



Building healthy communities



# Day Camp

2023 Parent Handbook



Dear Parents,

Camp should be one of the most exciting times in a child's life. The YMCA-YWCA of Winnipeg understands the benefits of a positive camping experience. Making new friends, learning new skills and understanding more about oneself and the world around them; that's what it is all about. Our Camps have been providing these opportunities for over a century.

To ensure that your child's camp experience is a positive one, this handbook is designed for you, the parent. Both parent and child will have a much better experience with preparation and planning.

Our dedicated counsellors place the highest priority on the camp experience and the development of your child. We are committed to incorporating the following 7 values in all our program areas:

**Caring \* Honesty \* Respect \* Responsibility \* Health \* Equality \* Inclusiveness**

Thank you for entrusting us with your child's care. You have our commitment to do our very best. Together, we look forward to a terrific summer together!

### **Day Camp Philosophy & Goals**

The YMCA-YWCA of Winnipeg Day Camp strives to provide a positive atmosphere of safety, support and care for each individual child while allowing for personal growth and development in spirit, mind and body.

The goals of the YMCA-YWCA of Winnipeg Day Camp include:

- Develop self-confidence and appreciation of his/her self-worth as an individual
- Celebrate and value the differences of all persons and strive for an environment of inclusiveness and tolerance
- Provide opportunity for all individuals to participate in recreational activities regardless of skill or ability
- Challenge each participant to accept and demonstrate the YMCA- YWCA values of caring, honesty, respect, and responsibility
- Foster a positive atmosphere that encourages fun and laughter



### Core Values

At Day Camp, we promote and demonstrate the 7 core YMCA-YWCA's values. Core Values are used to promote positive behaviour and are a reminder of what we value as a camp community.

Throughout the week, campers have many opportunities to demonstrate desired behaviour. Positive behaviours will be recognized at the end of every day as part of closing circle.

YMCA-YWCA of Winnipeg Core Values	
Respect	Recognizing and protecting the inherent worth of self and others.
Responsibility	Being dependable and accountable for choices, actions and commitments.
Honesty	Demonstrating integrity and trustworthiness
Caring	Acting with compassion and concern for the well-being of others.
Health	Being committed to physical, social, emotional, intellectual and spiritual development
Equality	Encouraging opportunity based on solely upon merit.
Inclusiveness	Appreciating diversity. Striving to be open to all. Seeking to understand differences and find common ground.

### Program Overview

To help you understand a little of what goes on at Day Camp, here is a brief overview of some of the activities and how your child's day is structured.

All children are divided into age related groups. Each camps ratio is designed with the camper's safety and experience in mind and will not exceed the required limitation of 10 campers per group. Most activities focus on small groups of peers which encourages the development of close friendships.

Activities have been carefully planned by each counsellor for the entire week. The Day Camp Coordinator organizes the groups into a schedule of activities to ensure that everyone participates in a variety of programs. Swimming, arts & crafts, initiative tasks, and high energy games are a few of the slotted activities your child will be doing on a daily basis. Children 7 and under are required to wear a personal floatation device. Children 8 and older are required to wear a personal floatation device in the pool unless they can demonstrate appropriate swimming ability. Counsellors design their program based on the age and dynamics of each group.

At the end of the week for our summer day campers, they will be treated to an off-site excursion at one of Winnipeg's many local attractions such as the Assiniboine Zoo, Children's Museum or Fort Whyte Centre to name a few! Excursions are limited to campers in age groups of children 6 years or older. Campers in 4-5 year old groups will be treated to an in-house, fun-filled theme day at the end of their week camp.



### What to Bring to Summer Day Camp

Each day your child will need to bring the following:

- ✓ A backpack to hold everything
- ✓ Weather appropriate outdoor clothes
- ✓ Indoor running shoes and an extra pair of socks
- ✓ Swimwear, a towel and a plastic bag for wet stuff
- ✓ **SPRAY Sunscreen (min. SPF 30)**
- ✓ A hat
- ✓ Bug repellent (spray form only)
- ✓ **A bag lunch with ice pack** (no nut products, no money) – Fridge & microwaves will not be available to use.
- ✓ 2 snacks (no nut products, no money)
- ✓ **Water bottle**

*Please do not bring money, toys, electronic equipment, water guns or valuables. These items are deemed inappropriate and if found, will be held by the counsellor until the end of the day.*

### Lost and Found

*The YMCA-YWCA is not responsible for lost or stolen items. Please label all items with your child's first and last names.*

All lost and found items will be on display during pick up of that week. At the end of that week, the Lost and Found items will be held for an additional week. If not claimed, the items are turned over to a local charity. If items are identified with the owner's full name, the YMCA-YWCA of Winnipeg will attempt to contact the owner for pick-up.

