



Parent and Camper Information



Camp Davern
RR#3, Maberly ON K0H 2B0
613.273.5273

www.ymcaywca.ca



NATIONAL CAPITAL REGION YMCA-YWCA
STRENGTHENING
the **HEART** of our
COMMUNITY
CAPITAL CAMPAIGN

OPEN HOUSE

Each year we host an open house at the end of June. Join us for a tour of camp and an opportunity to meet the staff. Bring a picnic lunch and bathing suit and relax and enjoy Camp Davern. Waterfront activities will be available. Visit www.ymcaywca.ca to find out when this year's open house is taking place.

REFUND/TRANSFER POLICY

Requests for refunds must be made in **writing** — by mail, email or fax. The camp fee per session, less the \$100 deposit, will be refunded if cancellation occurs before June 1. No refunds will be issued after June 1.

If a child is unable to attend camp due to medical reasons, please submit a written refund request accompanied by a copy of a doctor's note as soon as possible, preferably before the camp program begins. A refund less the deposit will be processed.

No refunds are issued if a camper is required to leave early for medical reasons or is asked to leave the camp program for behaviour reasons.

Requests for transfers must be made in writing — by mail, email or fax. Deposits are non-transferable. There is a \$15 fee for transfers between sessions. All transfers must be completed at least two weeks prior to the start of the session date and are dependent upon availability.

TRAVELING TO CAMP

Campers Traveling by Bus

The camp buses leave from the parking lot of the Nepean YMCA-YWCA on the south side by Sportcheck, Merivale Road and Viewmount, on the first day of each session.

Loading time is 8:15 am, departure is 8:30 am. Please arrive early. The buses will wait a maximum of 10 minutes for late arrivals.

The return trip will bring campers back to the same location at 12:00 pm on the last day of each session. Please be advised that all campers need to be signed in or signed out at the bus stop, by parents/guardians as indicated on the Camper Profile Form.

Transportation changes must be submitted in writing, by email, mail or fax, to the Camp Office within 48 hours of the start of the camp session.

Campers Traveling by Car

Campers traveling by car should arrive at camp at 9:00 am on the first day of camp. On the last day of camp campers can be picked up between 9:00 am and 9:30 am. Please be advised that all campers need to be signed in or signed out of camp by parents/guardians as indicated on the Camper Profile Form.

Other

Campers who are arriving at the Ottawa Macdonald-Cartier International Airport, train station, or the bus depot can be picked up for an additional charge. These needs must be communicated one month in advance, in writing to the Camp Office.

PREPARING YOUR CAMPER FOR CAMP

Camp Davern is an exciting and fun filled place — new friends, new adventures, new skills, stories, songs, campfires, games and many other things. Camp is also a very different place for first time campers — different bed, different washroom, different schedule, different food, different experiences and different people.

Along with the excitement of all these new and different experiences, there is bound to be some anxiety about some things. Here are a few suggestions you might try to keep the anxiety low and the anticipation high:

- read over the Camp Davern brochure and talk about all of the activities with your child
- discuss what you find most interesting and get some books from the library about canoeing, camping, arts and crafts, drama, etc.
- discuss what it means to have feelings of homesickness — usually campers will feel homesick for the first day or so until they are accustomed to the routine
- practice writing letters and provide your camper with stationary and pens so she can write home while she's at camp
- our Counsellors are well trained to help campers feel comfortable and campers very rarely go home due to homesickness
- discuss what it might be like to live in a cabin with seven other girls and two Counsellors, and how to go about making new friends
- discuss the way problems could be solved at camp — talking with the Counsellor or the Camp Director
- have a friend sleepover and sleep in sleeping bags
- parents/guardians can write a letter and send it to camp before the camper leaves home so that it is waiting for the camper when she arrives
- parents/guardians prepare yourselves to miss your campers while they are at camp, yet know that they are safe, being well cared for by people who enjoy working with children, and who will always take time to listen
- discuss how to deal with being apart for the camper's entire experience (campers do not have access to a phone and visitors are not permitted)

WHAT YOU NEED TO BRING

Gathering and packing the proper clothing and equipment is an important part of preparing for camp. Please use the packing list on page 3 to help pack for camp. A well prepared camper is a happy camper. Here are some additional hints to make preparing for camp easier.

