



Parent's Handbook 2022



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DIRECTOR'S MESSAGE

In 2021, we saw the successful return to our day camp program at Kettleby Valley. Although there were modifications required, I feel as though our campers and staff found the summer rewarding and valuable. This year, we hope that the return of our overnight camp program is equally as successful.

There has been a silver lining to all that has gone on. Each day-camp group now has a home base that gives the campers a sense of belonging. The tents have provided an almost neighborhood feel to the camp, adding to the welcoming atmosphere. And the tradition of piling into the dining hall has been replaced with the arrival of the 'lunch truck', as it delivers food to each group throughout the camp. Compromises have been made, but overall, I believe that the program is better than it was, and we'll continue to strive for improvement.

Our commitment to following public health guidelines continues and, in some cases, we will go beyond their policies in our attempt to keep camp free from illness throughout the summer. The details can be found throughout this handbook.

I want to personally thank everyone for their support and ask that you continue to do so by following our service agreement. A good camp experience teaches us that we all have some responsibility towards one another. The value of this has only been reinforced over the past two years.

See you all soon,

A handwritten signature in black ink, appearing to read "Peter Zeman". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

Camp Director

PRIOR TO YOUR CAMP SESSION

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

1) 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 at your earliest convenience. Delay in getting this information might make it difficult to offer services such as transportation and food. To return to your online account, please [click here](#) or follow the link via [our website](#). For insurance and liability purposes we require new forms to be completed for all campers each year.

2) An Email Regarding Your Session

You will receive an email from camp the week before each of your child's session(s) no earlier than Wednesday and no later than Friday. We will confirm all the necessary arrangements such as transportation information, what to pack, and other details. Please monitor your email, including your junk mail.

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. This is simply not the case.

The truth is, by having this pertinent information, we are more capable and better equipped to ensure this does not happen. 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 have a more enjoyable camp experience. 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



In general, the best way to submit requests and inquiries is by email. For inquiries, please send emails to info@kettlebyvalley.com.

For transportation inquiries, please use bus@kettlebyvalley.com

If you have many questions or, if you prefer the clarity of a conversation, we're happy to speak with you. Please be prepared to follow up any conversation with an email as we require all requests in writing. Our phone number is 905-726-4275. If you reach our voicemail, please leave a detailed message and we will return your call as soon as possible. We monitor our phones on weekdays from 7:30 am to 5:30 pm.

Throughout the summer, we will be sharing critical information **to you**. We often use email, so please monitor the address that you have provided us. We recommend that you monitor your 'junk mail' as well.

On occasion, we will reach out to you by phone. 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 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.



APPREHENSION OR ILLNESS?

Many campers experience upset stomachs and other temporary ailments when they are nervous. Ordinarily, these symptoms can be attributed to their anxiousness. However, we must take any illness seriously to maintain the health of our campers and staff. If the symptom cannot be explained or attributed to any other specific cause, they must be carefully monitored and acknowledged in the screening process.

There are always a handful of campers each summer who, prior to an activity that they would prefer not to do, might develop a mysterious stomach ache. This sudden illness almost always disappears as quickly as it came on once the activity changes. We understand the difference between anxiety brought on by trying something new, and a serious illness. We will monitor each situation and inform you if necessary.

DAY CAMP ESSENTIALS



Dressing For Day Camp

Here is the list of items that should be sent on a daily basis. Although a medical-style mask is not required, we recommend sending one. We will never discourage anyone from wearing a mask.

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 medical style mask- in case your child develops symptoms of COVID-19.
- ☐ 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)-if your child requires snacks prior to or after lunch or if they are not a fan of what is on the menu. Menu details can be found on [this page](#).
- ☐ a refillable water bottle - **each cohort has their own water station**
- ☐ bug repellent - products containing 10% deet or less are recommended for children
- ☐ medication - labeled & in their **original** packaging- all medication must be turned into one of our First Aiders and stored in our Med Hut.

Campers are active all day, so please send them in clothing that is comfortable and that you don't mind coming home in less than perfect condition.

