day of the camp session, after which they will be donated. You are welcome to contact the camp office regarding your child's lost item; it is best to email us at samantha.conway@nbc.ymca.ca with a detailed description of the item as well as your child's name and we will work to locate the item.

Please label your child's belongings as this increases the chance that they will return home with everything.

The YMCA is not responsible for lost, damaged or stolen items.



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AURORA OUT-TRIP INFORMATION

DROP OFF AND PICK UP

On out-trip departure day all campers must be dropped off by **7:00am sharp** at the Prince George Family Y (2020 Massey Dr). Staff will meet campers in the lower gravel parking lot, near the bus compound.

Pick up is at **5:00pm** at the Prince George Family Y. Parents will meet campers in the upper parking lot, near the gym entrance.

If for any reason the pick up time changes (due to road delays, weather, etc.), camp staff will contact parents prior to the pick up time.

OUT-TRIP PACKING LIST

Required

- Sleeping bag
- Sleeping pad
- multi-day pack
- Bowl, cup & utensils
- Water bottle
- Toothbrush (Group to take toothpaste)
- Lip balm
- Personal hygiene items
- Bandana/cloth for washing
- Extra plastic bags
- 4 pairs hiking socks
- 4 pairs underwear
- 1 pair long underwear tops
- 1 pair long underwear
- 1 pair pants (synthetic, NO JEANS)
- 1 pair shorts
- 3 t-shirts
- 1 fleece or warm sweater

- Rain jacket (waterproof)
- Hat with good brim
- Mitts and toque
- Warm pajamas or extra clothes for sleeping
- 1 pair hiking boots
- 1 pair light camp shoes (croc or slip-on shoes)
- Journal & pencil
- Lunch for first day
- Flashlight or headlamp and extra batteries

Suggested

- Sunglasses
- Sunscreen (leaders will bring)
- Bug spray (leaders will bring)
- Whistle
- Rain pants
- Gaiters

GEAR SIGN OUT

Campers will thoroughly review this list with our staff before departing. YMCA Camp Kanannaq can provide equipment if campers do not have their own, including: multi-day packs, dry bags, sleeping bags, sleeping pads and headlamps. Campers must sign out any gear they borrow; if the gear is lost, stolen, or damaged, parent/guardians will be responsible for replacement.



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MAP AND DIRECTIONS

DIRECTIONS

Should you need to pick up your child or visit us at camp, please follow the following directions:

1. Head west on Highway 16
2. Turn left on Blackwater Rd
3. Follow Blackwater Rd until you reach the camp gate and sign, located on the left side of the road.

Once entering the camp driveway:

1. Follow the camp road until you reach the camp office
2. Park and use the visitor radio to contact camp staff
3. A camp staff will meet you at the building. **Please do not wander around the property without a camp staff.**

MAP





YMCA Aurora Leadership

June 29 – July 31

YMCA of Northern BC 250 613 9049

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	1	2	3	4	5
Session 1 Starts	Day trip to Ft George Canyon and West Lake	Canada Day Closed	Leadership placements	Day trip to Ancient Forest and Purden Lake		
8:15am-4:45pm	8:15am-4:45pm		8:15am-4:45pm	8:15am-4:45pm		
6	7	8	9	10	11	12
Packing Day! Please bring all gear you are taking on out-trip	Carp Lake out-trip	Carp Lake out-trip	Carp Lake out-trip	Return home Pick up: Prince George Family YMCA		
8:15am-4:45pm	Drop off: 7:00am			Pick up: 5:00pm		
13	14	15	16	17	18	19
No Camp	Session 2 Starts	Day trip to Teapot Mt and Bear Lake	Leadership placements	Day trip to Raven Lake		
	8:15am-4:45pm	8:15am-4:45pm	8:15am-4:45pm	8:15am-4:45pm		
20	21	22	23	24	25	26
Packing Day! Please bring all gear you are taking on out-trip	Mt. Robson out-trip	Mt. Robson out-trip	Mt. Robson out-trip	Return home Pick up: Prince George Family YMCA		
8:15am-4:45pm	Drop off: 7:00am			Pick up: 5:00pm		
27	28	29	30	31	1	2
Session 3 Starts	Day trip to Ft George Canyon and West Lake	Leadership placements	Day trip to Ancient Forest and Purden Lake	Packing Day! Please bring all gear you are taking on out-trip		
8:15am-4:45pm	8:15am-4:45pm	8:15am-4:45pm	8:15am-4:45pm	8:15am-4:45pm		

**Please note that this schedule is subject to change. For the most up to date information, please contact Samantha at 250 613 9049 or samantha.conway@nbc.ymca.ca.*



Camp Office: 2020 Massey Dr, Prince George, BC
250 613 9049
nbc.ymca.ca



YMCA Aurora Leadership

August 3 – August 31

YMCA of Northern BC 250 613 9049

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3	4	5	6	7	8	9
BC Day Closed	Bowron Lakes out-trip	Bowron Lakes out-trip	Bowron Lakes out-trip	Return home Pick up: Prince George Family YMCA		
	Drop off: 7:00am			Pick up: 5:00pm		
10	11	12	13	14	15	16
				Borealis Bowron Lakes Circuit	Borealis Bowron Lakes Circuit	Borealis Bowron Lakes Circuit
				Drop off: 7:00am		
17	18	19	20	21	22	23
Borealis Bowron Lakes Circuit	Borealis Bowron Lakes Circuit	Borealis Bowron Lakes Circuit	Borealis Bowron Lakes Circuit	Borealis Bowron Lakes Circuit	Borealis Bowron Lakes Circuit	
					Pick up: 5:00pm	
24	25	26	27	28	29	30
31						

**Please note that this schedule is subject to change. For the most up to date information, please contact Samantha at 250 613 9049 or samantha.conway@nbc.ymca.ca.*



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