



Parent's Handbook 2023



WHAT YOU'LL FIND INSIDE

Director's Message	<u>1</u>
Prior to Your Camp Session, Sharing Information	<u>2</u>
Communication	<u>3</u>
The Apprehensive Camper	<u>4</u>
Day Camp Essentials	<u>5</u>
Food at Camp	<u>6</u>
Day Camp Transportation	<u>7</u>
Transportation Options	<u>8</u>
Transportation Information	<u>9</u>
Weekly Themes & Schedules	<u>10</u>
Overnight Campers	<u>11-12</u>
Overnight Packing Lists	<u>13</u>
Integrated One to One Program	<u>14</u>
Leader- In-Training (LIT)	<u>15</u>
Health and Safety	<u>16</u>
Code of Behaviour, Gender Inclusive Policy	<u>17</u>
Where to Find Us, About Us	<u>18</u>

DIRECTOR'S MESSAGE

This summer will see the return of many popular traditions at KVC. First, we are reestablishing our Arts and Crafts program. In 2021, our counsellors began instructing Arts and Crafts to maintain cohorts and keep campers outside as much as possible. This limited the scope of the activity and although our counsellors did their best, not everyone has the same level of skills when it comes to crafts. This year, under the leadership of our long time staff member Skip, Arts and Crafts will have a new home where campers will have access to more supplies and the projects that we are able to offer will be expanded and more elaborate.

Our day camp program will also see the return of large gatherings. Each day will begin and end at the Notch, with all 240 campers. This allows us to create a greater sense of community, deliver a consistent message to everyone, and recognize achievements such as getting a bullseye at archery in front of the entire camp.

We will also gather together every Friday afternoon for our Awards Campfire. Groups will be awarded activity buttons that they have earned throughout the week. 5-Year Camper Paddles will also be presented, and the winners of our bus competition will be announced.

Finally, we will be hosting our first Open House since 2019. We recognize that there are families who have been sending their campers to Kettleby Valley for the past two years and have never had the opportunity to see the camp. Parents will be able to see the cabins where campers sleep, take part in some of our camp activities and appreciate the wonderful property that helps make our camp special.

I hope you're as excited as we are about this summer, and I hope to see you at our Open House on June 10th.

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

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 10th, 2023

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 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.

3) 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: bus@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 and pick up messages at various times over the weekend.

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 or update them in your [online account](#).



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 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.

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

Cell phones, iPads, Switches, 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](#).



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. We can accommodate most dietary restrictions and allergies, with a minimum two weeks notice, and will provide a substitution as close to the regular meal as possible. Our weekly lunch menu is available [on this page](#). All meals will be eaten in cohorts, day campers lunches will be 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 PEANUT AND TREE 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, tree 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. While we make every effort to prevent any cross contamination during the cooking and serving process, parents should be aware that our kitchen does regularly use gluten, dairy, egg, and soy products.



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.

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 page 10. 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 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:

- 200 Old Sheppard Avenue (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. Drop offs and pick-ups take place in the first parking lot when you come up the hill. Please watch for staff guidance when necessary. If you arrive early buses have not departed for the day you will be asked to wait on the road until it is safe to come up our driveway.

Please be mindful of the 15km/hr speed limit at camp

TRANSPORTATION INFO



Finding Out Your Bus Times

We will contact you via email between Wednesday and Friday prior to each day camp session. This email will 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.

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 our Corporate or Central 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 camper(s) 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. Come over to the office to sign your camper(s) in. 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 4-7	Jungle Safari
Week 2	July 10-14	Mystery
Week 3	July 17-21	Superheros
Week 4	July 24-28	Red Carpet
Week 5	July 31 - August 4	Surf's Up
Week 6	August 8-11	Time Travel
Week 7	August 14-18	Colour Blast
Week 8	August 21-25	Space



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 3-7	Jungle Safari
R2	July 9-14	Mystery
R3	July 16-21	Superheros
R4	July 23-28	Red Carpet
R5	July 30 -August 4	Surf's Up
R6	August 7-11	Time Travel
R7	August 13-18	Colour Blast
R8	August 20-25	Space



2-Week Overnight Sessions

2-Week Overnight Session 1	July 16-28	Superheros & Red Carpet
2- Week Overnight Session 2	August 13-25	Colour Blast & Space

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 overnight 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. For safety reason those arriving early will be asked to wait on the road until our day camp buses have departed the site.

