

Camp Hours

Camp hours are 9 am to 4 pm daily. Campers are welcome to arrive anytime between 8:45 am to 9:00 am. All campers must be picked up by 4:00 pm.

Safe Arrival and Departure

We are committed to providing a safe and secure camp environment for all campers. Our arrival and departure process has been updated to comply with COVID-19 guidelines.

Upon arrival, parents will escort campers to the screening station located to the right of the main door by the staircase.

Parents will be required to complete a health screening of the camper. Once a camper is checked in a camp leader will escort the camper to their appropriate group room.

Due to COVID-19, parents and visitors will not be permitted to enter the club.

Upon pick-up, a parent will check-in at the screening table and a camp leader will bring the camper to you outside.

Health Screening

All campers will be required to complete a health screening daily prior to being admitted to camp. The health screening will include COVID-19 symptoms and travel questions, as well as, a temperature check. Parents are encouraged to check temperatures at home prior to camp. Any camper with an unsuccessful screening will not be permitted into the program in accordance with Provincial and Regional health guidelines.

Face Covering Policy

Although summer day camps are exempted from WDG Public Health Unit Class 22 Order, campers will be required to wear a mask indoors for certain activities that do not allow physical or social distancing.

A face covering can be a mask, scarf, bandana, other cloth covering or non-surgical paper mask as long as it covers your camper's nose and mouth.

Programming has been designed to reduce the need for face coverings, but some situations will require one.

COVID-19 Precautions

HRC Summer Fun Camp is under direct guidance from the Ministry of Health and Wellington-Dufferin-Guelph Public Health. We have many new protocols in place to ensure a safe experience for campers and staff.

- Drop-off/Pick-up Protocol: process to create physical distancing.
- Maximum Group Size of 10 (include staff & volunteers)
- Ratio: 1 staff & 1 volunteer: 8 campers
- Health screening completed twice daily; upon check-in and after lunch is completed.
- Increased cleaning protocol for all high touch areas.
- Updated hand washing and sanitation protocols. Each camp group has their own dedicated washroom which is not available to the public, hand sanitizer in each group's room, and dedicated handwashing time before all meals, snacks and outdoor activities.
- Program planning includes increased outdoor time, dedicated equipment for each group, individual camper craft kits, and designated room for each group.
- All staff & volunteers will be required to wear masks while indoors.
- Masks are optional for campers.

What to Bring to Camp?

- A backpack clearly labelled with camper's name that includes:
 - Indoor Shoes with non-marking soles (these shoes help protect our courts & floor)
 - Sunscreen
 - Hat
 - Change of clothes
 - Labelled water bottle
 - 2 Mask with resealable bag
 - Bathing Suit & Towel (For Friday Water Day)
 - Medication (Fill out medication form)
- What **NOT** to Bring
 - Personal toys
 - Food

Allergies & Medication

Please ensure that all allergies are listed on your camper's registration form and that includes hand sanitizer. All food served is nut-free.

If campers require prescription medication during camp, a parent must complete a Medication Form. Medication must be stored in its original packaging. We have a fridge on site to store medication.

Questions

If you have any please contact the Club at 519-942-2255 or email camp@headwaterracquetclub.com

Menu

We are excited to partner with [Wholesome Kids Catering](#) to provide healthy, nutritious food that will keep campers energized and going throughout the day.

Sample Menu

Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Multigrain Cheerios Cereal, Milk	Cinnamon Raisin Bagel	Banana Oat Bites	Whole Grain Oatmeal Squares Cereal, Milk	Yogurt, Banana Bread Slices
Lunch	Zesty Orange Chicken Drumstick, Whole Grain Pasta, Peas and Corn, Fresh Fruit	Creamy Chicken Macaroni and Cheese, Sunshine Mixed Vegetables (Green Beans, Carrots), Fresh Fruit	Salisbury Steak with Gravy, Mashed Potato, Whole Wheat Bread, Peas and Carrots, Fresh Fruit	Swedish Turkey Meatballs, Whole Grain Pasta, Baby Carrots, Fresh fruit	Pizza Depot Pizza, Fresh Cucumber, Baby Carrots & Dip.
PM Snack	Whole Wheat Mini Pitas, Marble Cheddar Cheese Cubes, Grape Tomatoes	Cinnamon Snaps, Clementine, Edamame Beans	Whole Wheat Apple Cinnamon Loaf, Kiwi, Vanilla Yogurt	Whole Wheat Wrap, Hard Boiled Egg, Banana	Freeze and Fresh Fruit

Daily Themes

Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week #1: August 4-7	Civic Holiday (no camp)	Survivor Day	Dino Dig	Superhero Showdown	Deep Sea Divers
Week #2: August 10-14	Mini Inventors	Animal Kingdom	Workout Wednesday	Outdoor Adventure	Deep Sea Divers
Week #3: August 17-21	Sports Mania	Carnival Day	Plant Exploration	Art Attack	Deep Sea Divers
Week #4: August 24-28	Camp Hollywood	Mad Science	Camp Olympics	Pirates Day	Deep Sea Divers
Week # 5: August 31- September 4	Best Themes of the Summer - Campers' Favourite Picks!				