

THE CANADIAN ECOLOGY CENTRE

ECO-EXPLORERS/ ADVENTURERS DAYCAMP

PARENT HANDBOOK



2024

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PROGRAM DESCRIPTION



Vision

The vision for our Day Camp programs is to provide opportunities for outdoor play and exploration to all children in our local community, helping them to take risks, experience personal growth, and create lasting connections with the land inspiring them to become a generation of humans who can offer great contributions to a more sustainable world.

Objectives

To inspire:

- Imagination
- Investigation
- Exploration
- Adventure
- Wonder

To foster:

- Independence
- Resiliency
- Critical Thinking
- Respect for the land
- An appreciation for the natural world

Our Partner

The CEC leases land within Samuel de Champlain Provincial Park. We utilize the waterways and trails within the park during our day camps.

LAND ACKNOWLEDGEMENT

The CEC Day Camps take place in Samuel de Champlain Provincial Park in Calvin Township on the unceded territory of the Algonquin People.

We acknowledge and thank the original and continuing caretakers of this land, the Algonquin people who have lived in this area since time immemorial. We recognize their continuing connection to the land and pay our respects to elders, past, present, and emerging.

We acknowledge that experiential and land-based learning, which are part of our approach, are not new concepts and have always been integral to Indigenous ways of life and learning.

LEARNING AND DEVELOPMENT



Play

Unstructured, free play time, is fundamental to healthy child development. Through play, children make connections to the world around them. Social play teaches children how to effectively communicate, negotiate roles and responsibilities and share.

Much of the campers' play during this time is imaginative and uses natural objects (logs, water, leaves, etc.), or loose parts they choose from the equipment provided by facilitators. Programs give multiple opportunities for the group to play as independently as possible. If invited to provide support by campers then facilitators will do so, otherwise they observe and ensure a safe play environment, allowing the experience to be as camper-directed as possible.

Risky Play

With hopes that each child will learn how to navigate risk, the CEC's goal is not to keep campers from all risky situations but instead to teach them how to safely navigate the risks that they encounter in the forest. To do this, it is required that campers can respond to facilitators' voices (or animal calls!!). If a camper has consistent difficulty listening, and it is posing a safety concern, the behaviour guidelines listed below will apply. We work to create an environment that is as safe as possible by being proactive and by using sensible, simple guidelines that the campers can remember.

Our safety principles include:

- Constantly assess risk as conditions change (dynamic risk assessment) and conduct regular risk/benefits assessments of site and activities.
 - Done daily and dynamically as the environment changes both with and without the campers.

- Set up a safe space with boundaries and safety guidelines.
 - Use visual markers to help reinforce boundaries (ex. high visibility vest in center of playing must always remain visible)
 - Campers are made aware of safety guidelines regularly.
 - Carefully observe the campers' interactions with each other and with nature.
 - Spot the campers during more challenging physical activity ex. climbing.
 - Gently guide the campers to safer activities if required.

If camp facilitators observe that the campers' play is becoming dangerous and/or not following the CEC safety guidelines, the campers will be redirected and reminded of the safety guidelines established as a group.

The following guidelines and phrases are examples that facilitators will use with the campers as they are guided toward safe choices.

Hiking

When we walk through the forest, campers are allowed to lead and run ahead provided:

- They always have a line of site to a facilitator (if you cannot see me, I cannot see you)
- They STOP and wait for the entire group to catch up at each split in the trail, steep incline, or decline.
- They STOP and wait for the entire group to catch up when a facilitator yells RED LIGHT

This may be limited if campers are consistently not following the above procedures, there is an increased use of the trail by the public, there are safety concerns (i.e., weather etc.).

One facilitator will always be at the back of the group, ensuring that no camper is left behind.

Boundaries

When we play in the forest we stay where we can see a facilitator OR the marker placed at the center of the play space (i.e., high vis. vest). When needed, boundaries are established with the input of the campers. Facilitators watch to ensure that the campers stay within the boundaries. Facilitators always remain near the campers. If groups are playing in different areas, there is a facilitator available for each small group.

