



# 2019 Parent's Handbook



# What You'll Find Inside

- |                      |   |                      |                                      |
|----------------------|---|----------------------|--------------------------------------|
| <a href="#">1.</a>   | <b>Director's Message</b>                     | <a href="#">8-9.</a> | <b>Residential Campers</b>           |
| <a href="#">2.</a>   | <b>Prior to Your Camp Session</b>             | <a href="#">10.</a>  | <b>Residential Packing Lists</b>     |
|                      | <b>Sharing Information</b>                    | <a href="#">11.</a>  | <b>One Night Overnight</b>           |
| <a href="#">3.</a>   | <b>Communication</b>                          |                      | <b>Integrated One to One Program</b> |
|                      | <b>The Apprehensive Camper</b>                | <a href="#">12.</a>  | <b>Leader-In-Training Program</b>    |
| <a href="#">4.</a>   | <b>Day Camp Essentials</b>                    | <a href="#">13.</a>  | <b>Explorer's Canoe Trip Program</b> |
| <a href="#">5-6.</a> | <b>Day Camp Transportation</b>                | <a href="#">14.</a>  | <b>Health and Safety</b>             |
| <a href="#">7.</a>   | <b>Weekly Themes &amp; Online Swim Report</b> | <a href="#">15.</a>  | <b>Where to Find Us</b>              |
|                      | <b>Cards</b>                                  |                      |                                      |

## Director's Message

Last summer, we began asking parents for a small piece of information they would want their child's counsellor to know before they met at camp. The idea was to give us some insight into what might make the child's camp session memorable and enjoyable.

Helpful notes included those that described situations where the child has struggled in the past. By disclosing information such as: 'my child can become uncharacteristically defiant and resist following direction when she is hungry,' allows the counsellors to give extra support and respond accordingly.

Information on situations where a child thrives is also important. 'Last summer, my child loved archery and is really looking forward to it again,' or 'my son finally passed level 5 in swimming and is excited about working on level 6,' helps us to understand a camper's expectations for their camp experience.

Adaptation is an important part of a quality camp experience. By taking the time to provide us with a brief note, you'll play an important role in this process. Thank you for participating in our camp this summer and please contact me at [peter@kettlebyvalley.com](mailto:peter@kettlebyvalley.com) if you have any questions.

Peter Truman  
Camp Director



# Prior to Your Camp Session

## There are three things that happen between now and the first day of Camp:

### 1. Our spring Open House on Saturday June 8th, 2019.

We invite you to join us between 10am and 2pm for our Open House at the camp on Saturday June 8th.

This day will provide parents and campers with the opportunity to explore our site as well as meet the Director and some of the returning staff. Feel free to invite friends, family, neighbours and anyone else who would like to see our site.

### 2. Camper Forms need to be completed.

In order to ensure that your child receives the best possible care, please return to your online account and complete all the mandatory camper forms. To return to your online account, please [click here](#) or click on the "2019 REGISTRATION NOW OPEN!" link on [our website](#). For insurance and liability purposes we require new forms to be completed for all campers each year.

### 3. An email regarding your session.

You will receive an email from camp the week before each of your child's session (expect this between Wednesday and Friday). We will confirm all the necessary arrangements such as, swim levels, transportation information, what to pack, and other details.

If we do not contact you by the Friday before your child's camp session begins, please contact our office.

# Sharing Information

Many parents feel apprehensive about sharing information with us about their child such as their behaviours at school, previous camp experiences, or medications that they take. They are worried that their child will be labeled while at camp and subsequently feel ostracized and be treated differently than the other campers.

The truth is, by having this pertinent information, we are more capable and better equipped to ensure this does not happen. In fact, knowing that your child has a learning disability, ADHD, difficulty making friends or has had an unfavourable previous camp experience helps us to better meet their needs in a supportive environment so that they can simply enjoy camp and be a kid. It also helps us to better prepare our counsellors, gives us time to modify programs if needed, and match group needs with the best suited counsellor. The more we know about your child, the greater likelihood that they will have a fun and successful time at camp!



# Communication

## How You Inform Us

### Email

Registration & General inquiries

[info@kettlebyvalley.com](mailto:info@kettlebyvalley.com)

Transportation inquiries

[bus@kettlebyvalley.com](mailto:bus@kettlebyvalley.com)

Letter to Overnight Campers

[resi@kettlebyvalley.com](mailto:resi@kettlebyvalley.com)

### A Bus Note

Give bus counsellors any notes in an envelope addressed to the office. Bus notes are great for making special arrangements regarding transportation. For example, if your child(ren) will have a prolonged absence from camp, and to notify us regarding lost and found, a bus note is a good way of communicating that. All notes must come to the office, from there they will be directed to the appropriate person as necessary.