Please note the exception of the R1 & R6 Sessions which begins on Monday July 3rd & August 7th

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 in our dining hall or, on occasion, outdoors if weather permits. 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. As with our lunch program, we can provide alternatives to accommodate most dietary restrictions and allergies with a minimum 2 weeks advanced request.

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

Breakfasts:

- Bagels with Cream Cheese & Jam
- Pancakes
- Muffins
- Scrambled Eggs
- 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
- Brownies
- Popsicles



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. There are also activities such as Paintball, Leathercraft and Pottery that are exclusive to our R.I.S.E. Program.

Communicating with your Overnight 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 you. 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, for cooler nights
- ☐ 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, for cooler nights
- ☐ 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 an 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 9-14 Highland Games

August 13-18 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

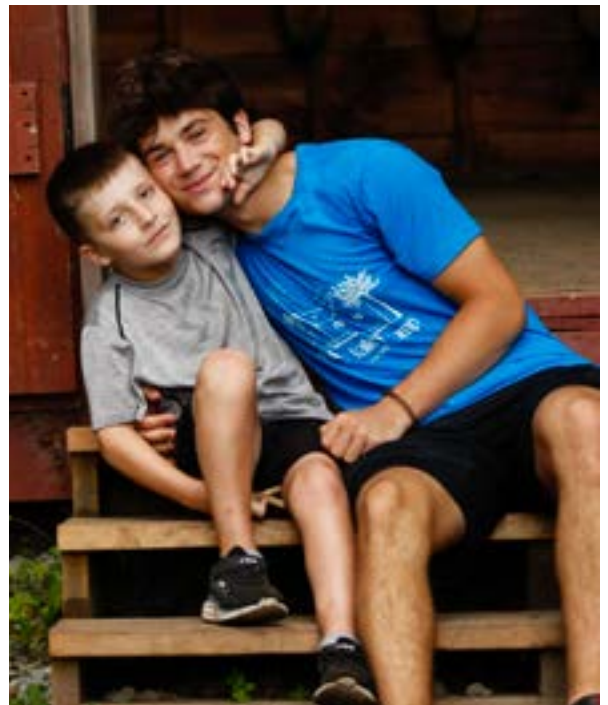
Kettleby Valley Camp offers an integrated 1:1 summer camp experience for campers with various exceptionalities including but not limited to; Autism Spectrum Disorder, Down Syndrome, and ADD/ADHD. Through the 1:1 Program, we strive to provide 1:1 campers with a positive experience while fostering a high degree of integration during their time here at camp. Assistance for 1:1 campers includes having their own dedicated 1:1 counsellor, accessibility accommodations, and, if needed, time away from the camper's group. Encouraging independence, socialization, and integration within their groups, 1:1 counsellors strive to create compassionate bonds with their campers and help facilitate equal opportunity for everyone at camp.



We believe that all children should be included in every aspect of day camp life. This means that campers in our Integrated 1:1 Program are given the same opportunities at Kettleby Valley as everyone else. This also means that 1:1 campers are held to the same expectations when it comes to behaviour. All campers, including 1:1 campers, are expected to abide by our code of behaviour and parents must be aware of this upon registration. By holding 1:1 campers to the same expectations as other campers, we can better strive to accomplish our goal of equal opportunity while teaching various life skills to our camp participants.

