

Shine On



YMCA
BC



YMCA Camp Kanannaq Camper's Guide





YMCA Camp Kanannaq 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 seventeenth summer, we are so excited for the changes and updates we have made to our programming. We are looking forward to welcoming you to our location on Nadsilnich Lake (Camp Hughes), on the traditional territory of the Lheidli T'enneh people.

If you have any questions or concerns, please feel free to contact me directly. We believe that proactive 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,

A handwritten signature in dark blue ink that reads "Amy Bogelund".

Amy Bogelund
Assistant Coordinator of Camp Programs

A handwritten signature in dark blue ink that reads "Alicia Somerville".

Alicia Somerville
Assistant Coordinator of Camp Programs

CAMP OVERVIEW

HOURS OF OPERATION

Camp programs **do not** operate on Tuesday, July 1st or Monday, August 4th.

Camp will be closed for the week of July 28th- August 1st.

Each day, camp runs from **8:15a.m. to 4:45p.m.** Early drop-off between 7:00a.m. – 8:15a.m. is an option at the Prince George Family Y for an additional fee. Drop-off is at **8:15a.m. sharp** and 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:

campk.admin@bc.ymca.ca

For information or questions about camp programming or your child's needs, please contact:

Amy Bogelund

Assistant Coordinator of Camp Programs

amy.bogelund@bc.ymca.ca

Alicia Somerville

Assistant Coordinator of Camp Programs

alicia.somerville@bc.ymca.ca

Camp Cell: (250) 617-9108

Camp Landline: (250) 964-1188

If your child is going to be absent, if someone else is picking up your child, or you need to contact Camp for any other reason, please call or text **(250) 617-9108**. If you wish to speak to the camp team while your child is at camp please call the landline.

CAMP LOCATIONS AND ADDRESS

Prince George Family Y

2020 Massey Dr,
Prince George, BC

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.

PROGRAM INFORMATION

CAMP ACTIVITIES

Campers participate in a wide range of developmentally appropriate activities. The activities introduce new outdoor and survival skills, build independence, promote team building, and teach campers about the environment. We operate with a challenge by choice philosophy. Please note that some activities are weather dependent. Activities for each session include:

Archery	Campers will learn proper technique and handling of equipment through practice and games. Skill development and personal accomplishment will allow campers to gain a sense of independence and confidence.
Obstacle Course	Campers participate in a series of developmentally appropriate challenging physical obstacles placed in a series.
Gaga Ball	Campers will learn strategy and hand-eye coordination in this fast-paced, competitive camp favourite.
Crafts	Campers work on their creative abilities through fun, educational crafts.
Art	Campers work on an art project based on the week's theme
Fire Building	After basic instructions of the elements of fire, participants build and light a small campfire designed for different survival situations using "Leave No Trace" practices.
Fort Building	Campers will learn about different survival fort structures and will get a chance to physically build forts themselves. They will be challenged with different games and activities to increase engagement and learning.
Orienteering	After learning the features of a compass and how to properly use one, participants test their skills through different games, and a navigation challenge.
Knot Tying	Campers will learn a series of useful knots and will then put their skills to the test through different games and challenges.
Canoeing	Campers learn basic canoeing skills through practice and games in West Lake. Campers in our Aspen team or our youth programs will participate in a half-day canoe excursion as one of their waterfront blocks for the week.
Swimming	Campers will have fun jumping off the dock and playing on inflatable structures
Funky Friday/Olympics	Campers engage in themed activities and challenges crafted for each week's unique theme.
Soap Making	A crowd favourite last summer, soap making is returning this summer. Campers will mix their own soap with the support of a program staff.

Y VALUES AND BEAD PROGRAM

At YMCA Camp Kanannaq, we believe that our values help 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 contributes 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 celebrate 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.

SESSION PHOTOS

Each week we share photo highlights of your child’s experience with families using a password protected dropbox. Photos from the week are posted at the end of the session. You will receive a link to the photos and access password in the end-of-session email.

THEMES

Each week at camp has a special theme which is incorporated into each week’s art projects and activities. Staff and campers are encouraged to dress each Friday for our Funky Fridays. We encourage you and your camper to be creative and use materials you already have. The theme for your session can be found below and will be in your newsletter, which you will receive by email, the week before your session begins.