### A Phone Call: 905-726-4275

If you reach our voicemail, please leave a detailed message.

## How We Inform You

### Email

As we try to limit the amount of paper we use, emails are a quick and easy way to get information to you.

### A Letter Home

On occasion, we may send information to you by way of the bus to remind you of events or to pass on a Behavioural Report.

### A Phone Call

Please ensure that we have up-to-date contact numbers for you and your emergency contacts. If you need to update any of your numbers kindly email [info@kettlebyvalley.com](mailto:info@kettlebyvalley.com) with details.

# The Apprehensive Camper

Meeting new people can be stressful, even for adults. This, in addition to a new environment and new activities, makes it understandable as to why some may feel apprehensive. Children may also sense the apprehension of their parents. Responses such as, "I don't want to go," may be expected from a reluctant camper. We have had many years of experience dealing with these responses. Please be assured that our staff are trained to help campers through their apprehension with a compassionate yet firm approach. With this strategy, the apprehension almost always disappears in a matter of minutes.



# Day Camp Essentials

## Dressing For Day Camp

Here is the list of items that should be sent on a daily basis.

### The Camper Should Be Wearing:

- footwear - closed toed running shoes (no sandals)
- t-shirt - light colours to repel sun and bugs (no tank tops)
- shorts or pants - depending on weather
- sun hat - such as ball hat or bucket hat
- sunscreen - a minimum SPF rating of 30

### The Camper Should Bring:

- a backpack - to carry everything on the list
- a bathing suit
- a towel
- a raincoat - even if rain is not in the forecast
- a sweater - if the weather is supposed to be cooler
- sunscreen - a supply for each child
- snacks (peanut/nut free)
- a refillable water bottle - we have refill stations around camp
- bug repellent - products containing 10% deet or less are recommended for children
- medication - labeled & in their **original** packaging

Campers are active all day, so please send them with clothing that you don't mind coming home a bit dirty.

## Labeling Items Sent To Camp

We encourage you to LABEL EVERYTHING so lost items stand a better chance of getting back to their rightful owner. Prior to your child's first day of camp, take a **photo** of the items you are sending with them, it will help us better identify the item you are looking for if it is to get lost while here at camp. If something has been lost, kindly send an email describing as much about the item as you can. In the confusion of a busy day, items can sometimes get stuffed into the wrong bag. If your child comes home with something that looks unfamiliar, please send it back to camp. We have partnered with Mabel's Labels, a company with all types of labels that are colourful, indestructible, and fun! With a 'Camp Combo' pack, your camper can label absolutely everything! Simply proceed to buy through: [Mabels Labels](#) - and search Kettleby Valley Camp

\*Please note that if we find that a camper is consistently losing their items we will initial the tag with a marker.

## What to Leave at Home

We recommend not sending anything of value to camp. **Cell phones**, video games, iPods, toys, and expensive cameras can get damaged during the long, active days. Clothing and accessories like jewelry that is special or important should also be left at home.

## Food at Camp

Campers are provided with a hot lunch every day. Our goal is to save parents time and effort, while still providing a nutritious meal. We make the lunches fresh each day and provide a variety of choices that may include but are not limited to: grilled cheese, all beef hot dogs, meatball subs, chicken nuggets, and pita pizzas. Plain pasta or with sauce will be served daily as an alternative hot item. In particular, our salads or fruit offers campers nutritious, balanced, and refreshing options. All meals are served family style in our Dining Hall. Our weekly lunch menus are [available here](#).



## Food Allergies

Due to camper and staff allergies, our kitchen is a nut sensitive environment and we insist that all food products brought to camp do not contain peanuts, nuts, or foods that contain nut by-products. Please notify us as soon as possible if specific allergies or intolerances exist such as gluten free or dairy free, as we can make accommodations to our lunch program.

# Day Camp Transportation

## The Trip to Kettleby Valley

Our buses are supervised by our Bus Counsellors to ensure the best possible care. The bus ride is an important part of the day camp culture. We have a different bus theme each week and activities such as skits, crafts, songs and decorating the bus take place during the traveling time. A list of our weekly themes can be found on the next page. Buses compete for the honour of having Byron, our KVC mascot, ride home with them on Friday. The bus with the best program will be victorious.