Once registered in the program, a meeting with our Integrated 1:1 Program Director is required in order to learn how we can best support your child while at camp. For returning families, a meeting is also strongly encouraged so that we may catch up on how your child has grown and developed since their last summer at Kettleby Valley. Meetings are typically available during our Spring Open House and tours or alternative meetings are available throughout the spring season at your convenience. These meetings and tours are a great opportunity for your child to become familiar with camp before attending during the summer season.

The Integrated 1:1 Program is very popular and spots fill up quickly. If you are interested in registering your child in this program, please contact our office or find more information located on our website. We look forward to working with your child and supporting them during their time at Kettleby Valley Camp!



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 2023 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 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 their 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



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](#).

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 first aid locations are fully stocked with dressings, ointments, and many over the counter medications such as Advil and Tylenol. If the First Aider feels a phone call home or further medical attention is necessary they will reach out to you.



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 or Section Director. If the camper has a more serious injury or requires a diagnosis, the Lead Counsellor will contact a First Aider, or bring the camper to the Med Hut or First Aid Station. 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:

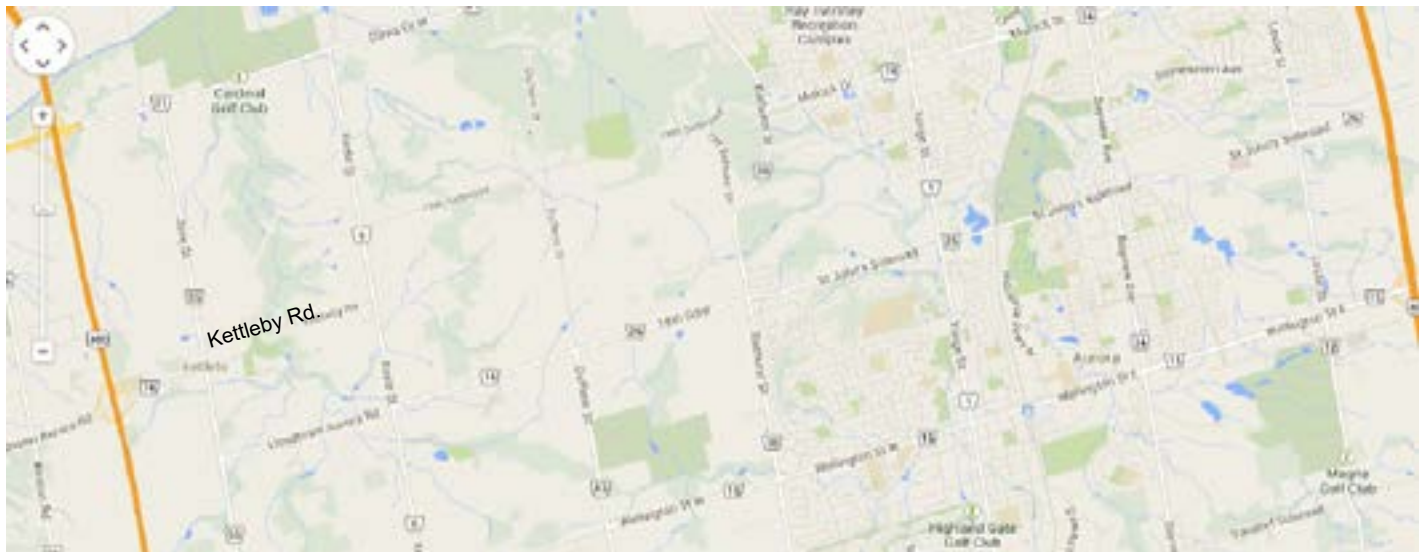
- 1) A phone call home and a Behavioural report sent home.
- 2) If the behaviour occurs again the Camper will be required to take a day off from Camp.
- 3) If the behaviour occurs again upon their return to Camp they will be dismissed from Camp for the remainder of their session(s).

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. 2021 saw the addition of our day camper group tents. These tents allowed us to run a safe camp program while maintaining the required cohorts. Although the need to cohort no longer remains our group tents do and they allow each day camp group their own individual 'home base'. 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.