Sticks

"Sticks need space, and when friends are around, we place them on the ground." Sticks are for building, digging, and imaginative play. They are not for hitting. When we run, we put the sticks down. We are aware of other's space. We keep sticks away from others' faces. Campers are taught to keep sticks down low when in a group and how to create a "safety bubble" when on their own. Campers are taught how to move large branches by using either a "forest drag" or a two person carry.

Rocks

When we are near the water, we may throw rocks. When we throw rocks, we look around and check to make sure that no one is close to us, in our safety bubble (the area a few meters around our body). We may throw rocks that are as large as the palms of our hands. We throw rocks only where they will not disturb others (animals, birds, people). We limit the number of rocks we pick up and throw, so we do not disturb the natural habitat. Campers love to throw natural objects and they will be given the safety parameters on how to do this.

Climbing

We may climb as high as we are tall. We only climb as high as we can climb on our own. We only climb when an adult can safely spot us (watch us and keep us safe). Not all trees are safe to climb, let us learn which ones are safe. Facilitators are present only to spot a camper and will not physically assist them to climb higher. If a facilitator cannot be present or cannot safely spot the camper, they will not be able to climb.

Water (ECO-EXPLORERS)

If you do not know, don't go! Groups primarily access shallow, slow-moving water bodies, there are not swimming activities as part of the Eco-Explorers Camp. Before a group visits a body of water, facilitators engage in a conversation with the campers about safety considerations while around the water. If a camper cannot determine the depth of the water to be below their knee height, they generally will not access that water. Campers are taught to maintain at least one full adult body length of distance between themselves and deeper areas of water. When hiking along the trails, campers will be taught to stay on the trails as the edges of the river and ponds are changeable where plant life is growing.

Water Based Activities (Eco-Adventurers)

The Eco-Adventurers program includes water-based activities including canoeing and swimming in non-designated swim areas. All campers will complete a swim test at a designated beach within the Provincial Park without life jackets on the first day of camp. Regardless of the swim test outcomes, all campers will be required to wear pfd's/life jackets at all times when in/on the water following the swim test. Staff leading water-based activities will have the appropriate levels of certification.

Roles & Responsibilities:

CEC Day Camp Lead Facilitator Responsibilities

The responsibilities of a CEC Day Camp Facilitator are wide-ranging and include, but are not limited to, the following:

- Ensure the physical safety of campers by co-assessing and co-managing risks on an on-going basis and make them feel comfortable in the natural environment.
- Consider the social and emotional safety of campers and foster a caring and respectful community.
- Take primary responsibility in ensuring that policies and procedures, rules and guidelines are followed.
- Model care and respect for others, our shared community, supplies/equipment and for the natural world.
- Aim to connect with each camper to understand their questions and interests and will provide regular and repeated access to a natural outdoor space, so that they may build strong relationships with themselves, each other, and the land.
- Engage in open and clear communication with campers, families, and among staff.
- Ensure parents are aware of any changes or adaptations to programming or policies and will update all families on a regular basis with such changes.
- Ensuring campers' families understand how to equip campers with proper clothing, outerwear, and other supplies according to the season.

- Must have up to date Standard First Aid and CPR
- Must have up to date NLS if leading swimming activities (Eco-Adventurers)
- Must have up to date Water Safety and Canoeing certifications if leading canoeing activities (Eco-Adventurers)

Parent/Caregiver Responsibilities

- Ensure that all CEC registration forms and the information submitted therein are accurate and up to date.
- Provide staff with any additional information that would assist in meeting the needs of your child.
- Ensure your child is prepared for the adventures at camp with appropriate clothing, outerwear, supplies for the weather and length of program, snacks, and reusable water bottle.
- Follow all policies and procedures outlined in this handbook.