Label Everything

Please label all items for easy identification. While we try our best to make sure campers keep track of their belongings, the camp cannot be responsible for lost or stolen articles. Please leave expensive clothing and valuables at home.

Camp Davern has partnered with Mabel's Labels, a company with all types of labels that are colourful, indestructible and fun! Go to www.camps.mabel.ca and select our camp name in the drop down menu. Then, place your order. We look forward to sending campers home with ALL their belongings this summer.



Laundry

Campers need to bring enough clothing to last their entire stay at camp. A local laundromat has been contracted to provide emergency laundry service only. Parents will be invoiced \$10.00/load.

Sun Safety

It is important to us that everyone at camp is sun safe. Camp staff will encourage and motivate campers to be sun safe every day. This includes wearing sunscreen, wearing hats and drinking plenty of water.

We recommend you send your child to camp with the following items: sun hat (please no visors), SPF 30 (minimum) sunscreen and a refillable water bottle (labelled with your camper's name).

Bugs

Mosquitos are a part of any camp experience. To protect your camper from bug bites and unrestful sleeps we recommend:

- Insect repellent — please send your preferred bug repellent to camp, citronella is an excellent alternative to traditional products. Lotions and pump sprays are recommended for camp.
- Mosquito netting — Available at many local outdoor stores, mosquito netting can be placed around your child's bunk for mosquito free sleeping.

Rain gear

Camp continues rain or shine, so good rain gear is a must. Make sure your raincoat, pants and boots are waterproof — to be extra sure, test them in the shower!

There are several different types of rain gear available to keep you dry during wet weather. Here are some ideas:

GORETEX and other "waterproof, breathable" fabrics/coatings make for very comfortable, very dry jackets and pants, but they are also very expensive.

POLYURETHANE coated nylon jackets are very waterproof but not very breathable — this means that moisture will condense on the inside of the garment and feel damp even though the rain is not getting through.

PLASTIC rainwear is very waterproof but not very breathable. It can rip easily and some types do not fit very comfortably.

It is recommended that campers bring both jackets and pants. Getting and staying wet can be quite uncomfortable.

Medication

If your camper requires medication and you did not indicate this on the registration form, please inform the Camp Office before camp or provide written instructions to the Health Care Coordinator.

All campers will meet with the Health Care Coordinator on the first day of camp at which time medications will be checked and inventoried. All medication is locked safely in the onsite Health Centre and will be dispensed by the Wellness Coordinator. It is very important that campers bring enough medication to last their entire stay and that it is in the original container and labeled with their name.

If your child becomes ill at camp and requires prescription medication, parents will be contacted and billed accordingly.



WHAT YOU NEED TO BRING (continued)

Footwear

In addition to running shoes or sport sandals, campers may want to consider purchasing a pair of hiking shoes/lightweight boots. When purchasing boots, here are some things to consider:

CUSHIONING in the sole of the boot will help absorb the shock of hiking over uneven terrain and carrying heavy loads. This will ease stress on feet, the back and legs.

TREAD will ensure proper traction on a variety of terrains, including rock, mud, gravel and soil.

PROPER FIT is essential to minimize pain and blisters. When trying on boots, be sure there is sufficient room for toes and there are no spots where the boot is too tight. It is a good idea to have at least a finger-width behind the heel when the boots are untied. When done up, the heel should not slip from side to side or up and down.

Sleeping Pads

Sleeping on the ground, even in a good sleeping bag, can be very cold if there is no insulation layer. A good sleeping pad is necessary to ensure campers do not lose too much heat to the ground. While there are many options, the following two are recommended:

CLOSED CELL FOAM is very light, inexpensive and indestructible.

INFLATABLE MATTRESSES such as a ThermoRest are very warm, but also very expensive and fairly heavy.

Sleeping pads should cover the area between the shoulders and the knees.



Sleeping Bags

Participants will be sleeping in their sleeping bags for their entire experience so warmth and comfort are essential. Participants will also be carrying everything they bring, whether in a backpack, canoe or kayak – sometimes portages too. A warm, comfortable, lightweight sleeping bag has the following characteristics:

SYNTHETIC FILL is preferable to natural fibres due to water resistance and continual warmth when wet. Synthetic fill, such as Thinsulate Lite Loft or Polarguard, is also very lightweight, compact and comfortable.

