

CAMP LIMITLESS

Camper Handbook



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Dear Family,

Welcome to Arthritis Society Canada Camps - Where your child's dreams can come true!

Arthritis Society Canada is excited to hold Manitoba's 4th Annual Childhood Arthritis Camp at Camp Manitou. The camping program is run by dedicated full-time staff supported by counsellors. Together they create a warm, fun-filled atmosphere where campers are able to enjoy the outdoors. Soon your child will be off on a great adventure – one of the most rewarding and meaningful of his or her lifetime.

Arthritis Society Canada Camps provides campers with meaningful and challenging opportunities for fun and personal development in an outdoor, natural environment. They strive to facilitate each camper's personal and social growth through the development of positive attitudes, interests, skills and leadership abilities in a safe and healthy setting.

This information handbook will help guide you and your camper to prepare for camp, know what to expect, understand camper rules and to ensure they have a safe and fun experience while at camp. We wish you all a happy and healthy summer and look forward to seeing your child at camp!

Camp Means a Chance to:

- Meet new friends
- Take your medicine in a supportive environment
- Sing songs and dance around the campfire
- Be yourself with campers who know what it's like to have arthritis
- Have the best week ever!

Campers will stay in a cabin with kids just like them, along with really cool camp counsellors, and each day is filled with fun activities.

Pre-camp Checklist for Parents:

- Read this package in its entirety
- Go over the schedule, packing list, and camper expectations with your child
- Talk to your child about homesickness if you think it will be an issue
- Call us with any questions or concerns!

For more information or if you have questions, please contact:

Lauren Handler
Specialist, Mission
she/her pronouns

Phone: 416.979.7228 ext. 3384
Email: camp@arthritis.ca

TRANSPORTATION INFORMATION

Where Is the Camp Located?

Arthritis Society Canada's Manitoba Camp will be hosted at Camp Manitou, which is a quick drive from Winnipeg.

Transportation

Transportation to and from Camp Manitou will be via parent drop-off/pick up at camp Manitou.

Monday, July 24, 2023

- Please arrive between **10:00 AM-10:30 AM** for check-in
- There will be a General Check-in and a Medical Check-in, where parents/guardians will be asked to provide the nurse/medical team member with all camper medications and inform them of any recent medical concerns

Friday, July 28, 2023

- Pick-up time from **10:00 AM-10:30 AM** at Camp Manitou. Parents must sign out their child with the lead chaperone and collect unused medications from the camp nurse

Please note: Children will not be released to an unauthorized person. Verbal or written permission must be received by Arthritis Society Canada staff before we will release a child to anyone who is not authorized on the registration forms. ID must be provided upon camper pick-up.

PRIOR TO CAMP

Please contact us if:

- Your child has any **symptom of covid-19, cold, flu, infection or contagion** leading up to camp, as campers must not come to camp with these symptoms.
- Your child has been in contact with **measles, chicken pox, whooping cough or any other communicable diseases within one month prior** to the first day of camp.

If your child has been exposed to any viruses/infection prior to going to Camp (e.g. Covid-19, chicken pox, measles), you must report this exposure to your child's physician to determine whether your child should attend camp. Should your child develop any symptoms of a virus/infection in the weeks following Camp you must report this to your physician as soon as possible. These precautions are in place for the safety of our campers and their families due to the life-threatening implications any virus may have on their immunosuppressed health status.



IMPORTANT CAMP INFORMATION

1. Medications

Please do not pack your child's medical supplies in their suitcases. All medicines must be carried separately by the parent or guardian or camper and provided to the camp director/coordinator at registration. Medications must be in **blister packages** OR their original containers and properly labeled (if only one medication or PRN). *If the medications change between now and the start of camp – please advise as soon as possible.* Participants who carry “take-as-needed” medications such as inhalers or EpiPens may keep such medications with them, but all other medications will be stored and locked in the first aid room at Camp. Optionally, it would be helpful to have medications in a **blister pack**.

2. Medical Services

Camp's Health Centre is open 24 hours a day. It is staffed by a registered nurse or medic who is onsite. The Camp's medical facility is antiseptically clean, well ventilated and well equipped. The Health Centre keeps on-hand over the counter pain medication such as pain relievers, eardrops, etc. Arrangements will be made with the hospital if a camper needs to be examined. All medications will be kept and administered by the camp nursing team. All medication times will be accommodated.

3. Emergency Procedures

Camp Manitou has emergency procedures in place. All campers and group leads are informed about the camp safety and emergency procedures during their welcome and orientation.

