



**YMCA of
Simcoe / Muskoka**
Camp Kitchikewana

2016 Family Handbook



*Building healthy
communities*

Dear Parents and Guardians,

Welcome to the 2016 summer season at YMCA Camp Kitchikewana. Thank you for entrusting us with the care of your child. Our staff is dedicated to providing your child with a very positive camp experience. We believe your child's time at YMCA Camp Kitchikewana can be greatly enhanced through careful preparation for camp. As well, effective communication between the staff and parents throughout the registration process and camper session is critical. Please ensure that the camp office has your most up to date email address as we will be communicating regularly using email.

We have created this information package to help familiarize you with some of our important systems and procedures. Please read the following information carefully and spend some time discussing it with your child before he/she arrives at camp.

We are looking forward to meeting your child this summer and sharing all that Kitchi has to offer. Please contact us if you require further information or have any questions.

Sincerely,

Ben Rabinovitch
Director, YMCA Camp Kitchikewana
ben_rabinovitch@ymca.ca
1-866-895-9622



Skill Choices

Waterbug Campers

Your child will be introduced to the different skill areas during program sessions and have a chance to become comfortable with the equipment and movements required for each. Waterbug campers are not required to make skill choices.

Traditional Camp Campers

- Swimming
- Lifesaving
- Sailing
- Arts & Crafts
- Island Adventures
- Kayaking
- Drama
- Canoeing
- Guitar
- (incl. archery)

Your child will be asked to choose, in order of preference, the skill options he/she would like to take for the two-week session. Please discuss the skill options before sending your child to camp. We aim to place your camper in at least two of his/her skill choices.

Sailing Camp Participants

Sailing Camp participants receive over three hours of sailing instruction daily. Please note sailing participants will not participate in Power-Play or a traditional outright. Weather permitting, all sailing camp participants will take part in a sailing trip around the south end of Beausoleil Island.

Leadership One Participants

Your child will receive two hours per day of instruction in a high-level, water-based skill (Bronze Medallion or Bronze Cross, ORCKA Style Paddling or CANSail Levels). All advanced skills require a theory and/or practical exam for completion. Please discuss these options with your Leadership One participant prior to his/her arrival. Leadership One participants will also partake in a five day remote wilderness canoe trip that involves long paddling days and portages.

Leadership Secondary School Credit Program

If you are enrolled in the leadership program, please contact the camp office if you have not received the high school credit information forms. This information is required for us to register the leadership participants in the secondary school credit program.

Swimming

Thank you for indicating your child's swimming level on his/her registration form. Each camper who chooses swimming as a skill will be placed in the appropriate swimming class. Kitchi offers YMCA Canada swimming levels: Otter through Swimmer and Star 1 through Star 6. Participants will receive a report card and badge (if awarded) at camp.

Green Tag Swim

At the beginning of each session, each camper will be asked to complete the 'Swim to Survive' standard as set out by the Lifesaving Society. This test includes: a deep water entry, treading water for one minute, and a 50 metre swim (any style, no limit, without touching the bottom). Completion of this swim enables the camper to have open access to Kitchi watercraft (lifeguard supervised, lifejacket on). Campers not completing the swim may use the watercraft when accompanied by a lifeguard. Swimming classes are mandatory for campers not completing the swim. Your camper may attempt to complete the swim again at any time during his/her camp session.

Type of Food to Expect

Three healthy, filling and familiar meals per day are supplemented by an afternoon and bedtime snack. Servings are hearty and our food services staff are professionals, experienced in preparing meals in a camp setting. Many restricted diets can be accommodated. Please outline specific needs on your child's medical form. For severe or numerous allergies, please forward the allergy information form to the camp office prior to your child's arrival at camp.

Snack Food

The camp does not operate a tuck shop. Snacks are provided for each camper every afternoon and evening. No food is allowed in cabins or on the cabin lines. With the increasing number of campers who have severe food allergies, camper care packages are a major hazard (YMCA Camp Kitchikewana strives to be a nut-free site). All foods sent with campers or received in care packages will be confiscated and disposed of. No food will be returned to campers.

Important Information about Changeovers

All leadership participants will be involved in programming during the two-week session changeover. Please do not expect to visit your leadership camper during session changeovers.

All campers staying for two sessions must be picked up between sessions. We hope the availability of a GTA bus facilitates this requirement. If you live far away, please arrange for a friend or relative to pick up your camper.

