



## Camp Woods Summer Camps Summer 2018

### Camper & Parent Information

#### ***Welcome***

Thank you for choosing Scouts Canada – Camp Woods as your summer camping experience! As we speak, our staff are preparing a robust program, which aligned directly with traditional Scouting principles, to offer all youth the ability to create life-long memories. Over the course of the week at Camp Woods, youth will be exposed to a “learn by doing” philosophy that encourages them to take on any challenge that camp may have for them – turning them into exuberant young leaders.

#### ***Camp Woods***

Camp Woods is one of Canada’s premier Scout Camps. It is located right on the shore of sunny Sylvan Lake, Alberta – approximately 12km West of the Sylvan Lake Towne Center. With countless opportunities for youth to experience water activities, hiking opportunities and/or traditional camp activities, Camp Woods has just about everything!

Woods is just over 103 acres of pristine residential camp, with vast forested areas.

The Camp Woods office and emergency contact numbers are as follows:

**Northern Lights Council Scout Office:** 780-454-8561

**Dave Hnatiuk, Camp Director:** 403-887-5650 or Cell: 780-691-2744

**Alexander Kinnaird, Secondary Emergency Contact:** 587-896-6993

If you would like to contact your camper, please **ONLY** do so for emergency purposes. We encourage parents to not reach out to their camper over the duration of their stay at camp. This is to ensure that all campers are experiencing the independence of being away from home. If there are any issues, and a camper requests to call home, we will ensure that this contact is made. Don’t hesitate to reach out to the camp if you have any questions or have information to get to us that you think may have been missed.

## Expectations and Activities

A week at summer camp is an experience of a lifetime and with that comes expectations from the camper, their parents, and the camp. We strive to provide a wide variety of program opportunities at Camp Woods, so it is important to discuss as campers and parents, the key goals you want to achieve at summer camp and what you expect your session to be like. Each camper will have a different and individual experience from another and we recommend having an open mind and being flexible.

With a wide number of activities available, campers can expect to participate in a select number and will likely not be able to try all during their 5 day session. Certain activities have participant restrictions based on a number of factors which could include age, weight, equipment availability, time, and adverse weather conditions. For a number of our programs, campers will decide as a cabin group which activities they will participate in together. Please refer to the schedule below to gain some insights into the adventures that Camp Woods can provide anyone – both big and small!

### The Camp Woods Adventure Schedule!

	Monday		Tuesday		Wednesday		Thursday		Friday	
7:00			<i>Staff Wake Up</i>		<i>Staff Wake Up</i>		<i>Staff Wake Up</i>		<i>Staff Wake Up</i>	
7:30			Wake Up/Polar Dip		Wake Up/Polar Dip		Wake Up/Polar Dip		Wake Up/Polar Dip	
8:00			Breakfast		Breakfast		Breakfast		Breakfast	
8:30	Announcements		Announcements		Announcements		Announcements		Announcements	
9:00	Camper Arrival		Bouldering		Orienteering		The Camp Woods Canoeing Challenge		Clean Up/Pack Up	
9:30	Camper Orientation & Teambuilding								Pioneering	
10:00			Lunch		Lunch				Lunch	
10:30			Lunch		Lunch		Lunch		Lunch	
11:00	Lunch		Lunch		Lunch		Lunch		Lunch	
11:30	Lunch		Lunch		Lunch		Lunch		Lunch	
12:00	LAP		LAP		LAP		LAP		CAMPER DEPARTURE	
12:30	LAP		LAP		LAP		LAP			
1:00	LAP		LAP		LAP		LAP		CAMPER DEPARTURE	
1:30	LAP		LAP		LAP		LAP			
2:00	LAP		LAP		LAP		LAP		CAMPER DEPARTURE	
2:30	LAP		LAP		LAP		LAP			
3:00	Low Ropes	Obstacle Course	Nature Hike		Archery	Misc.	Dragon Boating		CAMPER DEPARTURE	
3:30										
4:00							CAMPER DEPARTURE		Staff Meeting	
4:30									CAMPER DEPARTURE	
5:00							CAMPER DEPARTURE			
5:30									CAMPER DEPARTURE	
6:00							CAMPER DEPARTURE			
6:30									CAMPER DEPARTURE	
7:00							CAMPER DEPARTURE			
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10:30									CAMPER DEPARTURE	
11:00							CAMPER DEPARTURE			
11:30									CAMPER DEPARTURE	

We know that campers of all levels want to experience all that camp has to offer and we want campers to return excited to try new things each summer. Throughout the week, we see our camper's progress and build experiences that not only promote their personal develop, but focus on living a healthy life style, experiencing adventures and instilling protective environmental ethics. All these outcomes are

designed to further develop young individuals into capable, confident, well-rounded individuals better prepared for success in the world.

