



Summer Camps Guide 2024



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Welcome to Camp!

This summer marks Deep River's return to outdoor fun and adventure! Our energetic staff are ready to have some fun, and have been planning new activities to implement into our summer 2024 Day Camps. Campers will enjoy many outdoor experiences and will create memories that they will cherish forever!



This booklet contains important information to enable your child to fully participate in our one-week programs. Please read through this package carefully, it is informative, and will help ensure that your child participates in all aspects of our program.

The Summer Program Guide has been prepared to provide you and your children with information regarding all of our summer camp programs offered by the Town of Deep River Recreation Department. Throughout the guide you will find information regarding the programs we offer, program expectations, policies and procedures, as well as a list of necessities for campers to help prepare them for a summer of fun!

The Recreation Department is pleased to offer a full summer of exciting and dynamic summer programs for children aged 4 to 14 across four different camps including, Arts Camp, Science Camp, Sports Camp and Summer Playgrounds. Each camp is geared towards encouraging campers to engage in various activities such as literacy, physical activity, outdoor exploration, arts and crafts, sports and recreational activities, and various scientific fields in a fun and safe environment.



For the 2024 summer season, most camps will be operating out of the Deep River Arena which is located at 2 Clubhouse Road, Deep River. A Session Schedule will be provided to you at the start of each session so please check your email.

The Town of Deep River's Summer Day Camps are programs that offer affordable and convenient recreational experiences to children within a structured environment. Our passionate and qualified leaders are dedicated to providing a safe environment for children of all backgrounds to engage in active, exciting and creative play.

Through these programs, children will have the opportunity to fulfill personal goals and acquire the skills necessary to provide a strong foundation to help prepare them for future life experiences

We ask that you please not send your child to camp if they have the following symptoms. COVID-19 Symptoms:



<ul style="list-style-type: none">• Cough• Shortness of breath/difficulty breathing• Fever	<ul style="list-style-type: none">• Chills• Muscle Pain• Sore Throat	<ul style="list-style-type: none">• Nausea• Vomiting• Diarrhea
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Camp Information

Playgrounds Camp

A fun-filled camp full of **games**, **activities** and **outdoor play!**

This is a full day program designed for children 4 to 8 years of age

Running Monday –Friday from 9:00 am-4:00 pm

With an emphasis on games, crafts, outdoor exploration, and community outings, campers will participate in literacy, physical education, arts/science initiatives and outdoor physical play. Campers enjoy themed days such as Pirate Day, Disney Day and Scavenger Hunt Day to name a few.

If your child is looking to have fun, participate in crafts, games, activities and community outings, then the Summer Camp is the perfect summer program for them.

Campers must be able to practice unassisted self-care and please pack clothing/bathing suits that campers can easily change into

July		August	
Session 1*	July 2-5	Session 5	July 29-Aug 2
Session 2	July 8-12	Session 6*	August 6-9
Session 3	July 15-19	Session 7	August 12-16
Session 4	July 22-26	Session 8	August 19-23
		<i>Session 1 & 6 is pro-rated due to Stat & Civic Holiday</i>	



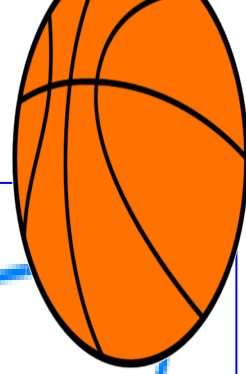
Arts Camp

For campers with a talent for arts, or an interest in developing artistic skills. Arts Activity Camp offers a fun and exciting opportunity to explore art under the mentorship of our leaders. A full day program that explores painting, drawing, mixed media creations, crafts, dance, drama skills and games. The Arts Activity Camp has something for everyone! Be prepared to take on exciting projects led by Leaders while enjoying games, activities and visits to open green spaces and Lamure Beach.

With parental permission, campers can go home at the end of the day by themselves.

Session one	Session 2
July 15-19	August 12-16

Sessions run Monday to Friday from 9:00 am-4:00 pm,
and are geared to children 8-14 years of age.



Summer Sports Camp

Basketball, soccer, broomball, canoeing, swimming, and outdoor exploration are just a few of the awesome activities at Summer Sports Camp! This camp offers a fun, active, and non-competitive environment for those who enjoy being active, are interested in learning the basics of different sports, or want to further develop their athletic skills. All balls and equipment are provided for campers. Activities take place indoor and outdoors at facilities within Deep River including daily swims at Lamure Beach. Campers with parental permission can leave camp by themselves at the end of the day.