What to Leave at Home

Cell phones, iPads, toys, and other expensive electronics that can get damaged or lost during the long, active days. Clothing and accessories like jewelry that is special or important should also be left at home.

Labelling Items Sent to Camp

Our counsellors will do their best to help campers keep track of the items that they bring. Inevitably, some things go missing, only to be found later (sometimes much later). 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 gets lost while at camp. If something has been lost, kindly send a note by way of 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](#).

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

FOOD AT CAMP

Nothing brings a group together more than a shared meal. When everyone eats the same food, it creates a common ground among campers. Campers are provided with a hot lunch every day. As always, campers with dietary restrictions will be provided with substitutions that meet their requirements. Our weekly lunch menu is available [on this page](#). All meals will be eaten in cohorts, and delivered to your child's shelter. This will limit the number of servings to two per person. **If your child is a picky eater, or if they require more than two servings, please send plenty of NUT-FREE snacks.**



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. We want everyone to feel welcome at camp, we go to great effort to accommodate allergies and intolerances with substitutions similar to the original meal.



DAY CAMP TRANSPORTATION

The Trip to Kettleby Valley

Busing has always been an important service to our families and we are fortunate to once again be working with Landmark Bus Lines to meet our transportation needs. Following recent Landmark Transportation guidelines, masks are now optional for everyone boarding the bus. We **recommend** and **encourage** the use of masks on the bus, although it is an individual decision. We also ask that you pack a medical style mask in your child's backpack in case they begin to develop symptoms throughout the day.



TRANSPORTATION OPTIONS

Please ensure that you clearly fill out the mandatory Transportation Form to select home pick up and drop off, own transportation, or one of our corporate/central locations. Call our office if you require further details. If you would like to make changes to your transportation arrangements, please send it by email to 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, Maple and most of Vaughan (North of Hwy 7), our boundary map can be found [here](#). 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**. Bus counsellors will wait until they enter the home.

2) Corporate / Central Locations

If you are using one of our Corporate / Central Locations transportation is provided from the following stops:

- 155 Consumers Road (8:00am/4:55pm) in North York
- 3500 Steeles Avenue East (8:10am/4:45pm) in Markham
- 300 Rosedale Heights Dr. (8:00am/5:00pm) in Thornhill

Please be on time. Buses leave on schedule.

3) 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. Drop off is between 7:30 am and 8:40 am and pick-up is between 4:15pm and 5:30pm. This information will be confirmed via email no earlier than Wednesday and no later than Friday the week before each session.

TRANSPORTATION INFO



Finding Out Your Bus Times

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 no earlier than Wednesday and no later than Friday. Please know that the bus times given are estimates.

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 with you. It is also important to note that if someone other than the parent/guardians are picking up or meeting your child(ren), we must be notified in writing with the full name of who is authorized to do so. We also ask that anyone who is authorized to pick up or drop off your child knows and understands our policies and procedures.

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. 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 we leave your child(ren) with the appropriate person.

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 their 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 morning 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.

Absences, Late Drop off or Early Pick-Up

If your camper will not be attending camp please notify the office as early as possible. This can be done by way of an email to bus@kettlebyvalley.com or by calling the office 905-726-4275.

If your camper will be arriving late please inform the office so that we can inform the bus.

When you arrive to drop them off please park in the first parking lot after you come up the hill. **Do not go through any gates.** Please remain in your car and call the office at 905-726-4275. We will then arrange for them to meet up with their group.

If your camper must leave early please notify the office by sending an email to bus@kettlebyvalley.com and provide their name and pick up time. We ask that early pick-ups be no later than 3:00pm.

Transportation Email
bus@kettlebyvalley.com

WEEKLY THEMES & SCHEDULES

Day Camp

Week 1	July 4-8	Mystery
Week 2	July 11-15	Space
Week 3	July 18-22	Time Travel
Week 4	July 25-29	Superheros
Week 5	August 2-5	Jungle Safari
Week 6	August 8-12	Red Carpet
Week 7	August 15-19	Surf's Up

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.