Camp Kanannaq Weekly Themes 2025

Week 1	Space
Week 2	Western
Week 3	Mythical & Magical
Week 4	The High Seas
Week 5	Superhero
Week 6	Mad Scientist
Week 7	Carnival

SWIM TEST

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

The swim test will occur at the beginning of the first swimming block. Campers will only have once chance on the first day of camp to complete the swim test. If they miss, they must wear a lifejacket at all times during swimming blocks. Campers 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 must take the swim test with a PFD first and again without at the discretion of the lifeguards.

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

Camp has lifejackets for all waterfront participants. There is no need to send your camper with their own lifejacket to camp.

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. If you have questions about accessibility and inclusivity at camp or program adaptations, please contact the camp team.

DAY CAMP PROGRAM INFORMATION

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 honour all friend requests noted on the registration form when planning camper groups, however there are no guarantees.

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.

Camper Groups are:

Willow: 5-6 years

Fir: 7-8 years

Spruce: 9-11 years

Aspen: 12-13 years

Dividing and creating teams is a complicated process, and once teams are decided for the week, they are very difficult to change.

If there are issues with your child's group, please speak to the camp team at campk.admin@bc.ymca.ca as soon as possible so we can do our best to find a solution.

TYPICAL DAY AT CAMP

8:15 A.M.	SIGN IN AT DROP OFF LOCATION (Bus leaves 8:30 sharp)
9:00 A.M.	ARRIVE AT CAMP AND OPENING CAMPFIRE
9:30 A.M.	TEAM ACTIVITIES/WATERFRONT*
11:45 A.M.	LUNCH/WIDE GAME
12:30 P.M.	WIDE GAME/LUNCH
1:15 P.M.	WATERFRONT/TEAM ACTIVITIES*
3:30 P.M.	CLOSING CAMPFIRE AND LOAD BUSES
4:00 P.M.	LEAVE CAMP
4:45 P.M.	CAMPER SIGN OUT

Campers will split their day between our waterfront and land programming, with a daily rotation. For instance, if they begin their day at the waterfront on day one, the following day they will experience the waterfront in the afternoon. Campers in the Willow and Fir groups will be at the waterfront together, while those in the Spruce and Aspen groups share their waterfront programming.

YOUTH PROGRAMS INFORMATION

Tamarack
13-15 years

Pine Leadership Development 1
13-15 years

Pine Leadership Development 2
15-17 years

Juniper
14-18 years

TAMARACK TEEN CAMP

Our Tamarack Teen Camp program is for campers ages 13-15. It is an opportunity for campers to expand their wilderness skills, explore Nadsilnich Lake, create art and crafts projects, relax, and have fun!

Campers in Teen Camp will participate in the camp favourite activities, all of which will be developmentally appropriate for their age group. The schedule for Teen Camp will follow that of a "Typical Day at Camp".

PINE LEADERSHIP DEVELOPMENT (LD)

Our Pine Leadership Development Program is an opportunity for youth to learn valuable leadership skills, gain volunteer hours, and develop a sense of responsibility and initiative. Campers a part of Pine LD will participate in camp activities, leadership workshops, and placements with our Day Camp Counselors, throughout their weeks at camp. Fees associated with Pine LD are to cover program supplies costs. Campers will finish their Leadership Development session with an overnight camp-out, providing campers with an opportunity to celebrate their growth throughout the weeks together.

During Pine LD 1, campers focus on learning how to lead activities, team building, and supporting others. Pine LD 1 is two weeks.

During LD 2 campers take on more responsibility; helping staff facilitate and plan activities and working with younger campers. Pine LD 2 duration is three weeks.

JUNIPER

The Juniper Program supports youth ages 14-18 years who have diverse abilities and/or additional needs to continue to participate in our day camp programs alongside our Aspen Campers. This program focuses on having fun, building confidence, and fostering a sense of belonging. The schedule for Juniper will follow that of a "Typical Day at Camp".

Campers in our youth programs will participate in all camp activities with programming adjusted to be developmentally appropriate. Youth campers may be given more opportunities for independence and leadership at camp, but are still expected to follow the camp rules and regulations as our younger campers.