Campers must bring a bicycle, helmet, swimsuit, sunscreen and hat to camp everyday. Because sports camp is a lively active camp, campers will be required to bike to all activities. Sports camp will meet at Grouse Park on the first day of camp. And a schedule will be provided for pick up.

8-10-Year-olds		11-14 Years - old	
Session 1*	July 2-5	Session 1	July 15-19
Session 2	July 8-12	Session 2	July 22-26
Session 3	July 29-Aug 2	Session 3	August 12-16
Session 4 *	Aug 6-9	Session 4	August 19-23
<i>Session 1 & 4 is pro-rated due to Stat & Civic Holiday</i>			

Summer Activity Camp runs Monday to Friday from 9:00 am-4:00 pm, with the exception to session 1 & 4 for camp designed for 8-10 year olds

Science Camp

This wonderful program has been created to get kids engaged, interested and excited about all that science has to offer. The program will be a one week camp offered for two sessions: Campers will be exposed to a variety of activities that open their eyes to the wonders that science offers. They will carry out experiments as well as use their creativity to accomplish design challenges. The camp will nurture the fundamentals of teamwork, public speaking and problem solving throughout the week. Campers with parental permission can go home by themselves at the end of the day.

This camp promises to be a good balance of educational value and fun.

CNL Science Camp	Science Camp
July 22-26 Children 9-13 years 8:30 am-4:00 pm Monday to Friday <i>"Through the support of CNL and Let's Talk Science Ottawa"</i> CNL Chalk River Site Transportation provided Children will be picked up at the Arena at 8:30 am sharp and returned by 4:00 pm	August 19-23 Children 8-14 years 9:00 am-4:00 pm Monday to Friday Deep River Arena



First Day of Camp

Please bring the following (6) signed and completed forms:

- Medication Authorization Form – One for each child that will need medication at camp
- Emergency contact | Pick-up/Drop-off Information Form
- Photo Release Form
- Sunscreen Application Form
- Code of Conduct Agreement
- Friday Lunch order form (\$) *forms for siblings in different camps must be filled out individually

First day and every day, please send your child with:

- Peanut-free lunch and snacks
- Water in a reusable bottle
- Sunscreen
- Hat (wide-brimmed)
- Clothing suitable for the weather conditions and activities (raincoat, boots, sweater, long-sleeve shirt, sunglasses etc.)
- Closed-toed shoes – Mandatory
- Bathing suit and towel
- Extra socks and underwear

Please also remember to:

- Label ALL personal belongings
- Leave all electronics at home!

Medical Authorization Form – Summer Camps



If your child requires **prescription medication** while at camp, please fill out this form and note the following:

- All prescription medication needs to be in its original container
- Must indicate the child's name
- Prescription Number
- Dosage directions
- Date of the prescription

All medication will be administered to your child based on the doctor's recommendations.

If you child requires **non-prescription medication**, please obtain a doctor's note that indicates the following:

- Your child's name
- Name of medication
- Dosage directions (including time to be administered)
- Expiry date of the note
- Doctor's signature
- List of signs and symptoms that indicate the medication is required

Please note: Without the above information, we will be unable to administer your child's medication at camp. If medication is for emergency use (an Epi-pen or inhaler) the counselor will carry it in their emergency waist pack.

I authorize the administration of: _____

To: _____ **Name of Medication**
By **Town of DR Staff** at _____
Child's full name printed **Camp Name**

Start Date: _____ End Date: _____

Use the following Instructions:

Dosage: _____ Storage: _____

Time (s) of administrations: _____

Stop medication if the following reaction(s) is observed: _____

Date

Parents Signature

Personal information on this form is collected under the authority of section 10 the Municipal Act, 2001, S.O. 2001, c.25 and will be used to enroll the participant in the Town of Deep River's Summer Programs. Questions about the collection of your information may be directed to Recreation Department at P.O. Box 400, Deep River, ON K0J 1P0 or by calling 613 584-2000 x 103 and asking for the Recreation Department.

