



## Walls & Waves Camp Information Letter

Welcome to our **2019** Walls and Waves Camp. We are looking forward to spending quality time with your child and doing our utmost to ensure your child's experience at Walls & Waves Camp will be one of the highlights of his/her summer. We have provided information that will give you some insight into the makeup of our program and answer some of the questions you may have.

### Program Outline

We provide children with an opportunity to gain knowledge, and develop skills and experience climbing at the Boiler Room Climbing Gym (mornings) and enjoy swimming and various camp activities (afternoons) at the Kingston Memorial Centre site and Outdoor Aqua Park.

The camp begins at 9 a.m. and ends at 4 p.m. Staff will send home a detailed activity outline on the first day of camp.

Participants will have their lunch at the climbing gym from 12 -12:30 p.m. and will walk (approximately 1.5 km) to the Outdoor Aqua Park (located at the Kingston Memorial Centre) for an afternoon swim and other outdoor activities.

The 1.5 km daily walk from the Boiler Room Climbing Gym to the Kingston Memorial Centre is paced according to weather conditions. On warm days frequent stops and water breaks are incorporated into the walk.

Children are to be dropped-off each morning at the Boiler Room Climbing Gym. Afternoon pick up will be at the Kingston Memorial Centre near the playground/splash pad (along York Street). If it's raining, pick up will be inside, at the Memorial Centre ice pad.

**Parents must sign children in and out daily with one of our camp staff.** If more than one parent/guardian will be picking up or dropping off your child please provide the name(s) to the camp staff. Unless we are notified in advance we are unable to release children to any individuals other than the person who signed them in or the individual who registered the child without obtaining written permission from parent/guardian.

Children who are not registered with our Extended Hours Service may be dropped-off no earlier than 5 minutes prior to camp starting (8:55 a.m.) and picked up no more than 5 minutes after the camp ends (4:05 p.m.). A \$5 late fee will be charged to parents who are late picking up their child and an additional \$5 will be charged for every 15 minutes thereafter.

Special arrangements must be made in advance for any parent wishing to have their child walk home from camp unescorted. Please speak to a camp staff person if you wish your child to be able to leave camp without a parent present to sign him or her out. Parents wishing to allow their children to sign themselves into or out of camp must provide permission in writing to the camp staff.

The Boiler Room standard **consent and liability waiver form must be signed by a parent/guardian prior to the first day of camp.**

### **Medical Conditions / Allergies / Medication**

In order to ensure the health and safety of all campers, medical conditions, life-threatening allergies and medications your child is required to carry with them must be disclosed at time of registration.

If your child is required to carry medication with them, parent/guardian must complete a **Medication Administration Request Form**, confirming parental direction with regard to medication administration while at the program. If your child has life-threatening allergies a parent/guardian must complete an **Anaphylaxis Emergency Plan** detailing emergency response in the case of an allergic reaction. Both documents should be completed at the time of registration or a minimum of one week prior to the first day of the program to ensure all required accommodations are in place. Forms are available on-line, at recreation registration sites (INVISTA Centre and Artillery Park Aquatic Centre) or by contacting the Program Coordinator, Chris Paterson (contact information below).

**Note:** only **prescription medication** can be administered at camp. The Medication Administration Request Form must be submitted, medication must be signed in to staff each day in the original prescription container, with a single (1) day dose. Medication will be stored securely by the camp supervisor and provided to your child as per instructions on the Medication Administration Request Form. Refrigeration of medication is not available at our programs.

We are unable to administer or permit any non-prescription medications at our programs.

### **Extended Hours Service**

Extended supervision is available, for your convenience, from 8-9 a.m. and 4-5:30 p.m. at a cost of \$37.50/5 day session and \$30/4 day session. Please drop off children at the Boiler Room Climbing Gym. Afternoon extended hours pick up will be at the Kingston Memorial Centre. **Please ensure that you always sign your child in and out with one of our staff.** During our extended hours, supervised activities will be provided. A \$5 late fee will be charged to parents who have not picked up their children by 5:30 p.m. and an additional \$5 will be charged for every 15 minutes thereafter.

