

### Camp Hours/Drop OFF/PICK UP

Camp hours are **8:30 AM to 4:30 PM** daily.

Campers can be dropped off between 8:30 am- 9:00 am during unstructured programming time.

Camp programming starts at 9:00 am.

Campers are to be picked up between 4:00 pm-4:30 pm. All campers must be picked up by 4:30 pm.

### Face Covering Policy

In adhering to COVID-19 Safety Guidelines for: Day Camps from the Ministry of Health all campers will be required to wear a mask indoor unless drinking or eating.

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 a face covering, but some situation will require one.

### Pre-Arrival Self-Screening

We are committed to providing a safe and secure camp environment for all campers. All campers will be required to complete an [online self-health screening](#) daily prior arriving at camp.

Any camper with an unsuccessful screening will not be permitted into the program in accordance with Provincial and Regional health guidelines.

### Safe Arrival and Departure

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 left of the main door up the staircase.

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.

## COVID-19 Precautions

HRC Summer Fun Camp is under direct guidance from the Ministry of Health and Welling-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 closed 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 camper.

## 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. We are a nut-free facility.

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

## Questions

Contact us via email at [camp@headwaterracquetclub.com](mailto:camp@headwaterracquetclub.com)

# Weekly Program






Our camp program is designed to provide outdoor, fun, creative and age-appropriate programs. Below is a general program schedule

**NEW:** New to camp this year is Themed Thursdays; activities will be structured around the weekly theme and campers are encouraged to dress accordingly

Weekly themes as followed:

- Week 1: Super Heros
- Week 2: Olympic Day
- Week 3: Carnival Day
- Week 4: Amazing Race
- Week 5: Pirate Adventure
- Week 6: Mad Science
- Week 7: Amazing Race
- Week 8: Carnival Day
- Week 9: Camp Wrap Up - best of the summer

Sample Schedule:

	Monday	Tuesday <b>Special Guest</b>	Wednesday	Thursday <b>Theme Day</b>	Friday <b>Wacky Water</b>
Activity Outline	Structured Play <b>Tennis</b>  Outdoor Activities	Structured Play <b>Special Guest/Activity</b>  Outdoor Activities	Structured Play <b>Tennis</b>  Outdoor Activities	Structured Play <b>Themed Day</b>  Outdoor Activities	Structured Play <b>Water Activities</b>  Outdoor Activities

## Sample 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.

The specific weekly menu will be sent out the week prior to your child's enrolment by email.

If your child has any dietary restrictions (which were not indicated at registration) please inform us by calling 519-942-2255 or e-mailing [camps@headwatersracquetclub.com](mailto:camps@headwatersracquetclub.com) **immediately**

Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cheese and Crackers, Fresh Fruit	Cinnamon Raisin Bagel	Strawberry Yogurt, Whole Grain Pumpkin Seed Granola	Organic Whole Wheat Oatmeal Raisin Muffin	Rice Krispies Cereal, Milk
Lunch	Breaded Chicken, Whole Grain pasta, Peas and Corn	Pasta Bolognese (Beef and Tomato Sauce), Vegetable Medley	Sala Chicken Drumstick, Brown Rice, Green Beans	Chicken Nuggets, Whole Wheat Wrap, Plum Sauce, Pear, Carrots and Organic Lemon Snaps	Pizza Depot Pizza, Fresh Cucumber, Baby Carrots & Dip.
PM Snack	Wheat Crackers, Hummus, Baby Carrots	Whole Wheat Maple Cookie, Fresh Fruit, Cheddar Cheese Curds	Whole Wheat Focaccia Bread, Bruschetta, Edamame Beans	Spice Snaps, Fresh Fruit, Hard Boiled Egg	Freeze and Fresh Fruit

***This provided outline has been generalized, meaning specific activities, weekly themes and the weekly menu is subject to change.***