Private Boat

As in past years, parents with personal boats are encouraged to transport their children to and from camp. Campers should arrive and depart at "private boat times." Please do your best to adhere to these times or call us at camp if you need to request an earlier or later time.

Camper drop-off first day of camp – 2:30pm front docks

Camper pickup last day of camp – 10:00am front docks

Cabin Supervision

All Kitchi staff are chosen for their commitment to safety and the well-being of each camper. An intensive pre-camp training program introduces and educates staff regarding their important role in making your child's stay at camp a success. This training includes sessions on group dynamics and full-value contracts. Each cabin is supervised by two counsellors (each counsellor is given one day off per week). All staff live on site during camp sessions and there is always the Camp Director or Assistant Director on site.

YMCA Camp Kitchikewana Code of Behaviour

"Everyone has the right to feel safe at YMCA Camp Kitchikewana. With this right comes the responsibility to respect all community members and to take pride in making camp an awesome place."

The Kitchi Code of Behaviour has been designed to maximize each child's experience at YMCA Camp Kitchikewana. It represents basic guidelines that every person who becomes a part of the camp community follows to make sure that camp is a positive growth experience for themselves and others. Please review the information included in the Code of Behaviour carefully and spend time discussing it with your child before camp.

Program Expulsion

Intentional participant behaviour that puts the camper or others at physical or emotional risk may result in immediate dismissal from the program. In addition, consumption or possession of alcohol, tobacco products, marijuana, illegal or harmful substances, or weapons may result in immediate dismissal from the program.

Any expenses incurred as a result of program dismissal will be the responsibility of the participant/guardian. Parents/guardians or a suitable designate must be available to pick up participants in Honey Harbour should they be dismissed from camp. No refund will be given to campers leaving camp prior to the end of the session due to disciplinary action.

YMCA Camp Kitchikewana's Commitment

The staff of YMCA Camp Kitchikewana believe in offering a safe, educational experience under the guidance of trained leadership. Through outdoor skills and activities we encourage challenge, fun and a healthy lifestyle. In keeping with the YMCA philosophy, we will develop the spirit, mind and body of persons in a way that both recognizes their interdependence and celebrates their individuality. We believe living in a group and community in an outdoor setting creates an ideal atmosphere for people to learn about themselves and others in a manner which fosters a harmonious relationship with the natural environment.

The Quality Eight

The Quality Eight were developed by YMCA camping professionals to guide YMCA camps in their programs. YMCA Camp Kitchikewana strives to make Quality Eight an integral part of every YMCA Camp Kitchikewana camper's experience.

- YMCA Camp Kitchikewana is fun.
- YMCA Camp Kitchikewana is safe socially, emotionally and physically.
- YMCA Camp Kitchikewana is a place of friendship.
- YMCA Camp Kitchikewana is a place of caring, belonging and responsibility.
- YMCA Camp Kitchikewana participants learn and are challenged.
- YMCA Camp Kitchikewana treasures the natural world.
- YMCA Camp Kitchikewana meets personal life needs.
- YMCA Camp Kitchikewana is a place to return to.

Kitchi Open House

On June 18 and 19, 2016, staff will provide tours and answer questions relating to your child's stay at YMCA Camp Kitchikewana this summer. To attend the Kitchi Open House, you must:

- Call the YMCA at (705) 325-2253 or 1-866-895-9622
- Indicate your preferred boat time and the number in your party.

Booking a boat time helps us plan for the number of people attending and helps minimize your wait in Honey Harbour. Boat times available on both June 18 and 19 are:

9:30am	11:00am	12:30pm	2:00pm
10:15am	11:45am	1:15 pm	

Please meet the boat at the **Honey Harbour Boat Club**.

Camp Kitchi will provide lunch for all guests. There will also be boating and swimming activities available, if interested please bring your bathing suit and towel.

There is a \$10 fee for parking, please have cash available upon your arrival.

Cabin Mate Requests

YMCA Camp Kitchikewana will make every effort to accommodate one mutual cabin request per participant (campers must request each other). In order to promote positive cabin cohesion, we are unable to honour multiple cabin requests. Requests must also be within a one year age gap (ie. a 9 year old can request an 8 or 10 year old). This is to ensure there are not large age ranges within cabins.

