**CONTACT US AT CAMP**

Berrigan ES (BARRHAVEN) - Michael Gauthier: cell) 613-218-7405  
Longfields DH (BARRHAVEN) - Ashley Daniels: cell) 613-240-5745  
Earl of March SS (KANATA) - Jessica Marcone: cell) 613-697-9463  
Earl of March SS (KANATA) - Brenda Heto: cell) 613-240-2039  
St. Peter Catholic (ORLEANS) – Caroline Lefort: cell: 613-297-1456

**WELCOME TO THE BEST CAMP IN OTTAWA!**
We’re so happy you’re “little camper” is joining us. His or her week at camp will be filled with boatloads of activities, wonderful new friendships and unforgettable experiences. There’s a lot to do and we want your child to enjoy every minute of it. If at any time we can be of service, please do not hesitate to speak with us directly. The camp director at your site will be happy to speak with you.

*A special welcome back to our returning campers who join us year after year!*

**SWIM SAFETY**

SAFETY IS OUR PRIMARY CONCERN.

* All 5 and 6 year olds do not swim, they walk to a local splash pad.
* All campers (and staff) will wear a colored wristband to identify them as campers with Camps Canada
* All 7 year olds and older must complete a swim test every day before they start their swim. Every camper must attempt to swim approximately 10 meters (30 feet) unassisted (our staff are in the water). If a camper chooses not to do the test or is unable to complete the test without assistance, we will make sure they put on a lifejacket. At this point, they will have a second wristband (orange in color) put on to identify them as a "lifejacket kid". All campers wearing a lifejacket will be placed in a group of 3 or 4 campers and assigned to a specific counselor who will stay with the group at all times.

**"Lifejacket kids" must keep their lifejackets on for the duration of the swim. We have a zero-tolerance policy for kids who remove their own lifejacket. Those who do, will be removed from the pool and sit out the rest of the swim. We will inform mom and dad at the end of the day and discuss the procedure for our next swim.

If you want to read more about our swim safety policies, please visit our website under Frequently Asked Questions, Things You Should Know.

**THEME DAYS, SPECIAL EVENTS FOR THIS WEEK**

**TUESDAY** – Superhero Day – capes and superhero costumes

**THURSDAY** – Hawaiian Day – flowers and summer clothes

**FRIDAY** - Multisport campers take part in our Olympic events including a perennial camp favourite “camper versus counsellor dodgeball”

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**CAMP HOURS**

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<thead>
<tr>
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<th>Pre-camp</th>
<th>Camp</th>
<th>Post-Camp</th>
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<tbody>
<tr>
<td></td>
<td>7:30am to 8:30am</td>
<td>8:30am to 4:30pm</td>
<td>4:30pm to 5:30pm</td>
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There is no cost to our extended hours and you don’t need to tell us when you’re arriving.

**LUNCH MENU**
For campers ALREADY signed up for our optional lunch plan. It’s too late to sign up now.

**Monday** – pizza, juice, dessert

**Tuesday** – Subway, juice, dessert

**Wednesday** – all beef hotdogs, juice, dessert

**Thursday** – Subway, juice, dessert

**Friday** – pizza, juice, dessert

**AFTERNOON SWIM SCHEDULE**
We will be transporting the children by school bus and returning to the camp site every afternoon.

* Due to high enrollment, some campers may be bussed to Glen Cairn Pool.

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**ORLEANS St Peter CHS**

**Monday** – Bearbrook Outdoor Pool

**Tuesday** – Francois Dupuis Pool

**Wednesday** – Bearbrook Outdoor Pool

**Thursday** – Bearbrook Outdoor Pool

**Friday** - On Site Camp Wide Gator Games

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LAST MINUTE REMINDERS BEFORE CAMP

DOUBLE-CHECK YOUR REGISTRATION

Every week we get parents who show up for the wrong week and/or wrong location of camp. Please take a minute to sign in to your Camps Canada account and look at your receipt. It will include all of your registration details including camper information (which you can manage online), the camp week, camp location, type of specialty camp and whether you signed up and paid for our lunch plan. If you don’t see your receipt online for any reason, there was a problem with your registration. Please contact the office immediately to verify that your registration is complete.