Volunteer/Accompanying Adult Responsibilities

We welcome and value the support of volunteers. Volunteers will need to acquire a Current Criminal Record Check with a vulnerable sector check before helping. We encourage volunteers to become familiar with the Forest School Program and the role of Facilitators in guiding learning. Volunteers will be responsible for helping to monitor and will be available to support campers during the program.

HEALTH & SAFETY



Privacy Policy

The CEC takes our families' and campers' privacy seriously. Personal information or medical data will be kept confidential by our staff.

Photo/Video

Photo & Video Consent was given with the Assumption of Risk for completed upon registration, if you wish to withdraw your consent, please let us know via email to coral@canadianecology.ca.

Any photos that are taken will then be processed in accordance with privacy legislation and only used for the purpose to

which you consented. Where consent is given to share images/video, this media is used in promotional marketing for our camp program and posted on our website, and Facebook/Instagram pages, these images can be viewed worldwide.

Illness Policy

We ask that campers stay home from camp for at least 48 hours after their last symptoms have subsided, for the following cases:

- Temperature (100.4°F or higher)
- Diarrhea
- Vomiting
- Pink Eye
- Any contagious illnesses

Should the above-mentioned situations arise while at camp, the parent/guardian will be contacted and asked to pick up their child immediately.

In the case of communicable diseases such as measles, pink eye, chickenpox, mumps, flu, strep throat, viral pneumonia, etc., a sick child may return to camp after their health care provider has communicated that it is safe for them to do so.

Head Lice Policy

Head lice may affect participants at camp. Head lice is not considered a communicable disease but rather an annoying condition which spreads rapidly. If head lice or nits are present, we ask that you contact staff at CEC immediately so that other families can be informed (the affected individuals will remain anonymous)

Food/Allergy Policies

Allergy Policy

- To prevent life-threatening allergies, two epinephrine injectors and a liquid Reactine will be always carried by the lead facilitator.
- All campers with known anaphylactic allergies are also asked to have their own injector and let staff know where it can be found.

Food Policy

- Campers are required to bring snacks and their lunch to camp daily. Due to the above concern for Allergies (some of which are life-threatening), we ask that all families provide nut-free snacks/lunches.
- We encourage parents to consider sending a litterless lunch to camp, choosing reusable containers etc. We encourage campers to bring small snacks and water on morning hikes etc., which is made easier with small containers.
- Campers are required to bring reusable water bottles to camp daily. Campers will be able to refill water bottles on site in the indoor classroom.
- Campers are asked not to trade or share snacks with each other while at camp.
- If a snack is provided by the CEC, staff will be sure it is nut-free or allergen-free for the campers participating.
- Campers are asked to wash their hands before and after eating, and hand sanitizer is available while out in the forest.

Toileting and Handwashing Procedures

Washrooms are always open and available inside the CEC main buildings and throughout the Provincial Park.

All campers must be able to use the washroom independently prior to attending camp. Facilitators provide frequent washroom breaks throughout the day and encourage all campers to use the washrooms prior to heading into the provincial park.

The campers will be taught Leave-No-Trace principles for toileting in nature on the first day of camp so that while out in the forest, if a camper is unable to return back to the building to go to the washroom inside, due to distance away, or time, they will have a number of options:

- The camper can go to the washroom in the forest.
 - Facilitators will help the camper find a suitable location.
 - The camper can ask a friend or facilitator to 'guard' for them.
 - If the camper asks a facilitator to assist, another facilitator will be asked to watch on (for protection purposes).
- If there is a greater need to return to the main indoor site, a facilitator will offer to take the camper (with another camper) back to the main building, if ratios allow.
- Facilitators will always carry a toileting kit when off site (biodegradable toilet paper, trowel, hand sanitizer).
- Facilitators will always carry a small hand-sanitizer in their First Aid kit to assist with hand washing needs while out in the forest. When campers return to the indoor classroom,

and before they eat any of their snacks/lunch, they will be reminded to wash their hands thoroughly before beginning to eat.

Participant:Staff Ratios

The following ratios will be maintained for most of the day and especially during risky play and traveling to/through forested areas:

- Kindergarten-aged camper to staff ratio is 8:1.
- School-aged camper to staff ratio is 10:1.