## Transportation Options

Please note that we can arrange a combination of any of the options below. Ensure that you clearly fill out your Transportation Form if this is the case. Call our office if you require further details. If you would like to make changes to your transportation arrangements, we must receive it in writing: [bus@kettlebyvalley.com](mailto:bus@kettlebyvalley.com)

### 1) Home Pick Up & Drop Off

This option is available for families who live within our designated 'local' area. Our 'local' area includes Aurora, Newmarket, Richmond Hill, and most of Vaughan (north of Highway 7). We will email you between Wednesday and Friday the week prior to each of your child(ren)'s sessions with a 15-minute window. We ask that when we drop your child off, please give us an indication that you are home so that the bus counsellor does not have to go right to the door.

*If you give us permission for your child to leave the bus without an adult present please notify us in writing through [email](mailto:bus@kettlebyvalley.com).*

*Bus counsellors will wait until the camper enters the house before the bus leaves.*

### 2) Own Transportation

If it is more convenient to drop off and pick up your child(ren) at camp, we can arrange for you to do so. Morning drop off time is between 7:30am and 8:40am. Pick-up time in the afternoon is after 4:15pm until 5:30pm. Please be sure to follow the signs when entering and exiting during drop off and pick up times. The speed limit on our road is 15km/hr and the lower portion of our driveway is a single lane.

### 3) Central Locations

If you are using one of our Corporate Locations or if you live in the Toronto area, transportation is provided directly from the following Central locations:

- [155 Consumer's Road](#) (8:00am/4:55pm)  
North York
- [3500 Steeles Avenue East](#) (8:10am/4:45pm)  
Markham
- [3600 Steeles Avenue East](#) (8:20am/4:40pm)  
Markham
- [200 Wellington Street West](#) (8:00am/4:55pm)  
Downtown Toronto
- [300 Rosedale Heights Dr.](#) (8:00am/5:00pm)  
Thornhill

Please be on time. Buses leave on schedule.



# Transportation Information

## Finding Out Your Bus Times

The Wednesday to Friday prior to your child(ren) attending camp, we will contact you via email to confirm transportation information, give more detailed bus times, as well as remind you of what to pack for camp. Please know that the bus times given are estimates and can vary slightly on a day-to-day basis.

## Making Other Arrangements

We want to make transportation as convenient and flexible as possible. However, safety and supervision are our first priorities. If you wish to make alternative arrangements such as picking your child(ren) up at camp, please give us 24 hours notice in writing. An email is ideal. All changes will be confirmed by email. It is also important to note that if someone other than the parent/guardians plan to pick up or meet your child(ren), we must be notified in writing with the full name of who is authorized to do so.

If you need to pick your camper(s) up early please email us ahead of time so that we can have them ready at the office for you. Due to our buses in our parking area early pick ups must be prior to 3:00pm.

## Meeting the Bus

For parents using Corporate Locations, please have your child(ren) at the location in plenty of time to meet the bus. The time we quote is the time the bus departs. The bus driver is instructed to wait no longer than a couple of minutes. Please call if you are running late and we will do our best to hold the bus or find an alternative meeting location. When the bus returns at the end of the day, please do not leave with your child(ren) without speaking to our bus counsellor. This way we know that your child(ren) are with the appropriate person before departing.

**Transportation E-mail**  
[bus@kettlebyvalley.com](mailto:bus@kettlebyvalley.com)

## Things to Keep in Mind

- Please have your child(ren) prepared and waiting by the door. Our bus counsellors will ensure campers safely board and exit the bus.
- If you allow your child(ren) to be left at home alone or leave the pick up location on his or her own, you must notify us in writing.
- Even with the best laid-out plans in place, transportation may be delayed due to unforeseen circumstances. If the bus is delayed more than 15 minutes, we will make every effort to contact you.
- If your child(ren) is unable to attend camp on a particular day, please call the camp before your pick up time and we will notify the bus counsellor.
- If the bus is running late, please do not stop the bus for an explanation. Contact our office and we will provide you with any further information.



## Bathroom Stops

In the past, campers on the bus sometimes needed to go to the bathroom before they arrive at their destination. Please be aware that we may ask you to utilize your bathroom for such emergencies.

