

## Camp Hours

Regular camp hours: 8:30 AM - 4:30 PM

## A Typical Day at Camp

The following schedule represents a sample day of camp. The schedules and activities will vary by camp Week.

8:30 AM	Camper Sign In and Small Group Games
9:00 AM	Opening and Morning Announcements
9:15 AM	Activity Block 1
10:30 AM	Morning Snack
10:45 AM	Activity Block 2
12:00 PM	Lunch
12:30 PM	Small Group Games
1:00 PM	Activity Block 3
2:15 PM	Afternoon Snack
2:30 PM	Activity Block 4
3:45 PM	Closing Campfire and Afternoon Announcements
4:00 PM	Camper Sign Out and Small Group Games
4:30 PM	Camper Sign Out Ends

## Weekly Program

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

Themed Thursday's activities will be structured around the weekly theme and campers are encouraged to dress accordingly.

Weekly themes as followed:

- Week # 1: Olympics Day
- Week # 2: Super Heros/Marvel
- Week # 3: Carnival Day
- Week # 4: Amazing Race
- Week # 5: Pirates Adventure (Short Week)
- Week # 6: Mission Impossible
- Week # 7: Amazing Race
- Week # 8: Carnival Day
- Week # 9: Camp Wrap Up - The best of the summer

## Water Fun Fridays:

Friday is one of our favourite days of the week at camp. All camps will get to participate in outdoor water activities. HRC's activities include: slip & slide, kiddie pool with fishing activities, pudding drop & more.

## Drop Off & Pick-Up:

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.

Each day a camp staff member will greet campers and parents upon drop off and pick up. A signature is required at both sign in and sign out. Only those listed under the parent/guardian and alternate pick up sections of a camper's registration will be allowed to sign the camper out. Please provide written notice clearly documenting the alternative authorized guardian/caregiver prior to pick-up.

Children must 14 years of age and older to be considered a caregiver.

## Absent and Late

If your camper will be absent for one or more camp days, please call the club at 519-942-2255.

If you are going to be late, please contact the club at 519-942-2255.

After 9:15 AM camp staff will contact parent/guardian as part of our Safe Arrival Program.

To respect our camp staff's time there will be a late fee charged for late pick up after 4:30 PM. The late fee is \$5.00 per 15 minutes.

## Participant Guidelines:

Providing safe and quality programming is important to us. Our program also utilizes volunteers to support in addition to leaders. Our ratios are the following:

4 – 6      1 Leader to 8 Campers

7 & 8      1 Leader to 12 Campers

9 – 11     1 Leader to 12 Campers

## Can I request my child be placed in a different age group?

Each of our age groups are carefully planned and developed with age-appropriate activities. Each camper will experience active programming, calmer activities and free time daily. Please enroll your child in the camp according to what age they will be on the first day of camp program.



# Cancellation/Transfer Policy

Cancellation requests must be made **at least 10 business days** before the start date of your child's camp.

All cancellations are subject to a 15% administration fee per camp and per child canceled. If you wish to cancel your child's camp within 10 business days of the camp's start date, you will be charged 50% of the total fee. There are no refunds for cancellations requested after the start date of your child's camp.

Camp transfer requests must be made at least 5 business days before the start date of camp. Requests will be considered based on availability and there is an administration fee of \$25.00 per camp/per child for each transfer.

## What to Bring to Camp?

To ensure your camper is prepared for each day, please pack all of the items listed below. Most camp activities will continue rain or shine so it is very important that all campers are dressed appropriately for the weather. 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
- Bathing Suit & Towel (For Friday Water Day)
- Rain jacket and rain boots if required
- Medication (Fill out [medication form](#))

## Health & Safety:

Safety is our number one priority! The more information we know about your child the better prepared we are. Please make sure to note any medical concerns or special needs on the camper registration form.

## Allergy Awareness

Please ensure that all allergies and medication are listed on your camper's registration form. 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 container. We have a fridge onsite to store medication.

## Medication

All medications required by your camper during the camp day should be noted on their program registration form.

All medication sent to camp must be:

- In its original packaging
- Stored in a plastic baggie
- Clearly labeled with your camper's name and dosage instructions

All medications must be turned in to the camp staff who will store them and assist your camper with administration at the required time(s). We ask that you complete a Medication Form when providing staff with medication.

## EpiPens

All allergies requiring an EpiPen should be noted on your camper's online registration form. Campers must carry their EpiPen with them at all times throughout the day.

If supplied, additional EpiPens may be carried by your camper's counsellor. These EpiPens will then be stored in the locked medication box overnight unless otherwise noted.

## Sun Safety

The sun can get very hot and cause harm to your child's health. Please be sure to send sunscreen and show your child how to apply it.

## Site inspections

Our camp staff inspect all equipment and sites first thing in the morning to ensure all equipment is safe and sites are clean and ready for the day.

## Have Questions?

Contact us via email at [camp@headwatteracquetclub.com](mailto:camp@headwatteracquetclub.com) or calling the club at 519-942-2255.

# Sample Menu

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM SNACK</b>	Muffin & Banana	Croissant & Grapes	Banana Bread & Mandarin Orange	Yogurt Tubes & Apple Slices	WW Goldfish Crackers & Grapes
<b>LUNCH</b>	Beef Sliders w/ Fries & Veggies	Pancakes w/ Sausage & Orange Slices	Mac n Cheese w/ Garlic Toast & Veggies	DQ Choose – Burger, Cheese Burger or Chicken Fingers w/ Fries	Pizza Depot – Cheese or Pepperoni Pizza w/ Veggies
<b>PM SNACK</b>	Cheese Balls & Crackers	Granola Bar & Yogurt Tubes	Pretzels, Hummus & Fruit	DQ Dilly Bar	Rice Crispy Squares & Fruit



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