Reduced ratios can only be in effect when campers are arriving, leaving and during indoor periods. The reduced ratio cannot be less than two-thirds of the required ratio (except for lunchtime where one supervisor is present).

Child Safety and Protection Policy

Child Entry and Release Forms

It is assumed that the parents/guardians listed at registration will be picking up their child from camp or at the bus drop off location. We must receive written or verbal authorization for anyone other than the parents/guardians on file who may be picking up a child at the CEC or the bus drop off location (this can be done at any time prior to pick up that day). In the case that staff do not have prior authorization for someone to pick up a child, staff will phone the parent/guardian to receive verbal authorization by phone for the new pick-up person.

Sign-In and Sign-Out Requirements

Staff will take attendance daily, both at the time of boarding the bus to camp, and when arriving at camp. Please report any absences for your family by email.

Campers must be picked up/signed out by a person who is listed on the child's authorized pick-up list at the end of the day.

Unauthorized Pick-up Procedure

If someone other than a parent/guardian or authorized adult arrives to pick up a child either at the CEC or from the bus and we have not been notified in advance by the authorized adult, staff will:

1. Call the parent/guardian for verbal authorization.
2. If the parent/guardian cannot be reached, the child must remain in the staff's care until the parent/guardian has been reached. If the child is taking the bus, then this may mean that the child will reboard the bus and ride it to the final stop.
3. Staff will remain with the child until an authorized adult gives verbal consent or arrives (late pick-up policy will apply, see Terms & Conditions).

Child Protection Policy

The CEC is committed to taking a proactive position regarding the prevention of child abuse. In accordance with the Child and Family Services Act, it is the responsibility of every person in Ontario, including a person who performs professional or official duties with respect to children, to immediately report to a Children's Aid Society if s/he suspects that child abuse has occurred or if a child is at risk of abuse.

Emergency Procedures and First Aid Policies

The CEC has detailed emergency procedures with which all facilitators are familiar and is reviewed regularly (see Accident & Emergency Procedures). A copy of these procedures is carried by facilitators, along with a First Aid Kit, whistle, emergency numbers, contact numbers, and medical information about all campers. First Aid Kits will be restocked as needed. All staff will carry a mobile phone in case of emergency and will be able to contact the director and/or emergency services. Please note that there is a potential risk that your child may be subject to small and minor injuries (i.e., bumps, bruises, scratches). Parents will be notified at the end of the day if these minor injuries occur. If campers experience a greater injury or an injury to the head, parents will be notified by phone immediately. If you require more information, please contact our camp lead. Additionally, each parent/guardian completes an Assumption of Risk and Informed Consent prior to the start of camp.

CEC Facilitators will all maintain the following certifications (at a minimum):

- Current Criminal Record Check with a vulnerable sector check
- Current Standard First Aid/CPR or greater (i.e., Wilderness First Aid)

Risk Management

Being able to recognize risk, experience risk and learn how to manage risk is an important part of healthy child development. Camp facilitators will aim to balance campers' desire to experience and navigate risk in the natural environment with a concrete safety plan that has clear boundaries, emergency procedures and maintains the required camper to adult ratio. Facilitators strive to co-assess risk alongside campers working together to formulate a plan. We believe this is an essential skill for children to acquire and for adults to support. Our facilitators conduct seasonal on-site risk assessments and activity risk assessments on an on-going basis, always considering the balance between risk and benefits when doing so.

Some of the risks inherent to camp and outdoor play include, but are not limited to:

- Injuries from executing strenuous and demanding physical activities (i.e., on uneven ground in the forest).
- Slivers, scrapes, bruises, blisters
- The presence of wild animals.
- Inclement weather.