Overnight Camp (Resi)

R1	July 3-8	Mystery
R2	July 10-15	Space
R3	July 17-22	Time Travel
R4	July 24-29	Superheros
R5	August 1-5	Jungle Safari
R6	August 7-12	Red Carpet
R7	August 14-19	Surf's Up



2-Week Overnight Sessions

2-Week Overnight Session 1	July 3-15	Mystery & Space
2-Week Overnight Session 2	July 17-29	Time Travel & Superheros
2-Week Overnight Session 3	August 14-26	Surf's Up & Colour Blast

OVERNIGHT CAMPERS

The Overnight Camp Experience

Our overnight 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. Overnight camp also represents a natural progression in the development of independence.

An Easy Transition

Since we offer both day and overnight 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 schedule makes the transition from day camp to overnight camp easier!

Drop Off and Pick Up

Overnight 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**.

Please note the exception of the R5 Session which begins on Monday August 1st

Supervision

Overnight 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, we prepare for ‘Cabin Inspection.’ 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 Thursday. 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 their buses. From 4:15pm to 5:15pm, Resi campers participate in an extra activity such as: Rock Climbing, Canoeing, Arts & Crafts, Drama, Archery and more. Once activities wrap up everyone gathers for 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.



OVERNIGHT CAMPERS

What's the Food Like?

We know how important food can be to a camp experience. Meals for overnight campers will take place outside, weather permitting. If the event of inclement weather we can gather for meals 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:	Dinners:	Desserts:
-Bagels with Cream Cheese & Jam	-Chicken Ranch Wraps with Veggies	Cupcakes
-Pancakes	-Tacos with Rice	Blueberry Crisp
-Muffins	-Souvlaki with Salad	Strawberry Shortcake
	-Roast Chicken with Potatoes	S'mores at Campfire
	-Lasagna and Caesar Salad	Brownies
		Popsicles

Screening for Overnight Campers

There is an obvious need for a more diligent screening process when it comes to our overnight campers. Parents will be asked to complete an online screening form, similar for the one used for our day camp in 2021. This screening must be completed no earlier than the morning of your arrival day. As always, we will be conducting a full screening of each camper once everyone has arrived. We will also conduct daily screenings with each cabin to ensure that our campers and staff are feeling healthy. If a camper develops unexplained symptoms of illness during their camp session, they will be required to leave the program. If you will be away or unable to come and get your child, please make arrangements with an emergency contact to be available.

Rapid Antigen Tests will be part of the arrival process for our overnight campers.



R.I.S.E. Program

Kettleby Valley is excited to be offering the R.I.S.E program for every overnight camper this year. This program was developed to provide our Overnight 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 try 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. We also 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. Please keep in mind that if you don't receive a call from us, that means that your camper is doing just fine! Letters for campers will be delivered up until 4pm on Thursday.

We will contact you if any issues or concerns arise.

OVERNIGHT 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 Overnight Sessions

- a backpack for daytime 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 warm sleeping bag, windows will be open
- 1 pillow & pillow case
- twin sized fitted sheet & top sheet & blanket
- 1-2 pairs of pajamas
- 2 pairs of shoes (runners or hiking shoes)
- 1 pair of flip flops/slides
- flashlight & extra batteries
- refillable water bottle
- soap & shampoo, hairbrush
- toothbrush & toothpaste
- plenty of sunscreen
- bug repellent
- sunglasses (optional)
- camera (optional)
- book (optional)
- white t-shirt for tie dye (optional)

What to Pack for TWO week Overnight 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 warm sleeping bag, windows will be open
- 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/slides
- flashlight & extra batteries
- refillable water bottle
- soap & shampoo, hairbrush
- toothbrush & toothpaste
- plenty of sunscreen
- bug repellent
- sunglasses (optional)
- camera (optional)
- book (optional)
- white t-shirt for tie dye (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.

Scheduled special events take place the following weeks:

July 10-15 Highland Games

August 14-19 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.