SIGN-IN AND SIGN-OUT PROCEDURES

SIGN-IN

Parents must sign their child in at 8:15a.m. Camp staff will not begin sign-in until 8:15a.m. Sign-in takes place in the parking lot for the Prince George BMX Association beside the entrance road (Del Laverdure Way) to the Prince George Family Y (2020 Massey Dr, Prince George). Please obey the posted signage, maintain physical distancing from other families, and do not park in the bus parking area. The bus will leave the parking lot at 8:30 A.M. IF you are delayed, call or text the camp cell number to notify the sign in team as soon as possible.

EARLY DROP-OFF

If you have registered and paid for early drop-off, you will drop your child off at the doors to the Rec Room at the Prince George Family Y. The doors to the Rec Room are located on the grassy area at the bottom of the concrete stairs. If the Rec Room doors are not open, the phone number for the sign-in staff will be posted on the door. Please call this number and the staff will meet you at the door promptly. Early drop-off is only for campers taking part in Day Camp.

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 Camp Staff.

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) 617-9108. We understand that sometimes life happens; however, it is our policy that camp pick-up is at exactly 4:45p.m. 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 pick-up.

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

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. Please ensure you send your camper with weather appropriate clothing and/ or a change of clothes in case they are too warm.

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.

SMOKY SKIES AND POOR AIR QUALITY POLICY

Camp programming will continue to take place at our location on Nadsilnich (West) Lake, regardless of air quality. We have several buildings on-site, which allow all campers to be indoors when required. At camp we have three categories of programming: regular operations, modified programming, and indoor programming.

During periods of poor air quality, we implement modified programming. Outdoor activities are modified to be less vigorous (such as Wide Game, Funky Friday, and Obstacle Course). Staff will not be facilitating running games, such as Tag or Gaga Ball. Programming such as Knot Tying & Orienteering and Archery can proceed as usual. Staff pay extra special attention to ensure their campers are drinking lots of water, and generally feeling well.

During periods of very poor air quality or serious inclement weather, we implement indoor programming. Camp is better prepared to offer indoor programming on-site, compared to other available YMCA facilities. This ensures Camp has access to all equipment and program materials and can revert to regular programming if air quality improves. When it is safe to do so, programming moves outside. Campers may participate in a variety of different activities, such as a Talent Show, Science Experiments, extra Arts and Crafts, or Outdoor Skills (like plant and animal track identification).

The camp team will use Purple Air and the PurpleAir AQI to help guide their decisions when choosing to modify programming.

COMMUNICABLE DISEASES

Should a camper contract a communicable disease (including lice, pinworms, hand-foot-mouth disease, and 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. Should a COVID-19 exposure occur, contact tracing and notification will occur as per guidance from BC Public Health.

SICK CAMPER

If children become sick at camp (including developing COVID-19 symptoms), 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.

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 Information Section** the registration form. If you need to update this information, please email campk.admin@bc.ymca.ca.

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.

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.

Challenging behaviour includes but is not limited to, using inappropriate language, teasing or bullying, angry or rude outbursts, ignoring rules and boundaries set by camp staff, and hands-on with campers or staff and/or physical fighting.

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)
4. **Child sent home** (parent/guardian must pick up)

WHAT TO BRING TO CAMP

DAILY PACKING LIST FOR ALL PROGRAMS

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

- Water bottle
- Running shoes
- 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 (all of your child's belongings should fit in their 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 or cutlery available 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-free 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. **This includes campers in our youth programs.**

LOST AND FOUND ITEMS

Each day, at closing campfire, staff will display all the lost and found items. If you know of an item your camper is missing, please send a description of it to the camp phone at (250) 617-9108 or email campk.admin@bc.ymca.ca and the camp team will have it available at sign-out for that day or leave it at the front desk.

All lost and found items will remain at Camp for the duration of the summer. Then, lost items will be held for **one week** after the last day of the camp session, after which they will be donated.

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.

DIRECTIONS TO CAMP

DIRECTIONS

Please follow the following directions to pick up your child or visit us at camp:

1. Head west on Highway 16
2. Turn left on Blackwater Rd
3. Continue on Blackwater Rd approximately 2km past the turn off to the Provincial Park
4. 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 (first building on the left)
2. Park and use the visitor radio to contact camp staff or knock on the door of the office
3. A camp staff will meet you at the building. **Please do not wander around the property without a camp staff.**