Camp sites must be reasonably safe and easily accessible, so whenever possible we will visit and assess site areas before activities take place. During our assessment, we will seek to identify any significant hazards and take the necessary precautions to reduce the risk to an acceptably safe level. Due to changing weather conditions, wildlife, and visitors, we may be faced with new challenges, such as fallen branches, high water levels, the presence of wildlife, or even human litter. These risks will need to be assessed and may alter previously arranged activities. Where checks are not possible prior to the group's arrival, a site sweep and assessment will be made immediately upon the group's arrival. We pause our activities to articulate these assessments with campers at any point where there is a hazard or risk. Assessing and managing risk is an important skill for children to develop, and it can offer great learning opportunities.

Environmental Risk Policies and Procedures

Sunscreen & Bug Spray Policy

The CEC requires all campers to arrive with sunscreen and bug spray applied. Campers are required to bring extra as it will need to be re-applied later in the program. Facilitators will assist campers if re-application is needed.

Tick Policy

Ticks are rare but may be present at sites frequented during camp. To limit exposure, we require that all campers consider wearing long pants, long socks, and closed-toed footwear while at camp. We recommend using insect repellent to deter ticks. The NBMCA recommends the following precautions to aid in tick prevention:

- It is recommended to wear light colored clothing (easier to see ticks), long-sleeved shirt, pants, and closed-toe shoes. Pants should be tucked into socks and bug spray, or other insect repellents should be used on all exposed skin.
- After being outdoors, check yourself and those in your care, including pets for ticks. Ask for someone's help to check spots that you cannot see.
- Change your clothes and take a shower to help wash off ticks that have not yet attached themselves.

If a tick is seen on a camper, it is brushed off. If a tick is attached, we will remove it using tweezers and save it in a baggie. Parents/guardians will be informed at pick-up and given the opportunity to take the tick to the health unit for testing.

Poison Ivy Policy

Facilitators are trained to identify poison ivy and look for it during site assessments. In the event a camper does encounter poison ivy, washing affected skin within 15- 60 minutes of exposure is likely to remove the oil that can lead to a reaction.

Inclement Weather/Closure Policy

CEC Day Camp programs will occur outdoors rain or shine when safe to do so (see Extreme weather policy below). We ask that parents/guardians please consult the weather forecast each morning prior to sending their child to camp, and dress/prepare their child appropriately for the forecasted weather.

In the event of extreme weather (see Extreme Weather Policy below), the CEC reserves the right to cancel programming until it can safely be resumed. Camp facilitators will monitor the weather and attempt to give 24 hours' notice, however, the weather in Ontario is difficult to forecast and a cancellation may occur within a shorter time frame. If a session is canceled, parents/guardians will be notified by phone and/or email by the CEC. If the decision to cancel is made while camp is in session, campers will be taken to a safe shelter and parents/guardians will be contacted to pick up participants. Facilitators will remain with the campers until they have all been picked up.

Extreme Weather Policy

To help minimize risk, facilitators check for weather updates throughout the day (at the start of the day, before heading into the forest, hourly), and consider these forecasts/updates when planning all activities each day. Facilitators will have the Environment Canada weather app

downloaded on their cell phones to be able to keep track of weather alerts throughout the day. See Extreme Weather Procedures for more information.

Behaviour Management Policy

Behaviour Management

Our goal is to ensure that the CEC Day Camp is a positive experience for all our campers. Please inform staff ahead of time if your child has any special needs or considerations so that we can make your child's experience a positive one.

Behaviour Principles

To ensure a safe & positive experience for everyone at camp, here are our Behaviour Principles:

- No violence
- Respect all living things.
- Respect all people – yourself, your peers, your facilitators.
- Respect diversity
- Respect the environment.
- Use things with care.
- Be prepared.
- Listen and respond to safety instructions/guidelines (i.e., coming back when called, staying within boundaries, etc.)

At the CEC Day Camp, facilitators work with a group of campers to develop a clear set of boundaries and guidelines. We aim to promote self-esteem, self-awareness of abilities and limitations, self-regulation and emotional intelligence, respect of self, cooperation and nonviolent communication, and risk management. We proactively set up the physical and social/emotional space to encourage positive behaviour.