INTEGRATED ONE TO ONE PROGRAM

For many years, Kettleby Valley has offered integrated opportunities for campers with Down Syndrome, on the Autism Spectrum, and other exceptionalities. 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 any inquiries, or click [here](#) for more information.



LEADER-IN-TRAINING PROGRAM (LIT)

Our Leader-In-Training Program is 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 counselling and instructing while being supervised and guided. The 2022 LIT Program is a three-week commitment. Further details can be found [here](#).

Each candidate completes an application and takes part in an interview. The candidates are chosen based on their performance during the interview and on merit. It should be understood that the program is designed to present each Leader-In-Training Program participant 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 begin accepting applications for this program in December.

HEALTH AND SAFETY

Masking at Camp

Masks will not be discouraged at camp. We recommend that all campers bring a medical grade mask to camp each day. This will give them the option to use it if they feel they need to. In general, masking will not be required, but recommended under certain circumstances. Right now our bus company, Landmark Transportation, does not require masking on their buses. It is an individual decision, although is certainly encouraged.



Screening for Day Campers

We will not be keeping formal screening records this summer for **day campers**. We implore all parents to conduct a self-screening each morning, prior to your camper departing for camp. An up-to-date list of symptoms can be found on the [Ontario COVID-19 website](#). If symptoms are present and unexplained (not due to seasonal allergies, side effects to medication, etc), please do not send your child to camp. If a camper displays symptoms while at camp, we will call you to pick your camper up. If your camper or someone in the household tests positive for COVID-19, please let us know.



Screening for Overnight Campers

There is an obvious need for a more diligent screening process when it comes to our overnight campers. Parents will be asked to complete an online screening form, similar for the one used for our day camp in 2021. This screening must be completed no earlier than the morning of your arrival day. As always, we will be conducting a full screening of each camper once everyone has arrived. We will also conduct daily screenings with each cabin to ensure that our campers and staff are feeling healthy. If a camper develops unexplained symptoms of illness during their camp session, they will be required to leave the program. If you will be away or unable to come and get your child, please make arrangements with an emergency contact to be available. Rapid Antigen Tests will be part of the arrival process for our overnight campers.

Cabin Ventillation for Overnight Campers

Windows in each cabin will be open at all times this summer for increased air circulation.

*Please ensure that your child has an extra set of warm clothing or a warm sleeping bag for cooler nights. *

What happens if a camper or someone in their household is showing symptoms of illness?

If a camp participant, staff, or visitor begins to experience symptoms of illness while attending day camp, the symptomatic individual will be immediately separated from others in their cohort and taken to a pre-established, supervised isolation area. Parents will be contacted and asked to pick the camper up. In order for that child to return to camp, we will be following the current rules set out by the Province which are:

- If **fully vaccinated**, individuals are to abide by a five-day isolation period, followed by five days of wearing a tight-fitting mask while in public for anyone who either tests positive or develops symptoms.

- For individuals who are **not fully vaccinated**, the isolation period is ten days, followed by five days of wearing a tight-fitting mask while in public for anyone who either tests positive or develops symptoms.

The day the person tests positive or develops symptoms is day zero. If a camper is required to miss time away from their camp session, we will do our best to work with you. Although we will not be able to provide refunds, credits may be an option for those who voluntarily keep their camper at home. These credits may be used during our 2022 season (if we have availability) or saved for 2023.

[Click here to do a COVID-19 Assessment to see what your next steps may be if you or your camper are exposed and/or have symptoms.](#)

Probable or Confirmed Cases of COVID- 19

If there are one or more probable or confirmed case of COVID-19 in a camp participant or staff member, we will consult with the local public health unit, who will determine the exposure risk and provide direction for all contacts. They determine next steps based on their investigation and risk assessment.



GENERAL 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 50 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 use 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.

Ticks in Ontario

During the summer months, ticks are more active in many regions of Ontario, including Kettleby. At camp, each counsellor will help campers do a "tick check" if they deem it necessary. (For example, if they have been near tall grass). To learn about ways to prevent tick bites, and common symptoms of lyme disease, [click here](#).