Emergency Contact Form - Summer Camps



Child's First Name: _____	Child's Last Name: _____
Child's Address: _____	
Mother/Guardian	Mother/Guardian
First Name _____	Last Name: _____
Mother/Guardian	Mother/Guardian
Daytime #: _____	cell # _____
Father/Guardian	Father/Guardian
First Name: _____	Last Name: _____
Father/Guardian	Father/Guardian
Daytime #: _____	Cell #: _____
Child resides with (please circle): Mother only Father only Both parents Other: _____	

Emergency Contact (Name) #1 _____
Relationship to above: _____ Phone #: _____
Emergency Contact (Name) #2 _____
Relationship to above: _____ Phone #: _____

Are there any custody arrangements that we should be aware of? _____ _____
Do any court orders exist that we should be aware of? _____



Photo Release Form – Summer Camps

Individuals under the age of 18

Consent for Use and Disclosure of Personal Information
Video/Photo/Authorization and Release

Full Name of Child: _____

Name of Parent or Guardian: _____

Address: _____

Phone #: _____ Email: _____

I hereby consent to the Town of Deep River to take photograph(s), videotape, or digital recording(s) of the said minor and to use any of these in any and all media for promotional purposes including, but not limited to, newsletters, brochures, posters, videos, Internet information, newspaper coverage, radio broadcasts and television footage.

- Yes, I consent to having my child participate in publicity and promotional opportunities.
- No, I do not consent to having my child participate in publicity and promotional opportunities.

Parent/Guardian Signature: _____

I understand and agree that the Town of Deep River will be the owner of the copyright in the photograph and has full rights to use the photograph in its discretion. I understand that the Town of Deep River is not held liable if the photograph is downloaded or altered in any way. I hereby release Town of Deep River of any and all liability arising from such downloading, use, reproduction or alteration. I understand that I or the said minor will not receive any compensation for the use of any photograph(s), videotape, or digital recording(s) of the said minor and I hereby release the City of Greater Sudbury from the payment of any such claims. I understand that I or the said minor will not be notified if or when the photograph is used for promotional purposes.

Parent/Guardian Signature: _____



Sun Safety & Sunscreen Form – Summer Camps

At the Town of Deep River Day Camps, we believe that outdoor activities are a key part of a healthy lifestyle. However, we want to make sure that while the children are outside, they are protected from the sun and heat. Therefore, we have developed a policy related to sun protection and safety during hot weather to ensure that we can all enjoy the summer safely.

Your support is very important to the success of our new policy. You can help by:

- Talking to your child about the importance of sun protection and hot weather safety.
- Sending your child each day with a wide-brimmed hat, long-sleeved shirt, sunglasses, and a reusable water bottle.
- Applying sunscreen with a sun protection factor (SPF) of 30+ on your child before they leave the house each day.
- Filling out and returning the attached sunscreen permission slip form to the program site staff.

As part of this new policy, camp staff have received additional training about Sun Safety and will spend more time discussing the harmful effects of sun and hot weather with the children so that they may become more aware of how to protect themselves. We are also going to encourage children to reapply sunscreen throughout the day and to wear a hat and sunglasses when outside. We will monitor the weather reports and advisories and will take precautions to protect the children from sun and heat-related illnesses.

Together we can have a safe and healthy summer!

Name of Child: _____ Camp: _____

Does your child have any allergies to any sunscreen products? Yes No

If **Yes**, which product: _____

I authorize the following:

- I authorize camp staff to assist my child to reapply sunscreen to exposed skin surfaces, including their face, ears, arms, and legs every two hours or after swimming.
- I authorize camp staff to use sunscreen supplied by camp if my child's sunscreen is not available.

Parent/Guardian Signature

Date



Town of Deep River Day Camp 'Camper Code of Conduct'

The Town of Deep River's Day Camp is dedicated to providing an outstanding summer camp experience for children. To accomplish this goal, campers are expected to behave appropriately and promote a safe, fun, memorable and healthy environment through productive participation. We aim to promote character values of caring, honesty, respect, and responsibility in all aspects of our camp program. We ask that all campers and parents/guardians read this code together before arriving at camp.

As a camper, I will:

RESPECT

- Be respectful, cooperative and will contribute positively to the experience of fellow campers.
- Be careful and considerate that my actions will not hurt another camper's feelings or hurt them physically, either intentionally or accidentally.
- Show respect to the camp staff, and cooperate fully with their instructions.
- Respect the rights and beliefs of others, and treat others with courtesy and consideration.
- Respect the property of others.

PERSONAL SPACE AND PROPERTY

- Be respectful of all camp property and equipment/supplies.
- Never mark, deface or destroy camp or personal property or nature.

BEHAVIOUR

- Conduct myself responsibly. I understand that horseplay, inappropriate touching, unwelcome teasing/bullying or other unkind behaviours are not allowed and will not be tolerated.
- Communicate in an appropriate manner, which means I will not use foul language or gestures, harsh words or raise my voice.
- Refrain from deliberately causing bodily harm to the campers or staff. I understand that pushing, kicking, hitting, biting or fighting are not acceptable behaviours, and will not be tolerated and will be grounds for suspension/dismissal from the summer day camp program.