Please take a look at our camp webpage where you can find detailed information regarding any specific activity in our Trail Cards section. ([CampWoods.ca](http://CampWoods.ca))

## ***Transportation***

For the 2018 summer season, registered campers are responsible for their own transportation to and from Camp Woods. Please note that the below times are for camper arrival and departure purposes, and provide the optimal time for a smooth arrival/departure at Camp Woods.

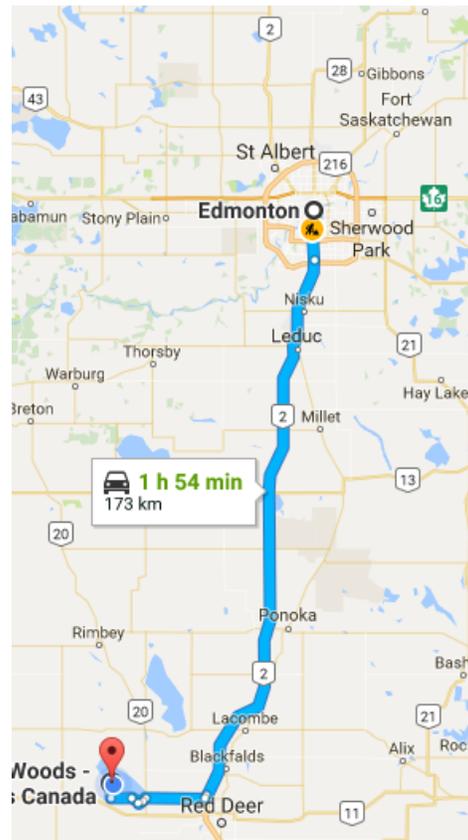
**Drop Off Time: 9AM – 10AM Monday Morning of Session**

**Pick Up Time: 1PM – 2PM Friday Afternoon of Session**

**Procedure:** Camp Woods will ensure to have either a Camp Staff or Volunteer at the front gate to assist with guiding parents/campers towards Gilwell Hall. We will also have signs to guide you towards Gilwell Hall. In the interest of being timely, we have designed a loop for drop off/pick up on a one way roads.

**Directions to Camp Woods are below:**

### **Map to Camp Woods**



**General Direction Information:**

**Camp Woods Address:** 2124 Township Road 392, Sylvan Lake, AB T4S 1X6

**From Calgary:** Highway 2 (Queen Elizabeth Highway) North until Red Deer. Take Exit 401 onto Highway 11A. Take a right on Range Road 22 and follow until you reach Township Road 392

**From Edmonton:** Highway 2 (Queen Elizabeth Highway) South until Red Deer. Take Exit 401 onto Highway 11A. Take a right on Range Road 22 and follow until you reach Township Road 392

## ***Camper Emotional Well Being***

At summer camp it is normal for campers to experience times of homesickness and other emotional stresses. We know that having feelings of sadness from being away from home is a common and recognized emotion at camp. Our staff will work with campers through those times to encourage them to continue to enjoy the summer camp experience. If a camper is experiencing an ongoing stress we are happy to contact the parent to discuss the situation so they are aware. We encourage campers to stay at camp for the duration of the week and only have them leave camp early as a last resort. Our Camp Director would speak with parents to make that final decision.

## ***Camper Behaviour***

All of the rules, regulations and procedures of camp will be discussed with all campers on the first morning of camp. Expectations for the week will be set out for campers to understand how we can make their stay at camp an enjoyable and safe one. Appropriate behaviours are always encouraged at all times and reminders of our scouting mottos will be emphasised. Bullying and any other ongoing, inappropriate or unsafe behaviour will not be tolerated at camp. These types of actions do not encourage a safe and positive environment for campers. If this were to occur, parents would be called to be made aware of the behaviour and we would work together to resolve the issue. The Camp Director reserves the right to dismiss any camper who continually displays disruptive, unsafe or harmful behaviour. It is the parent's full responsibility to arrange transportation and pick up from camp for a camper who has been dismissed.