### Lunch and Snacks for Summer Day Campers

***Due to the severity of some children's allergies, our Day Camps do not allow nut or nut products.***

Daily lunches and snacks including beverages should be brought in a bag or lunch box. All lunches and snacks must be packed with non-perishable foods as children do not have access to a refrigerator or microwave at camp. If a child brings a cooler, he/she will be responsible for carrying the cooler. Campers will have the opportunity to have a morning and afternoon snack. Please pack both.

### Healthy, litter free lunches

We need your help teaching campers the importance of health and responsibility. Please send your campers to camp with healthy, nut-free lunches that will provide them with the nutrition they need to participate in an action-packed camp day! In an effort to be environmentally responsible, please send your child to camp with lunches that are litter free including non-disposable water containers.



### **Your Child's Counsellor**

The YMCA-YWCA of Winnipeg strives to hire enthusiastic, child-focused staff seeking to be positive role models in the lives of children. All camp staff are certified in CPR & First Aid and go through a Criminal Record Check and the Child Abuse Registry. We take pride in our staff and provide training that includes program planning, behaviour modification, health and safety, supervision, and other camp related topics.

### **Medication**

If a camper requires medication, we ask that you give it directly to the Day Camp Coordinator. All medication must be in the original container with child's name and specific instructions clearly marked. Please update your ePACT health form online with information regarding medication.

### **Illness or Injury at Camp**

We are only able to accommodate and treat minor first aid injuries in the day camp setting. If a camper is unable to resume participation in his or her activities, parents will be notified to pick up the camper or in the case of major/sudden illness or injury, emergency services will be utilized.

### **Daily Sign In/Out**

Extended care is available for most of our Day Camps from 7:30 am – 9:00 am and 4:00 pm to 5:30 pm.

Each camper must be signed in and out of camp each day with the supervising counsellor. Sign in will be from 7:30 am – 9:00 am. Sign out will be from 4:00 pm - 5:30 pm. If your child is getting dropped off late or picked up early, please make arrangements with a Day Camp Supervisor. Please be prepared to show photo I.D. when arriving to pick up campers. Only parents or authorized adults will be allowed to sign out children at the end of the day unless alternative arrangements are made in writing with the Day Camp Coordinator. If your child is unable to attend a day of camp, please contact the Membership Sales & Service desk.

There is a \$5.00 charge (per family) for each 5 minutes past 5:30 pm. The additional charge is payable to the YMCA- YWCA at the time the child is signed out.



**Camper Management Procedure**

We strive to provide a safe, positive Day Camp experience for all campers. To do so, it becomes necessary to set expectations and guidelines which all campers and staff can follow. When expectations are not met, it is essential to provide some form of consequence and understanding to prevent future problems. The overall safety of all campers is always our highest concern. The following process will be used to resolve conflicts as they arise. No step, whenever possible, is passed over:

**Reasoning**

Every effort will be made to help the child understand the inappropriateness of his/her behaviour. When conflict is child to child, every effort will be made to facilitate reasoning between campers.

**Removal from Specific Activity**

When reasoning has been pursued and the behaviour has not changed, staff will remove the camper from the activity for an appropriate amount of time.

**Child/Coordinator Conference**

When the group counsellor is not successful in modifying the behaviour, the Day Camp Coordinator is consulted and may choose alternate discipline measures.

**Child/Parent/Coordinator Conference**

If the parent needs to be formally involved, specific behaviour changes with specific consequences will be outlined with the child, parent and Day Camp Coordinator.

**Removal from Program**

If the above steps have not resulted in the desired behaviour, the parents will be asked to remove their child from the program. There will be no refund for camp fees.

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**For more information, please contact the location closest to you:**

**Downtown Branch**  
301 Vaughan Street  
Ph: 204.947.3044

**Elmwood-Kildonan Branch**  
454 Kimberly Avenue  
Ph: 204.668.8140

**South Branch**  
5 Fermor Avenue  
Ph: 204.233.3476

**West Portage Branch**  
3550 Portage Avenue  
Ph: 204.889.8052



**YMCA-YWCA Mission Statement**

The YMCA-YWCA of Winnipeg is a charitable organization whose mission is to foster the growth and development of people and communities in spirit, mind and body.