Coming to camp with a friend can be helpful to the first-time camper. By limiting cabin requests to one per participant, your child can experience both the comfort of being at camp with a good friend and the opportunity to meet new friends. Multiple cabin requests can lead to cliques and social groups, which may result in unfavourable cabin group dynamics.

Thank you for your cooperation regarding cabin requests.

Reach For The Rainbow

This unique program allows children with disabilities to take part in summer camp programs throughout Ontario. Reach For The Rainbow provides training for Kitchi's program leaders and in-cabin counselors, provides consultation to parents and campers, and provides a support system for each special-needs camper at Kitchi. YMCA Camp Kitchikewana has been partners with Reach For The Rainbow for many seasons and is proud to offer a camp experience to children with special needs.

Your camper may have the opportunity to share a cabin with a camper who attends through Reach For The Rainbow. Campers with disabilities are fully integrated into the camp community and cabin programs.

Promotional Material

The YMCA of Simcoe/Muskoka and its subsidiaries reserve the right and permission to publish, reproduce, distribute and/or otherwise use any still or moving photograph, for such purposes and with such frequency as it shall determine in its sole discretion without further compensation or consideration to me and without further authorization by me for, as yet, unnamed video or photographic projects (including promotion, marketing and social media) which shall constitute the sole property of YMCA of Simcoe/Muskoka. YMCA of Simcoe/Muskoka and its subsidiaries shall be released from and against any and all liability resulting from its use of the photos or related to my use of the product.

Personal Hygiene

Camp is a great place to enjoy the sand, sun and water; however, it is also very important for all campers to practice good personal hygiene. Campers will be able to shower throughout their time at camp.

Please send biodegradable soap and shampoo to help us minimize our ecological footprint.

Laundry

There are no camper laundry facilities at YMCA Camp Kitchikewana. Please pack adequate clothing for your child's session. Exceptions will be made in emergency situations.

All leadership participants will be given an opportunity to do laundry once during the month-long session.

Camper Concerns

Should you have an urgent concern that requires immediate attention, please contact the camp office at (705) 756-4002.

Kitchi office hours are 9:30am to 4:30pm, Monday through Friday. An answering machine will pick up any calls outside these hours.

Campers Phone Calls/Cell Phones

Campers do not have access to the Kitchi phone. Please do not tell your camper he/she will be able to call you from camp. Please **do not send cell phones** to camp with your child or leadership participant. Cell phones will be confiscated and held until the end of your child's session.

MP3 Players / iPods

These devices are permitted at camp but only during rest hour and cabin time before bed. We do not encourage bringing MP3 Players / iPods to camp as they are valuable and can be damaged easily. Camp Kitchikewana is not responsible for any lost/damaged or stolen valuables.

Camper Mail

Every camper enjoys getting mail at camp. Please remember to send your letter earlier than you send your camper! Aim for at least seven days before your camper is scheduled to arrive at Kitchi. We will hold mail for your camper until he/she arrives. A positive letter from home helps alleviate homesickness by reassuring campers that everyone is happy at home.

Please do not send any food items to your camper through mail.

Please address your camper's mail to:

YMCA Camp Kitchikewana

"Your Camper, Session #" (e.g., Jake McKenzie, Session #)

PO Box 71, Honey Harbour, Ontario P0E 1E0

All mail received after your camper leaves Camp Kitchikewana will be returned to sender. Please include a return address on all letters and postcards. Mail is picked up in Honey Harbour daily.

Bunk Notes: Campers attending camp will be able to receive emails using our "Bunk Notes" email system available through our website. There is a small fee applied for this service. This charge helps cover the cost of the service and printing charges. Any additional revenue created from this service goes directly towards our Strong Kids Campaign. Campers will not have the ability to respond to emails via email. Campers are more than welcome to write letters home using "regular mail" which we send out every weekday.

A Note from our Physicians

Swimmer's Ear: Swimmer's ear occurs when your camper swims frequently in lake water during the summer season. If swimmer's ear has been a problem for your camper in the past, you may want to talk to your pharmacist about a prophylactic ear drop, Burosol Otic, which is available over the counter. This is a harmless medication that has mild antiseptic properties and may help prevent swimmer's ear in campers prone to the problem.