NYLON EXTERIOR is preferable to natural fabric due to water resistance.

TEMPERATURE RATING OF -5C will keep you warm. A lower temperature rating may be too hot, a higher one may be too cold.

Stuff Sacks

In order to keep all of your gear dry during your trip we recommend the use of stuff sacks. Generally for a trip a 30 L sack is sufficient for all personal gear. There are a couple of different options available to fill your needs. You can choose either waterproof or water resistant styles. For trips away from camp, please refer to "outtripping" on page 5.

WATERPROOF stuff sacks, such as Seal Line Baja Bags or See Bags, are made of PVC coated dacron with welded seams and roll down closure, while not completely waterproof these are as close as you will get. They come in sizes from 5 L to 55 L.

WATERPROOF packs like the Seal Line Boundary Pack are another option. These are similar to the Baja Bags in design but have the added features of a common backpack thereby making them easier to carry.

WATER RESISTANT stuff sacks which are made of nylon and may be coated with a water repellent are another option. These may be slightly less expensive and easier to repair but they provide minimal protection from rain or if dunked in water.

Please note: While some of this equipment is needed on trips, it is not necessary to rush out and buy top of the line gear. In some cases a plastic garbage bag is sufficient for many of our shorter outtrips. We have offered some suggestions here and if you would like to talk to someone about other alternatives, please feel free to call the Camp Office at 613.832.1234.

We wish you an exciting and fun filled Davern experience!

IMPORTANT INFORMATION

Emergencies

There is always a qualified Wellness Coordinator or designate at camp. Campers needing medical attention will be taken to the Perth Medical Centre or the Perth Memorial Hospital, if required. If any prescription drugs are necessary, parents/guardians will be billed after camp. In the event of a serious injury or illness, parents/guardians will be contacted as soon as possible.

If an emergency occurs at home while the camper is at camp, please contact the Camp Director or camp office to discuss the best way to inform your camper.

Note: All staff at camp have a minimum Standard First Aid and CPR C certifications.

Nut Awareness

To ensure the safety of all campers and participants who attend Camp Davern, we ask parents and campers to join us in keeping our site nut aware. While we take all necessary precautions to make sure that there are no traces of peanuts or peanut oil in the food we serve, it is important to have the commitment of our whole community when dealing with this health issue. If you have any questions or concerns, please call the Camp Director.

Hot Weather Policy

Y staff will modify camp activities to accommodate for hot weather in order to promote the health and safety of all participants. This will include frequent water breaks, water activities, less active activities and the use of the shaded and cooler areas of camp. These precautions will allow all campers to enjoy a fun and safe camp experience, even on the hottest days.

Overnights and Outtrips

All campers have an outtrip adventure which may range from a cookout on Lake Davern to a three day trip on nearby lakes, depending on the age, ability and interest of each cabin group. Campers will be able to improve their outdoor living skills by helping the counsellors plan the route, pack food and equipment, sleep in tents and cook their own meals on a camp stove or open fire.

All required clothing and equipment that the campers will need for outtrips and overnights are either brought by the campers and are listed under "What to Bring to Camp" or are provided by the camp. Some items such as a sleeping bag, wool socks, sunscreen and a sun hat are important items to remember especially for outtrips.

Outtrips and overnights are approved by the Camp Director and are led by the same qualified, experienced Counsellors that care for the campers every day. The outtrips that take place on nearby lakes are planned with Emergency Access Points along the way where the trip can contact camp in the case of an emergency.

AFTER CAMP

When Campers Come Home

Campers may be sad that camp is over. Be prepared to discuss the experience and look ahead to next year. Campers may also be very tired. It's not unusual for them to need extra sleep for a few days after camp.

Evaluations

Please help us make Camp Davern the best it can be. The evaluation is a valuable tool and helps us to improve and better meet the needs of our campers and families. After camp, a link to an online survey will be provided to each family. Please complete the survey with your camper and tell us about your experience.

Lost and Found

Lost and found articles will be laundered and kept at camp until the end of the season. Lost and found will be collected at the end of camp and held until September 30. Items not claimed will be donated to charity after September 30.

FOR LITs AND LEADERS ONLY

There will be a mandatory information session prior to camp. Leaders in Training and Leader counsellors will contact participants with details.