Administering First Aid

In order to minimize close contact between first aiders and campers/staff, each Lead Counsellor will be trained in Standard First Aid. If a camper has a minor injury (ie: small scrape), the lead counsellor will treat the injury, document it on a First Aid slip, and give the slip to a First Aider/Section Director. If the camper has a more serious injury or requires a diagnosis, the Lead Counsellor will radio a first aider, or bring the camper to the Med Hut/First Aid Tent. If the camper requires treatment from the First Aider themselves, the First Aider will put on the appropriate PPE and treat the camper. If a camper develops COVID-19 symptoms during the day, parents will be contacted to pick up the camper.

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. Our "Med-Huts" are 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 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 a refund. Please feel free to contact our office with any questions.

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

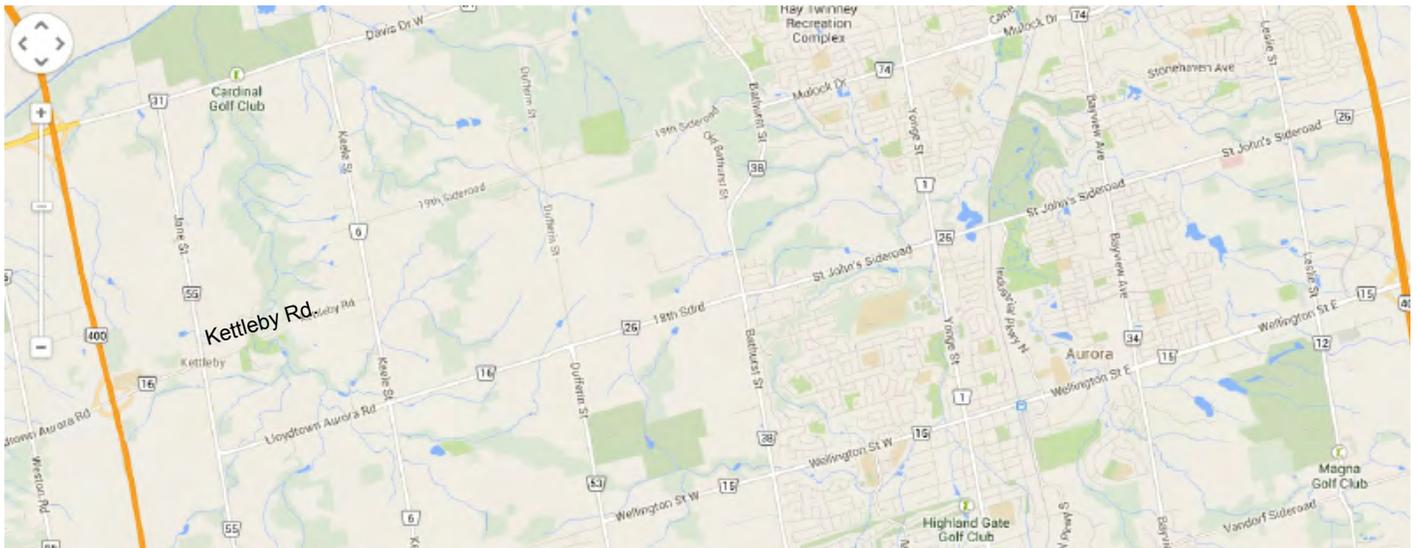
- 1) A phone call home and a Behavioural report sent home.
- 2) If the behaviour occurs again the Camper will be required to take a day off from Camp.
- 3) If the behaviour occurs again upon their return to Camp they will be dismissed from Camp for the remainder of their session(s).

GENDER INCLUSIVE POLICY



At Kettleby Valley Camp, we wish to support campers and staff who see gender as a spectrum rather than binary, and we strive to create an inclusive environment for everyone. Access to gendered spaces such as washrooms, change rooms, and cabins will be determined on the basis of their gender identity. In the case of non binary gender identity, campers are permitted to select the washroom or change room which they feel most comfortable for their session. Camp is for everyone and we are committed to ensuring that all campers feel safe and comfortable throughout their time at KVC.

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 overnight 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. 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.