DEET: Please be aware that insect sprays containing DEET are harmful and potentially life threatening in higher doses. This is especially true for young children. Parents are advised not to send repellents containing DEET with young campers.

Poison Ivy: Camp Kitchi's site has a healthy crop of poison ivy. Poison ivy plants are restricted to areas off the Kitchi paths; however, campers may come in contact with the plant's residue, which causes an itchy rash. Minor cases will be treated with an over-the-counter "Benadryl/Calamine" lotion. For more serious cases, parents will be contacted and prescription medication may be used.

Important, please read: Please ensure that your child is in good health before sending them to camp. If your child arrives to camp with conditions that are highly contagious or cannot be effectively cared for at camp, you will be asked to pick them up in Honey Harbour. Please do an extra check for cases such as head lice, pink eye, impetigo, and other contagious conditions prior to sending your child to camp. If your camper becomes ill prior to their arrival at camp, please call the camp office to discuss your options. On the first day of camp all campers are checked for head lice and given a basic medical assessment.

Medications

Please send all camper medications to camp in their original containers. Clearly label all medications with camper name and dosage. Include a sheet of instructions with the medications if doses and/or frequency of medication require clarification. If you are sending more than one medication, please put it in a labeled plastic baggy with each container separately labeled.

External Medical Visits

On occasion campers are sent to the Georgian Bay General Hospital in Midland by the camp staff for advanced medical treatments we cannot provide at camp. We will contact you with the results if your child is sent to the hospital for X-rays, blood work, medication or other non-emergency tests. If your child is sent to the hospital for emergency care, we will contact you as soon as possible. If we are unable to reach you, we will contact the person you have listed as an emergency contact on your registration form.

Emergency Support

- Georgian Bay National Park office and Warden stations are located in Honey Harbour and on Beausoleil Island.
- The Coast Guard is stationed on Brebeuf Island, an island just west of Beausoleil Island.
- Our medical staff-in-residence program ensures either a registered nurse or medical doctor is available for daily care/clinics and emergencies 24 hours a day, seven days a week during every camper session.
- The OPP and ambulance service operate out of Midland. Our designated hospital is the Georgian Bay General Hospital in Midland.

Safety

All Kitchi staff hold current first-aid and CPR certification; in addition, most program and counseling staff have current National Lifeguard Service (NLS) and Instructor level certifications. We take every effort to provide a safe and organized site and waterfront area. Boat drivers are all Transport Canada certified and hold relevant qualifications.

Outtripping

Campers on canoe or hiking trips will stay in tents and the trips will last either one or two nights. To manage the risk inherent in overnight canoe or hiking trips, at least one staff member on each trip will hold NLS, Wilderness First-Aid and ORCKA Tripping Certification. Staff will carry first-aid kits and cell phones for contacting Camp in case of emergency. Camp Management reserves the right to cancel canoe trips if weather is deemed to put the campers and staff at risk. Participants in Waterbug and Sailing Camp do not participate in overnight outtrips.

For more information, please contact the camp office at (705) 325-2253 or 1-866-895-9622.



Typical Day Schedule

7:30am.....	Morning dip
8:00am.....	Breakfast hopper bell
8:15am.....	Flag raising, breakfast, cabin cleanup
9:45am.....	Power Play! (interest groups)
10:45am.....	Cabin choice
9:45am-12:00pm	Waterbug program, leadership skills
12:00pm	Lunch hopper bell
12:15pm	Lunch, rest period
2:15pm	First skill
3:15pm	Skill transitions/snack
3:25pm	Second skill
4:25pm	End of skill
2:15-4:30pm.....	Waterbug and leadership program
4:30pm	Awesome time (free boating and swimming)
5:30pm	Dinner hopper bell
5:45pm	Dinner
7:15pm	Evening section program
8:30pm	All camp snack, campfire, closure
8:45pm	Waterbug and Juniors to cabin
9:00pm	Intermediate to cabins
9:15pm	Seniors to cabins
10:15pm	All lights out, cabin lines quiet

Camp Session Dates – reminder

Camp Session	Dates
Session 1	July 3 - July 16
Session 2	July 17 - July 30
Session 3	July 31 - Aug 13
Session 4	Aug 14 - Aug 27
Waterbug A	July 3 - July 9
Waterbug B	July 10 - July 16
Waterbug C	Aug 14 - Aug 20
Waterbug D	Aug 21 - Aug 27
Sailing Camp 1	July 3 - July 16
Sailing Camp 2	July 17 - July 30
Sailing Camp 3	Jul 31-Aug 13
Sailing Camp 4	Aug 14 - Aug 27
July Leadership 1	July 3 - July 30
July Leadership 2	July 3 - July 30
August Leadership 1	July 31 - Aug 27
August Leadership 2	July 31 - Aug 27

Transportation To and From Camp

REMINDER:

All campers must arrive by bus or private boat. The only exception is for families who are traveling from northern destinations.