The CEC strives to:

- Focus on the behaviour rather than the camper.
- Consider the campers' development level and needs.
- Implement behaviour management in a positive and consistent manner.
- Assist the camper to learn appropriate behaviour and conflict management techniques.
- Help campers to develop self-control, self-confidence, decision-making skills, the ability to communicate effectively and sensitivity in their interactions with others.

The CEC prohibits:

- Sexual abuse, harassment, molestation, corporal punishment, bullying, neglect, humiliation, deprivation of basic needs, and confinement.

If a camper is exhibiting any inappropriate behaviours on a consistent basis, the camper may be required to have a support person in place or to temporarily leave the program.

The CEC reserves the right to suspend or expel a camper from the program should their behaviour be deemed unsafe. Decisions to re-enter the program and create a plan to return will be made on a case-by-case basis. At all times, the safety and learning environment of the group will be paramount. The CEC also records inappropriate behaviour in Incident Reports which are to be reviewed by facilitators and parents/guardians at the end of the day.

Preparing For Camp: Gear List

We can store belongings in the indoor classroom at the CEC and ask that campers bring a large bin to store their extra belongings that can stay at camp for the week. Please pack their lunch and items you send daily in a backpack. They will also use this backpack during the day to take their supplies with them out into the woods (i.e., rubber boots, lunch, big spray, raincoats etc.)

Items that stay at camp in their bin:

- Sunscreen - Please make sure that they come with sunscreen already applied for the start of the morning. Make sure that extra sunscreen is packed appropriately in a waterproof bag (to avoid leakage) with your child's name on it.
- Sun Hat
- Swimsuit/Towel
- Well fitted Lifejacket/PFD (**Eco-Adventurers ONLY**) we have limited small sizes available, please let us know if you need one, they are available first come first served.
- Water shoes for canoeing (**Eco-Adventurers ONLY**) crocs or keen like sandals – should have a toe covering and heel strap.
- Bug Spray or Bug jacket/Hat
- Rain Jacket and Rain Pants...watch the weather.
- Rubber boots... we will be visiting the stream and pond often.
- A full extra set of clothes, lots of socks and a towel (we will send this home if they are used and become wet and/or dirty so please check your child's backpack when you get home and send a new supply if necessary)
- A Rubbermaid bin to hold it all (kept at camp) with their name on it.
- A "fanny pack" works well to store smaller items when we are out on the trail such as bug spray.

Items that will come and go each day:

- Closed-toed outdoor shoes with a good tread (sandals will not be permitted as we will be active outside and need footwear that protects our feet) ...running shoes are most appropriate.
- Shorts and T-shirt, Long-sleeve, or light sweater (check the weather with your child before getting ready for the day, consider layers for those days where it is cooler in the morning, but warm by the afternoon)
- 1 Full Water Bottle – A MUST! (Please do not send high sugar drinks and/or pop) We will have access to water but will not have any cups.
- FOOD! Lunch and Nutritious and NUT-FREE snacks for the day. We will follow the balanced day with two lunch breaks during the day and well as additional snack breaks as needed. We are more active during the day than your child would be at school, so consider packing extra!
- Any pertinent and required medication (i.e., Inhaler, epi-pen, etc....)
- A day pack to hold it all in.

Please check your child's bag each day after camp, we will send home any dirty/wet clothing from the day which means they will need new extra clothes, socks etc. at camp for the next day.

We will be going outside rain or shine (except for thunderstorms) ...Your child should come prepared to be outside in all kinds of weather.

Lost Items Policy

The CEC is not responsible for any lost or stolen items while on site. We encourage parents to label everything coming with your child to help ensure it ends up back home. Any items left at camp will be placed in a Lost & Found, which will be made available on request.

