

PA Day Camp Parent and Guardian Information Package 2024

Welcome to Circle R Ranch's PA Day Camp!

As a camp that has been operating since 1966, we are delighted that you have chosen to be part of our camp family! We hope that you and your camper are excited about the coming PA day camp season, and we understand that you may have some questions about preparing for camp. Our commitment is to make the entire camp experience enjoyable as well as a successful venture into personal growth and development. We sincerely appreciate the confidence that you have placed in us by selecting Circle R Ranch for your camper. Our entire staff is enthusiastic about the coming summer and we will do everything possible to ensure that your camper has a safe, happy and enriching experience with us.

This package is designed to answer your questions, and to share other information that is important for you to know. Please feel free to share this information with your camper. Children who come to camp prepared for the experience are able to get the most from their time at camp! If you have any other questions please don't hesitate to email us at registrar@circclerranch.ca

Below you will find information about:

- Ontario Camps Association Accreditation
- Camper Forms
- Lunches and Snack
- Medical Information
- First Aid Treatment
- Drinking Water
- Sun Protection
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Ontario Camps Association Accreditation

Circle R Ranch is an accredited camp through the Ontario Camps Association and adheres to the standards listed [here](#). The OCA's standards are based on research, regulation, and best practices. They are designed to ensure that OCA Accredited

Camps deliver a program and experience that is safe, fun, and of a high quality. They cover all aspects of camp and outdoor education safety including facility, health care, food service, program, transportation, as well as management and staff hiring and training.

Camper Forms

If you have not already done so, please submit your camper(s) Information Form and Medical Form so that our Health Care team can be prepared for your child's time at camp. To complete the medical form log in to [CampBrain Portal](#). If you have any changes to your camper's medical form after it is submitted, please contact the office.

Lunches and Snacks

No Food Service is provided. The camp does provide a small snack for each camper at the beginning and end of the day.

Campers need to bring their own lunch, as well as extra morning and afternoon snacks. **Please no peanut or treenut products as we may have severe nut allergies.**

Campers will be outside and active for most of the day meaning that they may be hungrier than usual, so be sure to pack a hearty, nutritious lunch, 2 nutritious snacks, along with a **refillable water bottle**. We suggest that you send lunch and snacks in an insulated lunch bag with an ice pack.

Medical Information

It is extremely important that you follow the guidelines listed below in order to ensure your campers' health and safety.

1. It is the policy of Circle R Ranch that all camper medications (prescription or otherwise) are kept in the Health Centre. Our Health Care Coordinator will administer these medications, while in the presence of a Circle R senior staff member.

2. **Epi-Pens:** If your child has a potentially fatal allergy, please send **TWO Epi-Pens** to camp. Anaphylaxis Canada suggests that at least two doses of epinephrine be available at all times because a second dose could be required 10-20 minutes after the first dose if the reaction continues. Also, please send a hip pack so your child can carry one Epi-Pen at all times. The backup will be kept in the camp Health Centre.

3. **Inhalers:** Inhalers that are used regularly can be kept by our Health Care Staff who will make sure that your child takes it on a regular schedule as specified on your health form. If your child uses an inhaler “as needed”, please send along two—one to be kept in the camp Health Centre and the other to be carried by your child. Again, we recommend sending a hip pack for easy carrying.

4. All prescription medications, homeopathic/herbal supplements, etc. must be sent to Camp in the original container, with dispensing instructions written in English.

First Aid Treatment

If your child becomes ill or injured while at camp, immediate care will be provided. If further medical attention is required, we are only minutes away from the SW Middlesex Health Clinic and only 25 minutes away from hospitals in both London and Strathroy. It is highly recommended that campers have an up to date tetanus shot as they will be around animals and in the outdoors. If there are any medical changes between the time you send in the medical form to us and when your child comes to camp, please inform us in writing.

Drinking Water

All of our water systems are approved by and registered with the Ministry of the Environment, and are in compliance with Regulation 170/03. Our drinking water is tested regularly in accordance with Reg. 170.