# Weekly Themes

## Day Camp

Week 1	July 2-5	Rock & Roll
Week 2	July 8-12	To Infinity & Beyond
Week 3	July 15-19	Superheros
Week 4	July 22-26	Big Top Circus
Week 5	July 29-August 2	Under The Sea
Week 6	August 6-9	Time Travel
Week 7	August 12-16	Welcome To The Jungle
Week 8	August 19-23	Fairy Tales



These themes will be used mostly on the bus for our weekly decorating competition. Certain Day Camper activities will also incorporate the themes into their weekly programs.

Unless requested by the bus counsellor it is not necessary to send items relating to these themes.

Please feel free to send any items you think would be helpful for your camper to have for the there during their session(s). We suggest that you do not send any special items or items that might require extra care.

## Overnight Camp

R1	July 7-12	Disney
R2	July 14-19	Spy Kids
R3	July 21-26	Carnival
R4	July 28-August 2	Welcome to the Jungle
R5	August 11-16	Hawaiian Luau
R6	August 19-23	Avengers Endgame

# Online Swim Report Cards

In 2017 we began using an online swim report card system called Swingen. This system prevents report cards from getting misplaced after campers receive them on their last day of camp. Campers are told if they have passed their level and later we mail out their badge. Report cards also remain online for 15 years.

To access the Swingen system you will need your campers 4 digit Swingen number. This information will be sent to you by email the week prior to your campers session. Campers have the same Swingen number from year to year. If they are returning from 2017 or 2018 their number will remain the same.

The link to access Swingen will be sent to you prior to your campers begins camp but if they have a Swingen number from 2017 or 2018 and you would like to see a previous report card please follow this [link](#).

# Residential Campers

## The Resi Experience

Our residential program offers campers the opportunity to develop their interpersonal skills in a positive learning environment. Campers are provided with more time to work on their canoeing skills, try the toughest climb on the wall, or simply enjoy some extra time at their favourite activity. Residential camp also represents a natural progression in the development of independence.

## An Easy Transition

Since we offer both day and residential programs in the same setting, the adjustment is gradual. Many of our Resi campers have been day campers in the past. A familiar setting, familiar faces and a similar day schedule makes the transition from day camp to overnight camp easier!

## Drop Off and Pick Up

Residential camp begins on Sundays. Drop off is between **4:00pm and 5:00pm**. Dinner is at **5:30pm**. On the Friday that camp ends, parents can pick their campers up between **4:15pm and 5:30pm**. Bus transportation to camp on Sunday is not available. There may be bus transportation available from the camp on Friday. Transportation request forms are available during Sunday drop off. We will confirm your request during the week.

Please be prepared to arrange for pick up.

## Supervision

Residential campers are a part of the R.I.S.E. Program and spend their day according to the activities they sign up for. In the evening, we maintain the same great staff to camper ratio of 1 to 4. Our cabins have been constructed with supervision in mind. Most buildings have a large main room that houses up to 8 campers and a smaller room that houses up to 2 counsellors. Our oldest boys cabins are supervised by counsellors in nearby cabins. This provides privacy for both counsellors and campers yet allows for easy supervision throughout the evening.



## Morning Schedule

Campers wake up at 7:15am for Morning Circle. Breakfast starts at 8:00am and once we look after our teeth and wash up, 'Cabin Inspection' preparation takes place. Points are given after every inspection, which helps cabins work towards getting the Resi button.

The cabin with the most points has a good chance of being awarded the Resi button at campfire on Friday. By 9:00am, Resi campers begin their R.I.S.E. programming and are off to their first activities.

## What Happens in the Evening?

At 4:00pm, our day campers head home on the buses. From 4:15pm to 5:15pm, Resi campers participate in an extra activity block such as: Climbing, Canoeing, Arts & Crafts, Drama, Archery and many other activities. Programming during the day is followed by a delicious dinner in the Dining Hall.

After dinner campers take part in our evening program, which includes a swim, traditional campfires, skit nights and games. Counsellors ensure that campers brush their teeth and take care of all hygienic needs. Although the campers rinse off before and after each swim during the day, we have set aside shower time in the evenings. Lights out varies from 9:00pm to 10:00pm depending on the age group.

# Residential Campers

## What's the Food Like?

We know how important food can be to a camp experience. For lunch, residential campers eat at designated R.I.S.E. tables in the dining hall. For breakfast and dinner, we have balanced nutrition while keeping the campers' taste buds in mind. Every day for breakfast, cereal and fruit is offered in addition to the meal being served. There is also a vegetarian option available with advanced request.