TERMS AND CONDITIONS

Cancellation Policy

- The deposit due with registration is non refundable for any reason.
- The remaining balance for the camp is due 2 weeks prior to the camp start date. Failure to make the payment by the due date will result in your child being moved to the waitlist.
- The CEC must receive written notice (email) of any cancellations.
- Cancellations made up to 2 weeks prior to camp will receive any payments minus the non refundable deposit.
- Cancellations made between 1 to 2 weeks prior to the camp start date will be charged 50% of the total cost of the camp.
- Cancellations made within 1 week of the camp start date will receive no refund.
- Full refunds will be given if the CEC cancels a camp prior to the camp start date, minus the non refundable deposit.
- In the event a camp is canceled mid-session, a partial refund may be given.
- In the event that a day or partial day is cancelled due to severe weather or poor air quality, no refunds will be given for that day.
- No refunds will be made if a camper is sent home during camp.

Late Pick-up Policy

Parents must make alternate arrangements for pick up if they cannot pick their child up by the required times. A late fee charge of \$10.00 for every 10 minutes, or part thereof, will be charged for the aforementioned times. If there is an emergency and you are going to be late, we ask that you call the provided contact number for that camp session. It is important for parents to have an alternate person who can pick up their child when they are late. All available alternate pick-up persons must be on the registration form prior to the beginning of camp.

COMMUNICATION



General Communication

The CEC will communicate with campers and their parents/guardians via email. Email is also the best way to communicate with the CEC staff outside of camp hours. Prior to the start of each camp session, the main cell phone number for the lead of that camp will be provided for communication during camp hours.

Outside of camp hours please be sure to communicate via email the following:

- If your child will be late/absent
- If you will be picking up your child early/your child will not be taking the bus
- If someone other than you (or an already designated person) will be picking up your child
- If your child is ill with a communicable disease
- To communicate questions or concerns with camp facilitators.

During camp hours please be sure to communicate via phone call/text:

- If you will be picking up your child before the scheduled pick-up time (at the CEC).
- If there is a last-minute change to your child's designated pick-up person.
- If you arrive at camp late, and we are not in the classroom, you need to find us.

Camp facilitators are also available for brief "check-ins" during pick-up/drop-off times at the CEC, or at the North Bay bus site and are happy to share the day's highlights with you, though their priority will always be on participants during that time. Unfortunately staff will not be available at the bus pickup/drop off locations in between the CEC and North Bay. If you would like to have a longer or more focused conversation with camp facilitators, please do not hesitate to communicate via email, or to set up an in-person meeting time or phone call via email.

Emergency Communication

In the case of a significant incident (e.g., eye scratch/particles in eye, wounds, bleeding, potential fracture, suspected head injury), parents/guardians will be contacted before EMS and asked if they would like camp facilitators to call an ambulance or if they would like to take their child to the hospital themselves. CEC Day Camp facilitators will not transport campers in their vehicles. In case of a severe incident (major trauma and the child cannot be moved), EMS will be contacted, and parents/guardians will be notified as well of the situation.

Parents/Guardians must ensure that the Emergency Contact information given to the CEC always remains current. If a change occurs, please contact us.

If the primary emergency contacts cannot be reached, the CEC will contact the secondary emergency contacts.

Questions and Concerns

Should you have any questions or concerns, the CEC encourages open communication. Camp facilitators are happy to speak with you in person at the start/end of the program, though their priority will always be on participants during that time. Camp facilitators may direct you to contact the camp coordinator, Coral Bissett directly, depending on the nature of your question or concern. If you require an extended conversation or wish to set up a phone call, please do not hesitate to reach out.

Grievance Policy

The CEC is always open to your concerns, questions, and feedback. Growth is important to us, and it is through this communication that the CEC will continue to grow and build relationships with our community. If you have a concern, please let us know by email (coral@canadianecology.ca), phone (705-744-1715) or in person and we will be back in touch within 24-72 hours. If your concern is urgent, please indicate this and a response will be prioritized. All concerns will come directly to the Camp coordinator and consultation with facilitators will be a part of the next steps to finding a suitable resolution.

PROCEDURES

On the following pages, please find copies of any referenced documents from the above sections.