Sun Protection

With continued concern and awareness of the health risks resulting from time spent outside under the sun, there are a few things that can be done to minimize the risks of exposure while at camp. Please send the following items to camp with your child:

- A good sun hat (to cover the ears and the back of the head and neck)
- Waterproof sunscreen with an SPF rating of at least 30
- Refillable Water Bottle

Horseback Riding Helmets and Attire

All staff and campers are required to wear a helmet while participating in our horseback riding program. American Society of Testing and Materials– Safety Equipment Institute (ASTM-SEI) approved helmets are mandatory for all riders under

18 years of age for horseback riding (Ontario Bill 12) at all riding establishments. If you choose you may send your own properly fitted and ASTM-SEI approved riding helmet with your child. Circle R provides ASTM-SEI approved riding helmets for all campers and staff. Please note that bicycle helmets are NOT approved for horseback riding. **Also campers must bring boots to camp that have a 1.5 cm heel for riding.** We have limited extra boots which can be lent out if necessary.

Photographs

Photographs and videos are taken by Circle R staff throughout each session of camp. These photographs and videos will become the property of Circle R Ranch and will not be sold to any external parties. Please contact the camp director at jeremiah@circclerranch.ca with any questions or privacy issues.

Staff

Circle R Ranch staff are a very dedicated group of young adults (teachers, university, college and high school students) who are carefully selected for their skills, leadership abilities and sincere interest in the growth and development of children. There are program specialists in the areas of horses, swimming, canoeing, arts and crafts, sports, mindfulness, nature connection and other land based programs. Many of our staff have attended Circle R as campers and often are graduates of our Leadership Training programs. Our overall camper to staff ratio is approximately 1:3.

Parent Visits and Phone Calls

A valuable outcome of a camp session is gaining a sense of independence. In our experience, parental visits or contact during camp can be very disruptive to this process. We ask that parents do not plan a visit or tell their campers that they will call/visit during camp time so that false expectations are not created.

If you have important information that needs to be relayed to your camper while they are at camp, please call the camp office and we will arrange to convey the information to them. Due to the number of campers attending Circle R Ranch, campers are not permitted to use the camp phone unless there is no alternative method of conveying important information.

Behavioural Guidance Policy

Before camp, parents and caregivers should discuss behavioural expectations for camp as outlined in our [Camper Code of Conduct](#). Camp offers an excellent venue

for learning problem-solving skills, and subsequently, campers are involved in each step of the resolution process when problems occur. If behavioural problems arise, we follow this procedure:

- The camper works out a solution with their counsellor and other group members
- If further intervention is required, a supervisory staff member will be involved in the problem-solving process. The camp director may also become involved at this stage.
- If behaviour problems persist, the camper's parent or guardian may be contacted to ask for guidance, and be involved in the resolution process
- If behaviour issues continue, and are negatively impacting the camp experience of other campers (including, but not limited to, violent conduct), a camper may be sent home.

Campers may be sent home without warning for certain behaviours that include, but are not limited to: possession of alcohol or non-prescription drugs, smoking, or violence/aggression toward another camper or staff member. These decisions are made at the discretion of the camp director. Fees for a camper sent home for behavioural reasons **will not** be refunded.

At Circle R Ranch, we are aware of the severe negative emotional consequences associated with bullying. Our camp's philosophy is based on cooperation, learning new skills, taking responsibility and developing respect for self and others. Unfortunately, persons who are bullied may not have the same potential to get the most out of their camp experience. Circle R addresses all issues of bullying seriously and trains staff to promote communication with their campers so both staff and campers will be comfortable alerting us to any problems during their camp experience. We believe every person has the right to have the best possible experience at camp!

Things NOT to Bring to Camp

Circle R Ranch strives to create a simple and relaxed lifestyle, away from the hustle and bustle of the city. We believe that time away from video games, TV, the internet and the fast paced world of electronics helps place a greater emphasis on what camp is all about—making friends, connecting with the natural world, and increasing self awareness and self-esteem. **For these reasons, please do not bring any of the following items to camp:**

- Cell Phones, Video Cameras, Stereos, MP3 Players, etc.
- Cigarettes, Matches or Lighters
- Money (we do not have a Tuck Shop)

- Knives or Firearms

Thank You!

Thank you for reviewing this important information package! Please do not hesitate to contact the camp office if you have additional questions, or would like to further discuss any information contained within this package. Please call 519-471-3799 or email registrar@circclerranch.ca

Happy Trails!