**For Camper Personal Needs**, we have attached our *Camp Woods Camper Personal Development Requirements* form to the end of this document. If your child does require any additional attention by our camp staff (i.e Anxiety), please let us know! This form acts as a supporting document to the information you have already filled out in our online registration form. Upon arrival, please be sure to submit this form directly to Dave Hnatiuk, who will then take measures to ensure that your child has a safe and enjoyable week. This information does remain confidential, and will only be shared with staff members who are directly affected. With that being said, the more information you provide to us, as the Camp Woods Team, ensures that your camper will have a safe, fun-filled and memorable week.

## ***Camper Dietary Requirements***

Meal time at camp is one of our favorite parts of the day. We serve home cooked, buffet style meals throughout the summer from our dining hall. Campers can expect a variety of meal options, especially at breakfast with both hot and cold options available. If your camper requires any specific dietary needs we are happy to try to accommodate as long as we have prior notice. If your camper has special dietary restrictions, please be sure to indicate on the online registration form. We have also attached our *Camp Woods Camper Dietary Information* form to the end of this document. This should also be completed and submitted to Dave Hnatiuk at [dave.hnatiuk@scouts.ca](mailto:dave.hnatiuk@scouts.ca) before your arrival at Camp Woods. If you

have not filled out any of these forms before your time of arrival, please inform any camp staff, who will provide you with a *Camp Woods Camper Dietary Information* form and then relay the information to the kitchen. From there, we will do everything in our power to accommodate your child's dietary needs.

## ***Camper Photography***

During the week of summer camp we will capture memories of your camper through photographs. If you do not wish for your child's photograph to be taken please let our registration office know prior to the start of camp. This is also indicated on your child's registration form, please take the time to read this. We will try our very best to post photos of the summer camp experience daily on our Facebook page. If you do not see your child in a photo do not panic, it may be that we just did not get the best opportunity to capture them in action. Internet at camp can be slow at times so it may take us a few days to upload, please be patient. You can find the Camp Woods summer camp photos by going to the following address: <https://www.facebook.com/ScoutsCanadaCampWoods/>

## ***Lost & Found Items***

Any camper items left at camp will be collected and sorted. If items are labelled with camper full names we will call parents to let them know about the lost item. Any unclaimed items remaining at camp by September 4 will be donated or kept for camp supply. We will not keep lost socks or under garments.

## ***Canteen and Personal Snacks***

There is no canteen at camp. Please **DO NOT** send any candy, chips, gum or the like. Camp Woods is in a vast wildlife area and these only invite forest critters to visit the campsites. Nutritious snacks are also provided at appropriate times during the day.

## ***Equipment***

The Camp Woods staff would like your child to be prepared for their camp experience! We recommend that each youth limit their baggage to one large duffel bag (or similar) and a small day pack. See *attached equipment packing list*.

## ***Equipment Packing List***

**ALL baggage and personal items** should be marked with the camper's name. Do not pack equipment in plastic garbage bags; it will not make it to camp intact and will not work for transporting baggage. We recommend that campers bring **old clothes** to camp.

Parent/guardians please do a pre-camp pack check with your youth to ensure all items from the equipment list are included. This list is the minimum required. It is very important to bring a raincoat, waterproof footwear, and a warm sweater or windbreaker.

We are not responsible for any equipment that goes missing or gets broken at camp. Any lost and found items will be collected on the last day of camp to be held until an item is claimed or we reach the end of the summer. Please call the camp directly to inquire about any lost and found items.

Parent communication with the camp is best done via our camp office phone **(403)887-5650** or email [dave.hnatiuk@scouts.ca](mailto:dave.hnatiuk@scouts.ca).

For Scouting youth, uniforms may be worn to/from camp. Campers will be provided with a camp t-shirt. Please make sure you have double checked your camper's t-shirt size as accurately as possible. If you need to make a change, please contact the camp directly

## Equipment Packing List for Summer Camp Campers

- Do NOT send equipment in garbage bags
- All articles are to be labelled with camper's full name.