ACCIDENT & EMERGENCY PROCEDURES

In a severe accident or emergency, CEC Day Camp staff will follow this procedure:

1. Establish the nature and extent of the emergency. Lead facilitator to take the lead responding and administering First Aid.
2. In consultation with other facilitators, make sure the area and all other members of the group are accounted for, safe, adequately supervised by co-facilitators or volunteers. This means that everyone fully understands what they must do to remain safe.
3. Assess the casualty and ask another adult to call 911, emergency services, while lead facilitator administers appropriate First Aid. The person phoning will need to respond to the following questions:
 - Nature of emergency
 - Injured party details: age, gender, medical history
 - Location: 6905 Hwy 17, CALVIN TOWNSHIP
 - First Aid administered
4. Send another adult to meet the ambulance at the main entrance and direct them to the camp site in use.
5. Inform the child's emergency contact of the injury as soon as possible.
6. Ensure that an appropriate adult attends the receiving hospital, taking with them any medical information available for the injured person.
7. Ensure that remainder of the party:
 - Is adequately supervised throughout
 - Is returned as early as possible to home base
 - Receives appropriate support and reassurance
8. Camp staff will continue to liaise with the emergency services until the incident is over.
9. As soon as reasonably possible after the event, the accident will be reported using an Incident/Accident Report Form.

If the casualty is a CEC Day Camp facilitator, other camp staff or present volunteer will phone emergency services immediately (911) and follow the above protocol.

EXTREME WEATHER PROCEDURES

Extreme Heat

In the case of extreme heat (30C), camp facilitators will limit campers' length of exposure based on age/outerwear, and will constantly assess campers' comfort and safety, watching for signs of heat exhaustion, etc.

Programs will be modified to reduce exertion, and prioritize shaded, cool locations for less active play.

Camp facilitators will increase water breaks and monitor camper water consumption carefully providing frequent opportunities to refill water bottles.

Thunder/Lightning

When a thunderstorm is forecasted:

- If a **Thunderstorm Watch** has been issued by Environment Canada, camp programs will remain close to the indoor classroom until the thunderstorm watch is lifted.
- If a **Thunderstorm Warning** has been issued by Environment Canada, facilitators and campers will remain or proceed directly into the indoor classroom and remain there until the warning has been lifted.

If a thunderstorm develops unexpectedly:

- If facilitators/campers hear thunder, stop to look, and listen: To determine how far lightning is away from you, when you see a lightning flash start counting 1/1000, 2/1000, 3/1000 ...
 - **If you do not make it to 30/1000** before you hear the crash of thunder, then the area you are in is at risk of a lightning strike. Move to the indoor classroom immediately. If the indoor space is not near, direct all persons to take immediate lightning position.
 - **If you count to 30/1000 or more**, begin heading to the indoor classroom ensuring that you continue to look and listen.

Outdoor activities can resume when there is a minimum of 30 minutes after the last flash of lightning or crash of thunder.

High Winds

- If a **Tornado Watch** has been issued by Environment Canada, camp programs will remain close to the indoor classroom until the tornado watch is lifted.
- If a **Tornado Warning** has been issued by Environment Canada, facilitators and campers will head into the indoor classroom and remain there until the warning has been lifted.
- While outside facilitators will look and listen for extreme wind weather. (Conditions may include but are not limited to, leaves blowing off trees, falling branches, blowing sand, falling trees and/or loud wind that sounds like a roaring freight train).
- Following a High Winds event, a site risk assessment will be completed prior to returning to outdoor spaces.

This Parent Handbook is adapted from the ones available on <https://farmandforestschool.ca/> (Cambridge Farm & Forest School), <https://kingstonforestandnatureschool.ca/> (Kingston Forest and Nature School), <https://oromedonteforestschool.ca/> (Oro-Medonte Forest School) and www.naturalpathways.ca/ (Natural Pathways Forest and Nature School) , as well as the information provided on the childnature.ca (Child and Nature Alliance of Canada).

This is a living document that is being revised and updated regularly.

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