### **Severe Weather – alternate pick up location**

In the event of severe weather, the camp will not walk to the Kingston Memorial Centre; they will remain at the Boiler Room Climbing Gym for the afternoon with pick up at that site. We recommend that you call ahead (after 3 p.m.) to 613-546-4291 extension 1700, to determine if the rainy day alternate pick up location is in effect.

### **Activities Galore!**

Mornings at the Boiler Room will include rock climbing on ropes and bouldering, techniques coaching, and the biggest challenge of all - climbing the 100 foot tall chimney, the highest indoor climb in Canada! There are also fun daily climbing activities like climbing bingo, and the Climbing Olympics (also known as the superhero games)! There is also a quiet activities station with things like books and colouring, if the campers feel like they need a rest time. No previous experience is necessary and we always set a tone of "Challenge by Choice" i.e. go only as far as YOU want to go.

In the afternoons, campers will swim at the Outdoor Aqua Park (located at the Kingston Memorial Centre). Participants will also play organized games on the adjacent fields. Lifeguards are on duty for all swims.

## **Physical Literacy**

The City of Kingston's camp programs integrate physical literacy into the program curriculums. Camp leaders are trained to foster the development of physical literacy through programming, teaching children basic fundamental movement skills and promoting physical confidence. Physical literacy gives children the tools necessary to take part in physical activity and sport, leading to a healthy active life.

## **Lunch / Snacks / Drinks**

**This is a Nut Free program!** For the safety of all of our campers and staff, no nut products can be brought to camp in lunches or snacks – please check labels. Parents ensure all life-threatening allergies are identified at time of registration. Parents may be asked to omit other products in their lunches if other camper food allergies are brought to our attention.

Please send a lunch, two or more snacks and drinks with your child each day and help us reduce camp waste by packing a litterless lunch. Campers will have a snack break mid-morning, lunch at noon, and a snack during mid-afternoon. We recommend each camper **brings plenty of drinking water each day in refillable bottles!** There will not be any opportunity to purchase snacks or lunches so please do not pack any lunch money.

## **What else to Bring**

Include a backpack, bathing suit, towel, hat, and sunscreen daily. Sweatshirt or jacket should be sent on cool days. Please label your child's clothing and foot wear.

## **Personal Belongings and Sunscreen**

Personal belonging not listed above and particularly valuable items such as toys/trading cards/electronics should be left at home.

Please label all belongings with your child's name. We have a tremendous amount of unidentified camp clothing left behind every year. All unclaimed camp clothing will be donated to a non-profit organization at the end of the summer.

Please pack your child with their own sunscreen and a hat, as we spend the afternoon outside, and don't have access to shade during the walk or in the pool. We strongly suggest all campers wear hats whenever outdoors. To reduce sun exposure all campers are required to wear shirts while at camp, with the exception of swim time. When outdoors, supervised sunscreen application and water breaks will occur regularly (every 2-3 hours), and staff will monitor campers for ill effects of heat and sun. Unless requested during registration or in writing by a parent/guardian, **camp staff will not directly apply sunscreen to campers.** If you would like program staff to apply sunscreen to your child, you must provide a note requesting sunscreen application.

## **Head Lice Procedure**

To limit the occurrence of head lice at camp we encourage all parents to check their children for head lice prior to sending them to camp. We ask that any campers identified as having head lice be treated and lice free before returning to the program.

## **Staff**

Walls & Waves Camp leaders have demonstrated leadership skills, experience working with children and have excelled in a variety of sports. All staff are certified in First Aid and C.P.R.

Walls & Waves Camp provides a minimum of four staff for 30 children in the camp at all times (1/8 ratio). Our maximum ratio of staff to children is 1/10.

### **Questions? Ask our camp staff.**

Please do not hesitate to approach our camp staff should you have any questions regarding the program. They will be more than happy to answer any of your questions and provide details about your child's day.

### **Contact Information**

The Boiler Room Climbing Gym: 613- 549-0520

City Camp Coordinator, Chris Paterson: 613-546-4291 ext. 1712

Artillery Park Aquatic Centre (General information/Severe weather contact): 613-546-4291 extension 1700.

We are in the business of making **GREAT** memories! We look forward to meeting your children and thank-you for supporting our program.

Chris Paterson  
Recreation & Leisure Services Department  
The City of Kingston  
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