Here is a **sample** of what might be served throughout the week:

### Breakfasts:

Bagels with Cream Cheese and Jam  
Pancakes  
Muffins  
Scrambled Eggs & Bacon  
French Toast

### Dinners:

Chicken Ranch Wraps with Veggies  
Tacos with Rice  
Souvlaki with Salad  
Roast Chicken with Potatoes  
Lasagna and Caesar Salad

### Desserts:

Cupcakes  
Blueberry Crisp  
Strawberry Shortcake  
S'mores at Campfire

## R.I.S.E. Program

Kettleby Valley is excited to be offering the R.I.S.E program for every residential camper this year. This program was developed to provide our Residential Campers (those who have just completed grades 3 through 8) a greater sense of **RESPONSIBILITY** and **INDEPENDENCE**. Our R.I.S.E. Campers have the chance to select a large portion of their daily schedule. This program also gives campers the chance to focus on individual **SKILL** development while gaining a greater level of **EXPERTISE** in activities.

Each day consists of six activity periods. For five of the periods R.I.S.E. campers will select the activities they would like to participate in from the options provided. Campers in the R.I.S.E. Program can still continue to enjoy camp traditions like Highland Games and Lifesaving Society swim instruction. There are also activities such as Paintball, Leathercraft and Pottery that are exclusive to our R.I.S.E. Program.

## Communicating with your Resi Camper

You can send a letter to your camper(s) by emailing:

[resi@kettlebyvalley.com](mailto:resi@kettlebyvalley.com). We encourage campers to write back and forth to each other and to staff while they are here for the week. If your child has a letter for you, we will scan and email it to you. Please keep in mind that if you don't receive a letter from your camper or a phone call from us, that means that your camper is doing just fine!



# Resi Packing Lists

Here is a detailed list of all the items your Camper will require for their stay at Camp:

## What to Pack for ONE week Residential sessions

- a backpack for day time items
- 1 sun hat or ball cap
- 1 waterproof rain jacket
- 2 long sleeved shirts (sweat shirts)
- 5 t-shirts
- 1 wool or fleece sweater
- 2 pairs of pants
- 3 pairs of shorts
- 5 pairs of underwear & 5 pairs of socks
- 2 bathing suits
- 2+ towels (swim & shower)
- washcloth
- 1 sleeping bag
- 1 pillow & pillow case
- twin sized fitted sheet & top sheet
- 1-2 pairs of pajamas
- 2 pairs of shoes (runners or hiking shoes)
- 1 pair of flip flops
- flashlight & extra batteries
- refillable water bottle
- soap & shampoo, hairbrush
- toothbrush & toothpaste
- plenty of sunscreen
- bug repellent
- sunglasses (optional)
- camera (optional)
- book (optional)

## What to Pack for TWO week Residential sessions

- a backpack for day time items
- 1 sun hat or ball cap
- 1 waterproof rain jacket
- 3 long sleeved shirts (sweat shirts)
- 10-12 t-shirts
- 2 wool or fleece sweaters
- 3 pairs of pants
- 5-7 pairs of shorts
- 12 pairs of underwear & 12 pairs of socks
- 2 bathing suits
- 2+ towels (swim & shower)
- washcloth
- 1 sleeping bag
- 1 pillow & pillow case
- twin sized fitted sheet & top sheet
- 2-3 pairs of pajamas
- 2 pairs of shoes (runners or hiking shoes)
- 1 pair of flip flops
- flashlight & extra batteries
- refillable water bottle
- soap & shampoo, hairbrush
- toothbrush & toothpaste
- plenty of sunscreen
- bug repellent
- sunglasses (optional)
- camera (optional)
- book (optional)

**You will receive a reminder e-mail the week before your session with reminders for the week and to let you know if a special event is taking place during your camper's session and requires additional items to pack.**

**Special events take place the following weeks:**

R1 - July 7-12: July Highland Games

R5 - August 11-16: August Highland Games

**If the situation arises, we do have a laundry facility on site. Please label all items.**

\*Please note that if we find that a camper is consistently losing their items we will initial the tag with a marker.

# One Night Overnight

Our very popular One Night Overnight program introduces campers to the concept of being away from home without having to commit to an entire week.



When packing for the overnight please pack the items below in a separate bag as campers will not have access to their overnight bags during the day. **Please ensure to label all items!** Taking a picture of items sent to camp will help us identify them should they not return home with your camper.