4. Parent Contact

Arthritis Society Canada Camps is a great opportunity for kids to be fully immersed in camp their experience. For some it may be their first time away from home and are building their independence and confidence. For this reason, family and friends are not able to contact their children while they are at camp. If there is an emergency and you need to reach your child please, contact Lauren Handler, Specialist Mission at camp@arthritis.ca. She is at Camp for the entire week and will be able to assist you in these rare instances. The message will be taken and passed on to your child to, who will, if need be, return your call.

5. Cell Phones and Electronic

Camp is unplugged! No electronic devices are allowed at camp. If the campers would like to capture memories at camp, they will be allowed to bring a disposable camera or, if you wish, a small, inexpensive digital camera. PLEASE NOTE: CAMP MANITOU AND ARTHRITIS SOCIETY CANADA WILL NOT BE RESPONSIBLE FOR ANY LOST OR STOLEN ITEMS AT CAMP. BRING AT OWN RISK!

6. Lost and Found

Please remember to label all clothing and personal items, in order to help ensure that they return home with your child. After two weeks, unclaimed items will be donated to charity.

WHAT HAPPENS AT CAMP

Arrival

Upon arrival, your child will be welcomed by our programming staff. At registration check-in, they will explain what's going to happen, provide camper cabin assignment and move into their cabins and unpack. Medications should be labelled and handed in at this time.

Opening Session

Once you have unloaded, everyone will gather in the rec hall for a camp-wide meeting. At this time, we go over the Camp's rules and camper expectations. We also explain our emergency procedures and other need-to-know information.

Tour

After the camp-wide meeting, campers will go for a tour of the area in order to familiarize themselves with their surroundings.

Camper Cabins and Sections

Upon arrival, every camper will be assigned to a cabin group. Cabin groups are divided by age and gender and supported by two camp counsellors. This may be adjusted depending on age ranges, program activities and requested additional support. Campers eat all meals, sleep in the same cabin, and cycle through camp activities in their cabin groups. In the evenings, the camp will facilitate programs for the entire camp or to each age section. The Camp maintains a supervision ratio of 1:10 at all times.

Meals

The Camp provides three nutritious full meals each day, plus an evening snack. It is not necessary or encouraged for campers to bring junk food to Camp. There are several reasons why we ask that campers do not bring their own food:

- Safety (reduces any possibility of having life threatening food onsite)
- Environmental (littering and refuse)
- Health (junk food is unnecessary and attracts mice)
- Storage (cabins are not equipped)

Food in the cabins is an open invitation to unwanted visitors and can promote disharmony among cabin mates. Please discuss these reasons with your child to help us enforce this policy. All food items will be confiscated on the first day of Camp and dealt with as the camp sees fit.

Your child will receive plenty of wholesome, well-prepared food. Camp Manitou employs qualified cooks to handle our meal service. Menus are prepared in cooperation with a nutrition consultant and with input from parent volunteers. We attempt to balance good nutrition with institutional cooking needs and popular foods that campers enjoy eating.

Fruit, water are available 24 hours a day in the dining hall. Alternative vegetarian entrées are also available for campers at every meat meal. If your child has any special dietary needs, please note this information is collected on the medical form and we will work to accommodate these dietary needs.

Activities

Please note that not all teams will engage in all the activities listed below, due to age restrictions, camp scheduling, and possible weather interruptions. Campers will participate in activities of their choice with others in their age range during regular programming time. Certain camp activities are mixed with campers of different ages and gender (campfire, all-camp games, choice activities).

Camp Manitou's programs follow the challenge by choice philosophy, which allows participants to define success individually; allowing them to choose the level at which they challenge themselves. We encourage all participants to try each activity and push themselves.

- Climbing wall
- Ropes course
- Swimming
- Large recreation field offering a multitude of field games (soccer, baseball, football, initiative tasks)
- Outdoor programming
- Canoe & Kayaking
- Arts & Crafts Activities
- Outdoor education programs
- Hiking
- Archery
- Biking
- Beach volleyball court
- Dancing

A Typical Day at Camp Limitless

At Camp, our campers have the opportunity to enjoy a tremendous array of activities and programs all under the supervision of the Camp Manitou’s qualified staff. Typically, the day is divided into segments, a segment of activity rotations with modifications to meet the needs of the campers.

The second segment is camper driven and includes: music, ropes course, drama, swimming, dance, arts ‘n crafts, and sports to name just a few. Campers have the opportunity to experience new activities, develop group skills and personal independence and explore the areas that they truly enjoy.

The third component of camp programming is directed at cabin based and sectional based programs. This program block allows campers to develop a strong sense of community and social interaction with their peers, through group wide activities.

Bedtimes average 9:00 PM for the youngest campers and 10:45 PM for the oldest campers.



EXPECTATION OF CAMPER – RESPECT AND RESPONSIBILITY

Camp can be one of the best experiences for a child! We work hard to ensure safety and quality fun at camp, but we will only be successful if everyone who comes to Camp Limitless plays a part.