We are offering free bus service to all campers. Your camper may leave from and return to:

- a) LEON's Vaughan at Hwy 400 and Bass Pro Mills Drive
- b) Midland YMCA
- c) Barrie YMCA
- d) Orillia YMCA
- e) Collingwood YMCA

Please note: The Honey Harbour exception is only available to Kitchi campers traveling from north of Honey Harbour. Please contact the camp office to sign up for this option. We appreciate your support of our transportation policy.

Please mail, fax or email any transportation changes to camp in time for them to be processed a minimum of one week prior to your child's session.

Airport pickup and drop-off is available for a round-trip fee of \$150. Please contact the Kitchi office to make the necessary arrangements.

Transportation Schedule

Bus pick up locations:

(First day of camp)

Midland YMCA	12:00pm
Barrie YMCA	12:00pm
Orillia YMCA	1:00pm
Collingwood YMCA	10:45am
LEON's Vaughan at Hwy 400 & Bass Pro Mills Drive	12:00pm
Private Boat – Beausoleil Island	2:30pm
Private Car – Honey Harbour	2:30pm

Bus leaves at:

Bus drop off locations:

(Last day of camp)

Midland YMCA	12:30pm
Barrie YMCA	1:00pm
Orillia YMCA	12:00pm
Collingwood YMCA	1:45pm
LEON's Vaughan at Hwy 400 & Bass Pro Mills Drive	12:30pm
Private Boat – Beausoleil Island	10:00am
Private Car – Honey Harbour	10:00am

Bus arrives at approximately:

*As we are transporting campers first by boat, and then by bus via the 400, drop-off times are approximations; thank you for your patience.

Please note: For parents of campers in the Waterbug program, please be advised that due to the small numbers in the program, some buses may be cancelled. Should this occur the camp will contact you with alternate arrangements

Contacting YMCA Camp Kitchikewana

Winter Address

(October to April)
YMCA Kitchikewana
6604 Rama Road
Ramara, Ontario
L3V 0S3

Phone: (705) 325-2253 or 1-866-895-9622

Fax: (705) 325-9633

Summer Address

(May to September)
YMCA Kitchikewana
Box 71
Honey Harbour, Ontario
POE 1E0

Phone: (705) 756-4002

Email: camp_kitchikewana@ymca.ca

web: www.ymcaofsimcoemuskoka.ca

Pick-up and Drop-off Locations

Midland YMCA

560 Little Lake Park Rd.
(705) 526-7828

Orillia YMCA

300 Peter Street, North
(705) 325-6168

LEON's

Vaughan at Hwy 400
& 299 Bass Pro Mills Drive

Barrie YMCA

22 Grove Street, West
(705) 726-6421

Collingwood YMCA

200 Hume Street
(705) 445-5705

Honey Harbour Town Docks

Exit Muskoka Rd. 5 off HWY 400
Turn left off of HWY, Drive 15 min+.
Town Docks are located across
from Grocery Store and library.





YMCA of Simcoe / Muskoka

MISSION

My Y is dedicated to the growth of all persons in spirit, mind and body, and to their sense of belonging to each other and the global community.

VISION

My Y inspires people to reach their full potential.

VALUES

Caring - My Y commits to building relationships and demonstrates compassion towards others.

Honesty - My Y promotes integrity and trustworthiness.

Inclusiveness - My Y welcomes and fosters a sense of belonging for all.

Respect - My Y treats all persons with dignity and acceptance.

Responsibility - My Y keeps its promises and does what it believes is right.



Parks Canada



Canada



Simcoe Muskoka takes a hands-on role in creating a healthier environment in their schools, communities and region while nurturing a respect for diversity within the natural world. We highlight the importance of sustaining our planet, develop compassion for others, and foster a respect for the environment.

Charity #119215119RR0001