- 1 sleeping bag
- 1 pillow & pillow case
- twin sized fitted sheet & top sheet
- 1 pair of long pants
- 1 t-shirt
- 1 pair of shorts
- 1 pair of pajamas
- 1 long sleeved shirt
- 1 pair of long pants
- bathing suit & towel
- hairbrush
- toothbrush & toothpaste
- flashlight
- soap
- washcloth
- camera (optional)

# Integrated One to One Program

For many years, Kettleby Valley has offered integrated opportunities for campers with Autism, Asperger Syndrome, Down Syndrome, and other special needs. The program is made possible by providing a 1:1 camper to staff ratio. While 1:1 campers enjoy the same activities offered to other campers, they also benefit from the added assistance and support of a sole counsellor. This program provides an opportunity for campers with exceptionalities to participate in our program in a positive manner, discover their full potential and foster qualities such as diversity, empathy, and tolerance.

We offer a limited number of spots each week and they fill up very quickly!

Please contact our office for details or if you have any questions.



# Leader-in-Training Program

Our Leader-In-Training Program is a summer camp program for teens who have just completed grade 9. This program provides an excellent opportunity to learn leadership strategies, build team skills, and develop a healthy work ethic. As an 'LIT', campers are expected to take on responsibilities associated with counseling and instructing while being supervised and guided. The Leader-In-Training program is a three-week commitment with the first week being a mandatory residential week to further the participant's leadership development. For those campers who are successful, there is also an opportunity to return to the camp as a volunteer to gain additional camp experience and add to their high school community service hours.

Each candidate completes an application and takes part in an interview. The candidates are chosen based on their performance during the interview and on their merit. It should be understood that the program is designed to present each Leader in Training with new experiences and this begins with the application process. We are looking for individuals that are ready to take on greater responsibilities than that of a regular camper. The program is structured so that from the beginning steps of the application and interview process applicants are strongly encouraged to complete each step with minimal help from his or her parents. This represents the first step in taking on the additional expectations of being an 'LIT'.



## LIT Program Highlights

- Learn how to become an appropriate role model
- Learn how to effectively communicate with your peers, supervisors, staff members and campers
- Develop key leadership skills and practice them in different aspects of our summer camp setting – such as leading groups of campers throughout the day, or facilitating an activity
- Practice goal-setting and decision-making, and learn important social and interpersonal skills
- Learn about activity planning and delivery, behaviour management techniques and strategies that are important in becoming an effective camp staff member
- Develop lifelong friendships with your fellow LIT's
- Gain the skills and experience needed to prepare you to excel as a leader in the future!

We being accepting applications for this program in December

# Explorers Canoe Trip Program

Kettleby Valley has been successfully offering the Explorers trip for the past 18 years. This trip is open to those who have just completed grades 7 & 8.

Experienced trip leaders will ensure that our trips runs smoothly from start to finish. If your child is one of the fortunate few campers who are registered for our Explorers Program, they are in for an exciting experience. This program represents an opportunity for individuals to combine the 'hard' skills of paddling, portaging and camping with the 'soft' skills of group interaction and teamwork.

A week prior to their session you will receive an email with the time you should arrive at camp on Saturday. During the weekend, participants will develop the canoeing, camping and portaging skills necessary for the trip. They will also repack their belongings into canoe packs provided by the camp, to minimize the number of bags that are taken on trip.

On Monday, the group departs by 9:00am, arriving at base camp by noon. After loading the canoes and looking at the map, the group is off! This year we are offering 4 trips each starting from a different access point in Algonquin Park. On Friday, the group arrives back at base camp for lunch and by the end of the day, the group is back at Camp. Pick up for the Explorers is anywhere from **4:30pm to 5:30pm** on the Friday.

The camp will be in touch with you on the Friday to confirm what time the Explorers can be picked up.

In addition to a well stocked first aid kit, trip leaders also carry bear spray and a satellite phone in case of emergency.

July Trip Dates: July 6-12, 13-19

August Trip Dates: August 10-16

## CLOTHING

- 1 pair of shoes to wear in the water
- 1 pair of dry shoes
- 1 pair of long underwear
- 1 wicking undershirt
- 4 t-shirts
- 3 pairs of shorts
- 1 sun hat
- 6 pairs of socks
- 6 pairs of underwear
- 2 pair of pants (No jeans)
- 2 warm sweaters
- waterproof raincoat & rainpants