Please go over the following expectations with your child/children before camp.

Our expectation of you, the camper, is simple: treat yourself, your peers, your chaperones, the facilities, and the program planned with the highest amount of respect.

Everyone is responsible for making his or her time at camp a success!

Treating yourself with respect includes:

- Getting enough sleep at night
- Practicing healthy hygiene (showering, brushing teeth, frequent hand washing, etc.)
- Seeking help from your counsellors if you are experiencing any sort of social, emotional, physical or mental distress
- Dressing appropriately for the weather outside

Treating your peers and chaperones with respect includes:

- Listening to others when they speak
- Being honest with others
- Allowing others to get enough sleep at night
- Referring to others by their pronouns
- Communicating with your counsellors if you are feeling unwell to prevent the spread of contagion to others
- Respecting the rules and boundaries of the camp facilities
- Bullying will not be tolerated at camp

Treating the facility with respect includes:

- Keeping the dorms and buildings clean and in their original state
- Keeping noise to an appropriate level, especially at night and during meal times
- Refraining from eating in dorms, leaving garbage, damaging furniture
- Leaving our natural environment as we found it

Treating the program planned with respect includes:

- Try everything at least once
- Try to learn something new
- Work as a team to complete activities
- Staying onsite camp premises



FIRST TIME CAMPERS – TIPS & TOOLS

Leaving Home Can Be Scary

Leaving home for the first time – without your parents/guardians – is a big developmental step. It's normal to worry about missing family and the routines of home, especially at bedtime. To help your child get ready for overnight camp, listen well to their worries and then assure them that a little homesickness is normal at the beginning. It helps to hear that it happens to lots of people!

We believe that the camp experience is one of the most wonderful gifts that you could ever give to your child and while preparation for the first-time camper may be somewhat overwhelming, please know that in the end, it is most certainly worth your while.

Here are some tips that we hope will help eliminate some of the challenges and unexpected curves on this new journey.

1. Honest Communication

Before Camp, there needs to be an open and honest discussion with Arthritis Society Canada staff about any special circumstances that might impact the success of your camper's summer. Bedwetting, a recent divorce, routine medications, sleepwalking and other personal information are treated with utmost confidentiality. It is crucial that together we strategize and have a proper plan in place.

2. Promises, Promises...

Avoid promising to pick up your camper early if he or she is having a "bad time". It makes it easier for them to focus on leaving than it is to jump into the routine and put in the emotional energy to see it through. Overcoming homesickness provides children with wonderful skills - resiliency, confidence and a sense of accomplishment. They also gain respect for the fact that you have worked very hard to provide them with this special opportunity.

3. Have a "Test" Sleepover

Some first-time campers have never slept away from home. Going to Camp shouldn't be "the practice run"! Make arrangements with a family or friend to have a sleepover without their parent/guardian present. It may be uncomfortable and unfamiliar the first time out, practice does make perfect.

4. Stop and Shop

Have a fun outing! Take your campers with you to have them choose camp items, a camp costume, a new pair of terrain appropriate flip-flops (water sandals are a good option) or sneakers, or a brand-new hoodie to keep the mosquitoes at bay. Having tangible symbols of their adventures to come will help to further invest them in the camp experience.

5. Discuss Expectations

Many parents respond to their child’s fear of camp by reassuring them that there is nothing to worry about. It’s best to prepare your camper for how they might feel the first few days and nights away from home. They need to know that it’s perfectly normal to miss family, familiar routines, the comfort of home and to find it difficult falling asleep. Brainstorm strategies that you know work best for your child. If they expect only smooth pathways, the first bumps in the road will send them stumbling.

6. A Quick and Happy Good-bye

Departure day is a soup-pot of emotions for both campers and parents: ecstasy, anxiety, separation sadness, and overwhelming excitement. However, it is up to the parents to exhibit confidence and speak reassuringly. The camper may well interpret a tearful goodbye from the parents as “I don’t really want you to go”. So, kiss them goodbye and leave quickly. Prolonging the moment of departure is not beneficial for the Camp’s on-time schedule, or for the well-being of your child.



CLOTHING

It is recommended that you send clothes that are comfortable. We **strongly suggest** that you label each article clearly with your child’s full name.

The Camp encourages our campers to wear bathing suits that are comfortable and suitable for active play.

The clothing list is essential to follow for safety, warmth and comfort reasons. Without the proper clothing, campers can get sick, hurt, or just not feel comfortable in the wilderness dependent upon weather conditions. We recommend that if you are purchasing T-shirts, socks, underwear, towels for your child, look for generic brands. Remember that some of the clothing items will not return in the same form after it has spent time on a canoe trip or hiking trip! Avoid high unnecessary costs, comparison shop.