SAFETY

- Campers must wear appropriate shoes in order to participate in activities.
- Campers need to pay attention to their surroundings and use care in all activities. Campers must adhere to all safety rules and regulations given for each activity he/she participates in while at camp

GENERAL

- Campers are expected to wear appropriate clothing to camp each day.
- Campers must inform the camp staff if they are experiencing a problem with another camper or other issue. We are here to help!
- Campers are encouraged to participate in all camp activities to the best of their ability.
- Violation of the Camper Code Of Conduct can be grounds for immediate dismissal. Refunds are not given when a camper is dismissed from the camp program.
- Weapons, look-alike weapons, or objects that may be used to threaten, intimidate, or harm others or to damage property may not be brought to camp.
- Cell phones and electronic devices are not allowed at camp.

I have read the above **CAMPER'S CODE OF CONDUCT**. I agree to adhere to all the above to ensure that my camp experience and the experience of other campers is a positive one. I understand that failure to adhere to these rules may result in my dismissal from the program.

Camper's Signature _____ Date _____.

I understand and certify that my child's participation in the Town of Deep River's Summer Day Camp program and its activities are completely voluntary. I recognize and have instructed my child in the importance of knowing and abiding by the summer day camp's **CODE OF CONDUCT** for the safety and well-being of all camp participants.

Parent/Guardian's Name & Signature _____ Date _____



Please review the following information with your child:



OH YES RESPECT Behavior Contract:

To ensure that all day campers have a positive and enjoyable time at camp, the Town of deep River Day Camps will be implementing our behaviour policy for all summer camp programs. Our five rules are:

1. Respect **O**thers
2. Respect **H**elpers
3. Respect **Y**ourself
4. Respect **E**quipment
5. Respect **S**upervisors

These rules can easily be remembered by the acronym **OH YES RESPECT!**

Traffic Light System

In accordance with the HIGH FIVE program, youth who demonstrate good behaviour and are a positive influence on others will be awarded stars to be displayed at their program site. Youth who struggle with the rules or their behaviour, will follow the traffic light system:

Light Pole – A verbal warning will be given to the child.

Things that can get you on the pole include not listening, misbehaving, and consistently not participating.

Green Light – A verbal warning and a 5-minute time out.

Things that can warrant a green light include bringing electronics when not allowed, taking something that is not yours, being disrespectful to Leaders and/or other children, and not respecting others space.

Yellow Light - The child will receive a five-minute timeout and an immediate call home.

Things that warrant a yellow light include swearing, consistently disrupting the group, vandalism, bullying, consistent arguing, putting other people in danger, and inappropriately exposing one's self.

Red Light - The child will receive a five-minute timeout, a call home, and miss a full day.

Things that can warrant a red light include anything physical (touching, pushing, punching, throwing things, stealing, extreme misbehaving, threatening others, spitting, running away and any other misbehavior after a yellow light.

If three (3) red lights are reached by a child, that child will be under review for removal from the camp program for the remainder of the summer.



Town of Deep River

Rowan's Law Concussion Code of Conduct For Athletes and Parents/Guardians



I will help prevent concussions by:

- Wearing the proper equipment for my sport and wearing it correctly. Developing my skills and strength so that I can participate to the best of my ability.
- Respecting the rules of my sport or activity.
- My commitment to fair play and respect for all* (respecting other athletes, coaches, team trainers and officials).*

I will care for my health and safety by taking concussions seriously, and I understand that:

- A concussion is a brain injury that can have both short- and long-term effects.
- A blow to my head, face or neck, or a blow to the body that causes the brain to move around inside the skull may cause a concussion.
- I don't need to lose consciousness to have had a concussion.
- I have a commitment to concussion recognition and reporting, including self-reporting of possible concussion and reporting to a designated person when an individual suspects that another individual may have sustained a concussion. * (Meaning: If I think I might have a concussion I should stop participating in further training, practice or competition **immediately**, or tell an adult if I think another athlete has a concussion).
- Continuing to participate in further training, practice or competition with a possible concussion increases my risk of more severe, longer lasting symptoms, and increases my risk of other injuries.

I will not hide concussion symptoms. I will speak up for myself and others.