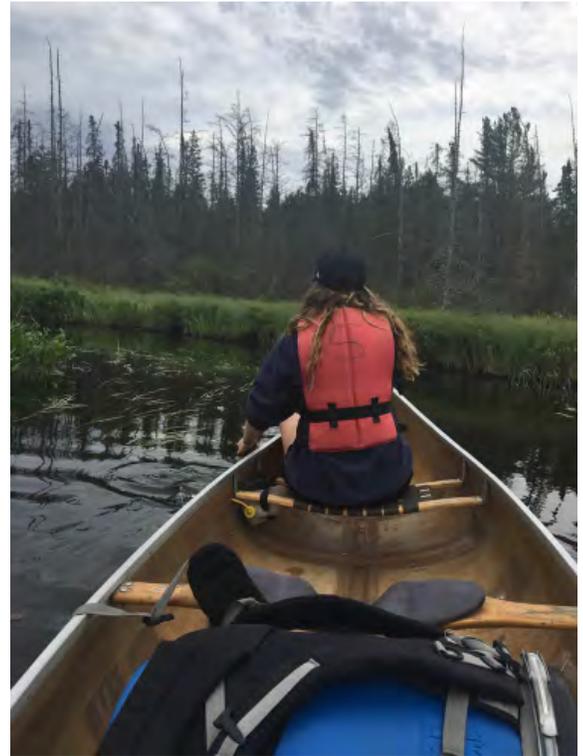
Please keep in mind that clothing that is wool and quick drying is ideal.

## ESSENTIAL EQUIPMENT

- sleeping bag & stuff sack
- refillable 1 litre water bottle
- whistle (Fox 40 is best)
- flashlight & extra batteries
- sunglasses
- bug spray
- sunscreen
- 1 quick drying towel

## OPTIONAL ITEMS

- paddle & PFD
- camera digital & extra batteries (no phones or iPods)
- journal and pen
- entertainment (book, cards)



For more information on routes and a sample menu please visit the [Explorers page on our website](#)

Items brought to camp that are not needed for the trip will be left behind at camp. eg the clothes that were worn on the weekend & the bag you brought everything in.

## TOILETRIES

- toothbrush & toothpaste
- hairbrush
- soap (biodegradable if possible)
- chapstick (with SPF)
- feminine hygiene (if required)

\*You can pack all your items in a duffel bag or suitcase as everything will be repacked into canoe packs, provided by the camp. This will minimize the number of bags that are taken on trip. Try to keep in mind you will be provided a 15L stuff sack to pack everything into.

# Health and Safety

## Effects of the Sun

In order for campers to enjoy the outdoors, our staff will continuously teach campers to protect themselves from the sun by asking them to do the following:

1. Always wear their hat.
2. Always wear sunscreen.
3. Always bring their water bottle.
4. Whenever possible, stay in the shade.
5. Always wear protective clothing, in particular light coloured, loose fitting clothing.

It is recommended that waterproof sunscreen with a minimum SPF rating of 20 be used. Please send a supply of sunscreen every day with your child(ren)'s name clearly marked on the container. If you prefer that your child(ren) does not wear sunscreen please provide these instructions in writing.

Our camp, located on 60 acres, is covered with 45 acres of forests. Natural shade, tents and several indoor sites means that unnecessary exposure to the sun is eliminated.

## The "Med Hut"

Due to the nature of our outdoor activities, scrapes and bruises are bound to happen. A fully qualified First Aider is always available to attend to all campers' medical needs. The information you provide on the Camper Health History Form is confidential and only shared with the staff who are responsible for your child's health and safety. While at camp, any prescription medications that your child may require will be accessible and administered only by the First Aider. Along with providing ill campers a place to rest and recuperate, the "Med-Hut" is fully stocked with dressings, ointments, and many over the counter medications such as Benadryl and Tylenol. If the First Aider feels a phone call home or further medical attention is necessary they will make this judgment call and will reach out to you.

## Code of Behaviour

Our goal is that everyone who visits our Camp has the opportunity to enjoy themselves without being negatively affected by the inappropriate behaviour of other campers. It is therefore important that each Camper and their family know and understand our Code of Behaviour.

**Physical Aggressiveness:** Under no circumstances shall a Camper strike, push, or otherwise attempt to physically harm anyone.

**Verbal Teasing:** This includes discrimination, exclusion, or any form of communication that might reasonably make someone feel uncomfortable.