2018 Camp Woods Equipment List		
Packed		Returned
<b>Bedding</b>		
	Sleeping Bag - Summer/Mid-Season Bag Recommended	
	Campfire Blanket (Optional)	
	Sleeping Pad – preferably no open foam, bunks are wooden	
	Pillow (Optional)	
<b>Clothing – Please send old clothing to camp</b>		
	4 pairs of shorts	
	1 pair of long pants	
	2 warm sweatshirts and/or windbreaker	
	5 t-shirts	
	5 pairs of socks	
	5 underwear	
	1 PJ	
	1 Swim Suit	
	1 Raincoat and Pants ( <b>NO PONCHOS</b> )	
	Waterproof footwear (i.e. Rubber Boots)	
	1 pair old running shoes	
	1 pair of water shoes	
	2 hats or caps – wide rimmed is preferred	
<b>Hygiene Articles</b>		
	Beach towel, hand towel, face cloth, wash cloth	
	Toothbrush and toothpaste	
	Soap and shampoo in container (bio friendly preferred)	
	Comb or hairbrush	
<b>Miscellaneous</b>		
	Duffel Bag	
	Day Pack – Camper should be able to carry comfortably	
	Water bottle – 1L Nalgene preferred	
	Flashlight (With extra batteries)	
	Sunscreen/Bug Spray, Sunglasses, Lip Balm	
	2 Garbage Bags	
	1 excited youth 😊	

## ***Medication – Important***

If your camper requires any medication (prescription or OTC – Over The Counter) while at camp, please complete the 'Medication Permission Card' below for each medication you are providing for your youth.

All medication should be in its original packaging. Please include one 'Medication Permission Card' per medication, and place into a ziplock bag labelled with your child's name. This MUST be given to the staff member(s) conducting check-in at camp.

Camp staff will not help administer any medication without a 'Medication Permission Card'.

Campers who are feeling unwell at camp will be able to call home to speak with a parent if need be.

### **Medication Permission Card Camp Woods – Scouts Canada**

Youth's Name: \_\_\_\_\_

Medication:
Dosage:
Frequency:
Method:
Treatment and reason for medication:

Emergency Contact w/ Method of Contact: \_\_\_\_\_

I, \_\_\_\_\_, the legal parent/guardian of \_\_\_\_\_, hereby give permission for the following medication to be administered to \_\_\_\_\_ by Camp Woods Staff over the duration of \_\_\_\_\_.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

***Example: John Smith, Ibuprofen, One tablet at bedtime with water, for inflamed knee***



## Camp Woods Camper Dietary Requirements

Camp Woods takes the safety and well-being of all campers and participants in the highest priority. We strive to provide the best meal and food service experience to everyone who joins us at camp. At camp we serve a wide variety of foods to meet the nutritional needs of most of our participants. In order to meet the needs of participants who have special dietary requirements due to allergies, food intolerances, or other health issues, as well as those who follow alternate diets for ethical or religious reasons, it is necessary to obtain as much information as possible prior to arrival at camp. Please be as specific as possible regarding exact nature and severity of any allergy or intolerance. We appreciate parents and caregivers providing this information to the camp. While Camp Woods attempts to provide meals which meet these special needs as much as possible, it is still the responsibility of the individual to avoid those foods which he or she is unable to eat. In some rare cases, it may be necessary for the camper to bring some food items, which can then be prepared by the camp staff. Please fill out the following information for each individual participant including youth and adults.

Camper's Name: \_\_\_\_\_

Date or Session at Camp: \_\_\_\_\_

Contact Name for Further Information if Needed: \_\_\_\_\_

Relationship to Camper: \_\_\_\_\_ Phone: \_\_\_\_\_

Food Allergy (Please Circle): YES NO

**Description of specific allergies:**

**Other Specific Personal Requirements:**

**Any other information you feel we should know about:**

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_



## Camp Woods Camper Personal Development Requirements

Camp Woods takes the safety and well-being of all campers and participants in the highest priority. We strive to provide the best experience to everyone who joins us at camp. By providing the information below, parents will help our camp staff do their best to comfortably integrate each camper with his or her tent group. Staff are given some information during staff training regarding how to work with a number of different needs campers may have during camp. Camp staff are made aware of any campers with specific needs that require extra or differential care. It is our goal to keep the routines of campers as close to home as possible and the details provided in this form will be very helpful. Please be as specific as possible regarding exact nature of any required needs. While Camp Woods attempts to provide the best care to meet the needs of all campers, in some cases we may not be equipped to handle or provide for certain campers. This may result in a phone call home to discuss a solution or in rare cases the camper may be sent home. Please fill out the following information for each individual camper

Camper's Name: \_\_\_\_\_

Date or Session at Camp: \_\_\_\_\_

Contact Name for Further Information if Needed: \_\_\_\_\_

Relationship to Camper: \_\_\_\_\_ Phone: \_\_\_\_\_

**Description of specific behaviour (i.e Routines at home or any specific instructions):**

**Other Specific Personal Requirements:**

**Any other information you feel we should know about:**

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_