The information in this section is provided to help leadership campers prepare for their experience. The lists and descriptions are intended as a guide for you when packing for your experience. The lists and descriptions on the following pages can be used as a guide when packing for a trip.

Equipment

All group equipment is provided as part of your trip. Canoe/kayaks, tents, cooking equipment, paddles, PFDs, helmets, packs and tarps are regularly inspected and kept in excellent condition.

LIT participants may require special personal equipment for their trip. Please use this guide when you are packing for the trip.

CAMPER'S CHECKLIST

This list is a good guideline to use when packing for camp as well as taking inventory of items when arriving back home. It is not necessary to go out and buy every item on the list – use your judgment and make substitutions if necessary. We have marked essential items with an asterisk (*). It is best to pack everything in one or two large duffel bags. Each camper will have a space at camp to store their clothing and personal items. Please remember to label everything.

RECOMMENDED ITEMS	TO CAMP	FROM CAMP
Mosquito netting for bed	<input type="checkbox"/>	<input type="checkbox"/>
Sleeping bag (synthetic fill, -5c rating)*	<input type="checkbox"/>	<input type="checkbox"/>
Fitted sheet (for mattress cover)*	<input type="checkbox"/>	<input type="checkbox"/>
Pillow	<input type="checkbox"/>	<input type="checkbox"/>
Warm jacket	<input type="checkbox"/>	<input type="checkbox"/>
Sweaters*	<input type="checkbox"/>	<input type="checkbox"/>
Long-sleeved shirts (light in colour)*	<input type="checkbox"/>	<input type="checkbox"/>
T-shirts*	<input type="checkbox"/>	<input type="checkbox"/>
Pants*	<input type="checkbox"/>	<input type="checkbox"/>
Shorts*	<input type="checkbox"/>	<input type="checkbox"/>
Bathing suits*	<input type="checkbox"/>	<input type="checkbox"/>
Beach towels (2)*	<input type="checkbox"/>	<input type="checkbox"/>
Pajamas*	<input type="checkbox"/>	<input type="checkbox"/>
Underwear*	<input type="checkbox"/>	<input type="checkbox"/>
Socks (wool and cotton)*	<input type="checkbox"/>	<input type="checkbox"/>
Rrunning shoes (1 pair)*	<input type="checkbox"/>	<input type="checkbox"/>
Sandals with back strap (no flip flops)	<input type="checkbox"/>	<input type="checkbox"/>
Water shoes	<input type="checkbox"/>	<input type="checkbox"/>
Rain boots	<input type="checkbox"/>	<input type="checkbox"/>
Waterproof raincoat and pants*	<input type="checkbox"/>	<input type="checkbox"/>
Toothbrush and toothpaste*	<input type="checkbox"/>	<input type="checkbox"/>
Soap and shampoo	<input type="checkbox"/>	<input type="checkbox"/>
Comb or brush	<input type="checkbox"/>	<input type="checkbox"/>
Face cloth and face towel	<input type="checkbox"/>	<input type="checkbox"/>
Sunscreen*	<input type="checkbox"/>	<input type="checkbox"/>
Insect repellent*	<input type="checkbox"/>	<input type="checkbox"/>
Water bottle*	<input type="checkbox"/>	<input type="checkbox"/>
Sun hat*	<input type="checkbox"/>	<input type="checkbox"/>
Stuffed animal	<input type="checkbox"/>	<input type="checkbox"/>
Pencils, paper, pen, stamps, envelopes	<input type="checkbox"/>	<input type="checkbox"/>
Flashlight (with extra batteries)*	<input type="checkbox"/>	<input type="checkbox"/>
Two stuff sacks	<input type="checkbox"/>	<input type="checkbox"/>

*Essential items

OPTIONAL ITEMS	TO CAMP	FROM CAMP
Camera	<input type="checkbox"/>	<input type="checkbox"/>
Books	<input type="checkbox"/>	<input type="checkbox"/>
Paddle	<input type="checkbox"/>	<input type="checkbox"/>
Personal flotation device	<input type="checkbox"/>	<input type="checkbox"/>

PLEASE DO NOT BRING

- Money
- Radios
- iPod
- Discmans
- MP3/DVD players
- hair dryers/curling iron
- Food/candy
- Matches
- Knives
- Tobacco
- Cell phones
- Pagers
- Alcohol/drugs
- Toys
- Game Boys/Nintendo DS
- Electronic devices



CAMP PROTOCOL

When Campers Arrive at Camp

The first thing campers do when they arrive at camp is take part in a community meeting. Living at camp means that each person will be part of a very special community and the following guidelines are set so that everyone can have the best time at camp. The following Y core values guide all interactions.