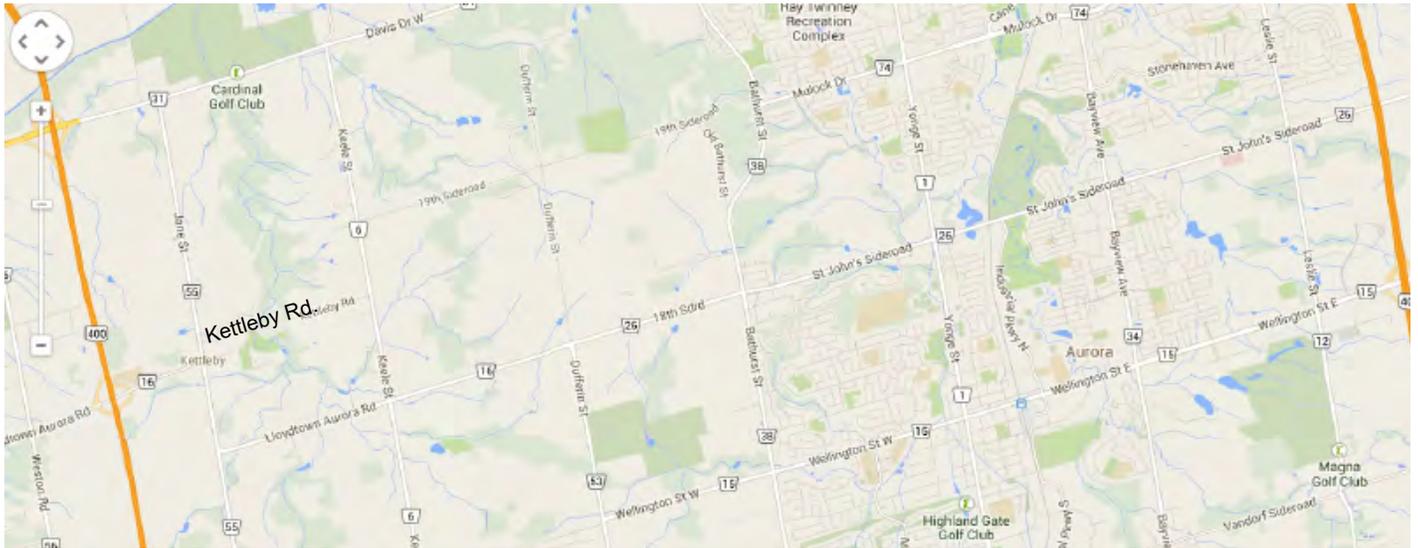
**Respect for Safety:** Campers are expected to obey the Camp's rules to ensure the safety of themselves and others.

We understand that everyone makes mistakes. However, if any Camper consistently exhibits behaviour that is detrimental to others in their group, it must be understood that they may be dismissed from our Program without refund. Please feel free to contact our office with any questions.

### **Failure to abide by this code will result in the following actions:**

- 1) A phone call home and a Behavioural report sent home.
- 2) If the behaviour occurs again the Camper will be required to take a day off from Camp.
- 3) If the behaviour occurs again upon their return to Camp they will be dismissed from Camp for the remainder of their session(s).

# Where to Find Us



Please use [Google Maps](#) and our address:  
**609 Kettleby Road, Kettleby ON for assistance.**

## About Us

Established in 1957 by Bill and Jean Babcock, RICHILDACA began as a day camp located in Richmond Hill. By the early 60's, RICHILDACA had established the Kettleby property as their home and began to offer more traditional, outdoor based activities. Soon, activities such as canoeing, camp craft, swimming and horseback riding became the staple for each campers' experience. During the year, RICHILDACA grew to accommodate residential programs and offered outdoor education for a variety of school boards.

In 1998, Kettleby Valley began leasing the RICHILDACA site and offered day camp experiences for children from the local community. Kettleby Valley also established partnerships with corporations such as TD Bank, IBM, Kodak and Hudson's Bay Company. Employees of these companies would bring their children to their work locations, where school buses would bring them to the camp and return them at the end of the camp (and work) day. Following in the footsteps of RICHILDACA, a year-round program for school groups was developed.

In 2005, the original camp property was purchased, followed by the purchase of the 30 acres directly south. Once the purchase of the properties was made, some much needed improvements to the facility began to unfold. A new canoe building, a second climbing wall, additional washroom facilities, two bouldering buildings, two new pool house change rooms and a second pool were just a few of our projects. In late 2009, construction began on our new Dining Hall. The Dining Hall was completed just in time for our 2010 summer season. Most recently in 2012, we added a second high ropes course and a paintball course.

Like RICHILDACA, Kettleby Valley began humbly and grew over time. We continue to carry on the tradition that Bill and Jean started so many years ago.

**Kettleby Valley is excited to celebrate our 22nd summer this year!**