Camp does not support or condone clothing items with language or art that promotes behaviours that demean the camper or the values we promote. **Do not send any clothes that feature inappropriate logos or phrases** (sexual, drug, language, etc.) Should a camper be found wearing such articles, the staff will escort them back to their cabins to dress more appropriately.

Name Tags

Name Tags should be securely sewn / affixed on every article of clothing and personal items. Nametags specially made to resist fading should be ordered well in advanced to avoid last minute rushing. You may use the “iron-on” variety or attempt using special laundry markers.

Please use indelible ink to mark the inside of shoes, boots, etc. and make sure **all** cameras, sleeping bags, bedding and other equipment are labeled clearly. Help us reduce unnecessary lost and found items; please ensure all items are clearly labeled with camper’s first and last name.

Rainy Day Gear

Whatever the weather brings, please send your child with a waterproof raincoat (with hood) and decent waterproof rain boots or shoes. **Do not send rain ponchos to Camp.** The ponchos are known to tear easily as soon as a child brushes against a branch while hiking. It will not offer any protection to your child if it is torn.

Open-Toed Sandals

Due to the physical surroundings of the Camp - rocks, and tree roots, **it is very important to wear proper shoes to prevent any accident.** To lessen the risk of injury, open toed or soft-soled footwear should not be worn at camp. All campers are encouraged to bring and wear water shoes, as this provides good footing for water sports activities.

Sunhat and Sunscreen

Campers are generally outdoors throughout the course of the day. It is imperative for protection against the effects of the sun that campers wear a sunhat and sunscreen. The sun can play havoc especially when campers are in canoes or kayaks on the lake for extended periods of time. All campers are required to bring and wear a favorite wide brimmed hat or baseball cap - Each camper will be gifted with a Camp baseball cap while at camp. As well, a waterproof sunscreen (30 SPF – minimum) is extremely important to protect campers against the potential of severe sunburns. Sunburns are preventable. We also encourage you to send UV protective swimwear (UPF of 50 plus) Counsellors will remind and assist young campers to reapply sunscreen every three hours throughout the day.

WHAT TO BRING/HOW TO PACK

DO:

- Keep medications stored in blister packs or their original containers and properly labeled. These must be checked in with nurse/medical team member at registration.
- Pack comfortable, active wear clothes and shoes that are ok to get a little dirty.
- Label all clothing and personal items with your family name.
- Come prepared for unpredictable weather, so be prepared for the possibility of very cold and very warm weather within a single week. Most of the campers' time is spent outdoors.
- Give equipment that normally used in daily routines to the nurses/medical team members at registration, such as special utensils, braces, meal supplements, sanitary supplies, etc.

DO NOT PACK:

- Medications or medical supplies in camper's suitcases.
- Inappropriate clothing. This includes items with profane slogans, belly shirts, and short shorts. Please use your discretion when packing.
- Food: We will feed you well, so please don't bring any additional food. There is no food allowed in the dorms.
- Nuts: Camp Manitou is nut-aware, so **absolutely no nuts!**
- Valuables: iPods, cell phones, and jewelry are all nice things, but don't necessarily belong at camp. If you don't want to lose it, don't bring it.
- The Obvious: Cigarettes, lighters, alcohol, non-prescribed drugs, weapons, etc.

ITEM	CHECKLIST		DESCRIPTION
	Packed for camp	Packed for home	
CLOTHING			
6 pairs of underwear			
6 pairs of socks (2-3 warm/wool)			
1-2 pairs of pajamas			
1 rain and/or wind jacket			
2-3 pairs of shorts			
2-3 pairs of long pants			
3-4 short sleeve shirts			
2-3 long sleeve shirts			
Dress clothes for banquet			
Swimsuit or swim shorts			
FOOTWEAR			
1 pair of running shoes			
Waterproof boots			
Flip-flops for showers			
BEDDING			
Sheets & Sleeping bag or blanket			
Pillow			
TOILETRIES			
Shampoo/Conditioner/Soap			
Toothpaste and toothbrush			
Comb/brush			
Sunscreen & bug spray			
Deodorant			
Other needed toiletries			
ADDITIONAL ITEMS			
Hat, cap			
Towel			
Water bottle			
Sunscreen			
Other additional items			
OPTIONAL ITEMS			
Books & quiet games			
Flashlight and camera			
Stuffed animals			

DIRECTIONS TO Camp Manitou

ADDRESS: 850 Green Oaks Ln, Headingley, MB R4H 1C5

PHONE: (204) 837-4508

IF YOU ARE DELAYED FOR DROP OFF OR PICK UP, PLEASE CONTACT LAUREN HANDLER AT 416.979.7228 ext. 3384.