Y Core Values

- Caring is accepting others. It is being compassionate, generous, sensitive and thoughtful.
- Honesty is shown through integrity, fairness, and sincerity in words and deeds. It is being trustworthy and trustful.
- Respect is acknowledging the inherent worth in oneself and others. It is treating others fairly and justly.
- Responsibility is being accountable for one's behaviour, obligations and actions. It is doing what's right.

Campers are reminded of these values and ground rules when they arrive at camp. They also learn all camp procedures on the first day of camp.

Code of Conduct and Bullying Zero Tolerance Protocol

Developing an understanding of, and responsibility for, individual potential and abilities includes accepting responsibility for individual actions. While under the leadership of skilled staff, the activities that your child will engage in as a participant at Camp Davern involve risk - risk in choices made and physical activity undertaken by the participant.

As a condition of being allowed to participate in a Camp Davern program, you warrant that the participant is in good physical and mental health and that the participant shall not consume any substances which would impair the participant's senses at any time during the program. A participant's possession or consumption of alcohol, tobacco products or illegal or harmful substances will result in immediate dismissal from the program. You agree that no refunds will be granted for participants dismissed from camp for possession or consumption of these substances. The YMCA-YWCA has a 'zero tolerance' policy regarding bullying. This behaviour will result in dismissal. You agree that intentional participant behaviour that puts the camper or others at physical or emotional risk will result in immediate dismissal from the program at the discretion of the YMCA-YWCA Director or Manager responsible. Expenses incurred because of program dismissal will be the responsibility of the participant/parent/guardian.

CONTACTING YOUR CHILD

We encourage parents/guardians to send lots of mail. We also encourage campers to write home regularly. If you get an unhappy letter from your camper, don't panic. It's most likely that whatever made them unhappy when they wrote the letter is long since forgotten. If you do have a concern, please contact the Camp Director.

Campers need to be reassured that there are people out there who care about them and want them to have fun at camp. It's often difficult for campers to hear about all the fun things they might be missing at home. Focus on the positive.

Mail is sometimes very slow getting to camp. If you have a letter that you want to get to your camper quickly, use Priority Post or we encourage you to pre-write some letters and drop these off with the camp staff on the first day of camp. Please label with your child's name and the date to be delivered.

Camp Mailing Address:

Your Camper's Name
c/o Camp Davern
RR#3 Maberly, ON KOH 2B0
Fax 613.273.4022

Packages

Please do not send food packages to camp. Please note that if food is sent, it will be stored and given to the camper when they leave. Packages will be delivered to campers at mealtimes.

Telephone

If you need to get an emergency message to a camper, please call 613.273.5273. If no one is near the camp telephone, an answering machine will take your message and we will return your call promptly. If you are unable to reach the camp, please call the Camping and Outdoor Centre Office at 613.832.1234 during business hours. The telephone is for business use only and campers will not be permitted to call home.

Camp Administration Office Hours

May to August Monday to Friday 8:00 am to 6:00 pm
September to April Monday to Friday 9:00 am to 5:00 pm

GENERAL CAMP INFORMATION

Camp Phone Numbers

June to August 613.273.5273

September to May 613.832.1234 ext. 617 or 1.888.241.CAMP (2267)

Camp Administration Office Hours

May to August Monday to Friday 8:00 am to 6:00 pm

September to April Monday to Friday 9:00 am to 5:00 pm

Camp Davern

RR#3

Maberly, ON K0H 2B0

Tel 613.273.5273

Winter Camp Office Address

c/o Bonnenfant Y Outdoor Education and Leadership Centre

1620 Sixth Line Road RR#1

Dunrobin, Ontario K0A 1T0

Tel 613.832.1234

Toll free 1.888.241.CAMP (2267)

campdavern@nationalcapitalregionymca-ywca.ca

www.ymcaywca.ca

Map to Camp Davern