- I will not hide my symptoms. I will tell a coach, official, team trainer, parent or another adult I trust if I experience any symptoms of concussion.
- If someone else tells me about concussion symptoms, or I see signs they might have a concussion, I will tell a coach, official, team trainer, parent or another adult I trust so they can help.
- I understand that if I have a suspected concussion, I will be removed from sport and that I will not be able to return to training, practice or competition until I undergo a medical assessment by a medical doctor or nurse practitioner and have been medically cleared to return to training, practice or competition.
- I have a commitment to sharing any pertinent information regarding incidents of removal from sport with the athlete's school and any other sport organization with which the athlete has registered* (Meaning: If I am diagnosed with a concussion, I understand that letting all of my other coaches and teachers know about my injury will help them support me while I recover.)

I will take the time I need to recover, because it is important for my health.

- I understand my commitment to supporting the return-to-sport process* (I will have to follow my sport organization's Return-to-Sport Protocol).
- I understand I will have to be medically cleared by a medical doctor or nurse practitioner before returning to training, practice or competition.
- I will respect my coaches, team trainers, parents, health-care professionals, and medical doctors and nurse practitioners, regarding my health and safety.

Items marked with an asterisk * are mandatory by O.Reg 161/19: General

Parent Initial

More information



All Town Summer Camps are Peanut Free and there will be certain participants in the programs who have serious and life-threatening allergies to peanuts and peanut products. We ask that all parents/guardians ensure that their children bring only identified peanut free products in their lunches.



Sun Safety We are a Sun Aware Certified Camp. This means that we follow guidelines for implementing best practices for sun safety at our camps. Please sign and return our sunscreen application form included in this package.



HighFive is a standard committed to enhancing healthy child development within sport and recreation. As an organization believing in HIGH FIVE, we strive to uphold the “Commitment to Children” which includes a code of conduct for our Leaders and provides appropriate behaviour management techniques for our campers. Please review the code of conduct form with your child before signing.



Lunches We would like to inform you that there will be certain days when your child(ren)’s lunch will be kept outside during their day at camp. We have consulted with the Renfrew County District Health Unit to ensure that there are no health risks with this arrangement. We do however encourage you to send your child with extra ice packs so that their lunches are kept cool during the day. Please do not rely on the arena canteen as means of a lunch, as campers will not have access to it.



Green Camps recycling program. Help us encourage youth to reuse as much as possible. You can help by packing a green lunch; • Pack lunches and snacks in reusable bags and containers • Use a reusable water bottle • Avoid plastic containers made of PVC #3 or polycarbonate #7 • Buy in bulk and repack individual sized portions into reusable snack containers • Pack reusable stainless-steel cutlery



Tie-dye will take place during “scheduled Playgrounds/Arts Camp” If your child wishes to tie-dye at this time, please send a white article of clothing to camp with them on that day. Please refer to your parents’ package for more details.



Mavens Catering and or Pizza will be available to campers on alternate Fridays of each week. Maven Lunch will be \$6.00 and a Pizza Lunch will be \$3.50 Order forms and money must be returned no later than Tuesday of each week. On Fridays, campers may also purchase a frozen treat for \$0.50 (Freezie or Popsicle). Treats are limited to one per camper.



Craft Supplies If you have any unused products such as: buttons, paper towel rolls, material scraps, toilet paper rolls, milk cartons, wool scraps, egg cartons, magazines, etc. These items can be brought to Playgrounds for our campers to use in our arts & crafts times.

Inclement Weather Policy

Staff are mindful of weather patterns and will adjust programming, events, and venues accordingly.

Off-Site Travel Policy

All of our programs incorporate trips off-site (away from the Arena) and visits to community parks, facilities, and venues. For scheduled special events, campers will walk or bike from the Arena to the required location, such as Lamure Beach or the Public Library. Please notify the Camp Leaders if your child does not have permission to walk or bike to special outing locations. If a child does not have permission, the Parents and/or Guardians are responsible for getting their child to and from the site after screening has taken place at the Arena



2024 Program Fees

Please visit our registration website at <https://app.univerusrec.com/deepriverpub/courses/index.asp> for more information regarding camp program fees and prorated rates.

Contact Information

If you have any questions about the summer programs offered by the Recreation Department, please do not hesitate to contact Rachel Jennings, Summer Administrative Assistant, via email at summeradmin@deepriver.ca or by phone at 613-584-2000 ext. 105. Additionally, you can contact Christine Armstrong, Recreation Coordinator at carmstrong@deepriver.ca or by phone at 613-584-2000 ext 103.

We are happy to help you and your children in any way we can.

Thank you for considering a summer program with the Town of Deep River. We hope you have a safe and fun filled summer!

Please visit the Town of Deep River website at <http://www.deepriver.ca/> or the Recreation Department Booking website at <https://app.univerusrec.com/deepriverpub/courses/index.asp> to register your child for this year's programs.