



## Sports of all Sorts Camp Information Letter

Welcome to our **2020** Sports of all Sorts Camp. We are looking forward to spending quality time with your child and doing our utmost to ensure your child's experience at **Sports of all Sorts 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 in a variety of sports. The non-competitive format encourages camaraderie and sportsmanship among the children. Campers spend the vast majority of each day being physically active and learning the fundamental skills for a life of active living and sports enjoyment.

Camp begins at 9 a.m. and ends at 4 p.m. Weather permitting; children will swim at the Outdoor Aqua Park each afternoon.

Please drop-off and pick-up your child at the Kingston Memorial Centre (West Side Parking Lot), 303 York Street. Watch for our colourful signs and staff wearing bright yellow shirts on the first day.

**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. Parents wishing to allow their children to sign themselves into or out of camp must provide this permission in writing to the camp staff.

### 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 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 camp 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 and 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, from 8-9 a.m. and 4-5:30 p.m. at a cost of \$37.50/5 day sessions and \$30/4 day sessions. Please drop-off and pick-up your child at the Kingston Memorial Centre (West Side) entrance. Please **ensure that you always sign your child in and out with our staff**. During our extended hours, supervised activities will be provided. A \$5 late fee will be charged to participants who have not picked up their children by 5:30 p.m. and an additional \$5 will be charged for every 15 minutes thereafter.

### **Daily Camp Option**

Looking for just a day or two of camp? Daily registrations are available at Sports of all Sorts at a cost of \$47.50 per day (includes extended supervision).

### **Smorgasbord of Sports**

During each session, staff will be introducing a variety of sports to campers. The focus on each sport will be skill development, rules, and sportsmanship. Weekly sport activities may include: soccer, tennis, basketball, floor hockey and others.

### **Developing Physical Literacy**

We integrate physical literacy into our program curriculum. 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. Ensure your child's life-threatening allergies are identified at time of registration. Parents may be asked to omit other products in their child's lunches if other camper food allergies are brought to our attention.

Please send a lunch, snacks and drinks with your child each day and help us reduce camp waste by packing a litter less 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!**

### **Freezies / Pizza Days**

Information and order forms will be sent home on the first day and campers may order pizza slices and juice drinks for a designated day later in the week. Freezies may also occasionally be available for purchase. Advance notice will be provided for Freezie days.

## What to Bring

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

## Personal Belongings/ 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.

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 and camp leaders will monitor campers for ill effects of heat and sun. Unless requested during registration or in writing by a parent/guardian, **camp leaders will not directly apply sunscreen to campers**. If you would like camp leaders 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.

## Special Events

Events are planned for each session. Staff may send notes home asking parents to send specific items related to the event or activity.

## Staff

Our **Sports of all Sorts** staff have demonstrated leadership skills, experience working with children and have excelled in a variety of sports. All camp leaders certified in First Aid and C.P.R. and High Five Principles of Healthy Childhood Development. Camp leaders also attend a pre-camp training program. Your on-site leadership staff consists of 1 supervisor and 5 counselors. Sports of all Sorts Camp provides six staff for a maximum of 40 children in the camp (1/7 ratio). Our maximum ratio of staff to children is 1/10.

## Questions? Ask our camp staff.

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.

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  
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