CAMP LOCATIONS

Please double-check your registration to know for which location you signed up. Please use the front entrance of the school.

Kanata – Earl of March SS – 4 The Parkway, Kanata, Ontario, K2K 1Y4
Barrhaven – Longfields DH – 149 Berriagan Drive, Nepean, ON K2J 5C6
Barrhaven – Berrigan ES – 199 Berriagan Drive, Nepean, ON K2J 5C6
Orleans – St Peter CHS - 750 Charlemagne Blvd, Orleans, ON, K4A 3M4

WHAT TO PACK (for all campers)

1. sunscreen. Please apply sunscreen before you leave the house. We will also provide lots of reminders each day.
2. please do not send peanut products as some of campers are extremely allergic.
3. running shoes (not sandals) and socks.
4. shorts, t-shirt.
5. lunch (unless you have already signed up and paid for our lunch plan).
6. swimsuit and towel (Monday to Thursday).
7. snacks for two breaks and/or a dollar or two for our optional tuck shop in the afternoon only.
8. a water bottle.
9. please put your child’s name on their belongings.

WHAT TO PACK FOR SPECIALTY CAMPS (where applicable)

Arts and Crafts Camp - a change of old clothes that you don’t mind getting paint or glue on.
Ball Hockey Camp - hockey helmet with a full cage or visor, hockey gloves, hockey shin pads or soccer shin pads, hockey stick for use outdoors on pavement or you can use one of ours. If you forget your ball hockey equipment, you will join the Multisport Camp instead.
Horseback Camp – Horseback Waiver – available here: http://www.campscanada.com/forms.php, long pants to avoid chaffing, boots with a heel for stirrups (rubber boots are great). We will provide helmets.
Mountain Bike Camp – Mountain Biking Waiver – available here: http://www.campscanada.com/forms.php, bike helmet, properly sized bike with gears and hand brakes, closed toe running shoes, water bottle, sunscreen, bug spray and snack all in a small back pack they will carry, wet weather gear and a change of clothes (we ride rain or shine), and one extra properly sized inflatable inner tube for their bike. Although not mandatory we strongly recommend gloves. Bikes can be left overnight inside the locked school cafeteria.
Swim Camp – please put on a bathing suit at home under a tee shirt and shorts as this will help us greatly as we prepare the kids for their swim lessons each morning. Remember a change of clothes and a second swimsuit if you have one for the afternoon swim as well.
Tennis Camp – you can bring your own racket or use one we can provide for you.

LUNCH, SNACKS

Remember to send a box lunch if you have not signed up for our Lunch Plan. It is now too late to add lunch to an existing camp registration. Whether you have signed up for lunch or not, you will need to send snacks for two breaks. We also provide an optional Snack Bar in the afternoon only where children can buy snacks like chips, and chocolate bars. Also, it is always a good idea to pack a water bottle.
**UPDATE YOUR PERSONAL INFORMATION**

Please Login to the Camps Canada website using your PIN and check that all of the information attached to your registration is correct, especially medical concerns and emergency contact information. It is your responsibility to make sure all information on your registration is complete and correct.

**MEDICAL CONCERNS**

If you are a parent with a child who needs medication administered by us during the day, be sure to complete a "Request to Administer Medication" form – available here: http://www.campscanada.com/forms.php and bring it with you to camp with the medication clearly labelled. If your child has life threatening allergies and carries an Epipen, please bring two (2) of them on the first day of camp. We will keep one in the first aid kit and the other should be carried by the child at all times in a fanny pack.

**WE LOOK FORWARD TO SEEING YOU NEXT WEEK!**

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