



**YMCA-YWCA of the
National Capital Region**

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région de la capitale nationale**

Extreme Heat Practices at Camp:

The health and safety of our campers are our first priority. In the event of extreme heat warnings during camp, the following practices will be adopted by all camp programs (Camp Otonabee and Neighborhood Day Camps).

- Programs will be adapted to focus on low energy activities and/or water-based programs – i.e. quiet games in the shade, crafts, drama programming, and swimming.
- Daily swim/waterfront time frequency for all campers and staff will be increased
- Counsellors will encourage and ensure that all campers are regularly drinking water (staying hydrated), applying sunscreen, limiting their sun exposure and participating in low energy programs.
- All staff will monitor camper health – watching for signs of sunburns, heat exhaustion or dehydration. First Aid will be given for any signs of the above and parents/guardians will be notified.
- Staff will work with our third-party providers (i.e. bus company, stables) to ensure our extreme heat practices are consistent.
- When Ottawa Public Health issues an alert, the YMCA-YWCA will forward this information to all camp locations. On days where we receive the Ottawa Public Health Heat Warning (Humidex of 40 or more for two consecutive days) or Heat Emergency (Humidex of 45 or more or situational factors), all camp sites are encouraged to keep students indoors for camp based activities.

In the event that a camper becomes sick from heat exposure while at camp, they will be brought to a cool space to recover and will be monitored by staff. Parents/guardians will be phoned.

Should a camper become sick from heat exposure when they return home from camp, we request that parents inform the camp of their child's absence and illness.

We respect the decision of parents to keep their children at home or withdraw their children from programs due to extreme heat. We will happily work with camper families to arrange another camp experience (where space is available). Please note that the existing Y refund policies will remain in effect.

Should you have any questions, please do not hesitate to contact the camp office directly at (613) 832-1234, or your regional day camp site.

We look forward to sharing the summer with your children. Thank you for choosing the Y as your camp provider.

With great respect,

Camp Staff
YMCA-YWCA of the National Capital Region
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613-832-1234