



## **PARENT PACKAGE 2023**

### **WELCOME TO CAMP KINDLE!**

Dear Parent/Guardian,

We are looking forward to hosting your child/ren at Camp Kindle. In this package you will find most everything you need to know about the facilities, people, and activities at Camp Kindle. Please read through all the information provided to ensure that your child is prepared for camp!

If you have any questions or concerns leading up to camp, please feel free to ask your child's teacher or contact me directly.

You may enjoy the added benefit of knowing that your child attending our camp will assist us in sending children with cancer to camp. Camp Kindle is owned and operated by Kids Cancer Care (KCC), a charitable organization that helps build bridges of hope and pillars of support for families fighting childhood cancer. To find out more about KCC and the work we do, please visit our website at <http://www.kidscancercare.ab.ca>.

Sincerely,

Linda Baur  
Camp Kindle Rental & Office Coordinator

## **CONTACT INFORMATION**

### **CAMP OFFICE:**

Linda Baur, Camp Kindle Rental & Office Coordinator  
Phone: 403 637 3975 ext. 224  
Email: [lbaur@kidscancercare.ab.ca](mailto:lbaur@kidscancercare.ab.ca)

### **Camp Kindle**

BOX 280  
Water Valley, Alberta T0M 2E0  
Phone: 403 637 3975



## ACTIVITIES

Camp Kindle has a wide variety of both curriculum and recreational based activities. The specific activities for your child's visit have been chosen by your child's school/group.

### Challenge by Choice

All Camp Kindle programs follow the 'Challenge by Choice' philosophy, which allows participants to define success individually; allowing them to choose the level at which they challenge themselves. We encourage all participants to try each activity and push themselves. We do not force or peer-pressure participants into activities or actions they do not feel comfortable with.

## Expectation of Student Respect and Responsibility

Outdoor School can be one of the best experiences for a child...as it should be! We work hard to ensure safety and quality fun at camp, but we will only be successful if everyone who comes to Camp Kindle plays a part. Please go over the following expectations with your child/children before camp.

**Our expectation of you the camper is simple: treat yourself, your peers, your chaperones, the facilities and the program planned with the highest amount of respect that you can muster. Everyone is responsible for making your experience a success!**

Treating yourself with respect includes

- Getting enough sleep at night
- Practicing a healthy hygiene lifestyle (showering, brushing teeth)
- Seeking help from your chaperones if you are experiencing any sort of social, emotional, physical or mental troubles
- Dressing appropriately for the weather outside

Treating your peers and chaperones with respect includes:

- Listening to others when they speak
- Allowing others to get enough sleep at night
- Communicating with your chaperones and counselors if you are feeling unwell

Treating the facility with respect includes:

- Keeping the dorms and buildings clean and in their original state
- Keeping noise to an appropriate level especially at night
- Refraining from eating in dorms, leaving garbage, damaging furniture

Treating the program planned with respect includes:

- Try everything at least once!
- Try to learn something new
- Work as a team with your classmates to complete activities



## IMPORTANT INFORMATION

- **Contact**– If you need to reach your child during the program, please call Camp Kindle at 403 637 3975 extension 242. However, unless it is an emergency, we encourage parents to refrain from calling their children during the program. Often speaking to a parent increases homesickness. Camp Kindle staff are experienced and skilled at dealing with homesickness! Your child will be well cared for. Students are not allowed to call home regularly, unless with express consent from teachers, or given special circumstances
- **Cell Service** – there is no cell phone service at camp
- **Health** – For the health and safety of everyone at camp, don't send your child to camp if they have symptoms of cold or flu
- **Accommodations** – Students stay in heated lodges and sleep in bunk beds. Boys and girls are either in separate lodges or separate areas of the lodges, depending on the group size.
- **Washrooms and Showers** are private but shared with other students and chaperones.
- **Meals** are served at 8:30, 12:30, and 5:30pm. Afternoon and evening snacks are provided, and fruit is always available
- **What to bring** – Please see the packing list included in this package
- **Smoking/Drugs/Alcohol** – Cigarette, alcohol or drug use is not be permitted at Camp

### Participant Care

Our main priority is the safety and well-being our guests. Camp Kindle staff ensures the physical and emotional safety of our participants. All of our staff are 18 years and older, certified with first-aid training, and have undergone a thorough screening and training process.

### Supervision

Campers must be supervised 24-hours a day while at Camp Kindle. Camp Kindle staff members are present and involved in supervision during all programmed activities. During other times, such as night-time and classroom time, campers must be supervised by the school/group staff and volunteers.

### Non-Urgent & Emergency Transportation

The school is responsible for transporting participants in the case of non-urgent and emergency situations. They must have at least one vehicle on site to be used for this purpose. The closest urgent care centers are Sundre, Cochrane and Didsbury and Camp Kindle will provide directions.

**In the unlikely event that your participant needs immediate medical support, an ambulance will be dispatched. Given where Camp Kindle is located, the response times are as follows:**

- First responders (local volunteer fire department, EMR and EMT levels) - 15-20 minutes
- Ambulance dispatched from Sundre, Cochrane, or Didsbury - 30-45minutes
- STARS air ambulance from Calgary - 15 minutes



## **Medication**

The dispensing of any medication is the sole responsibility of the school's/group's designated leader or chaperone. Campers who carry "take-as-needed" medications such as inhalers or EpiPens may keep such medications on their person, but all other medications must be stored and locked in the first aid room at Camp Kindle. We suggest that parents follow these guidelines for sending medications:

- Leave medications in their original containers to avoid confusion or contact your pharmacy and have a bubble pack made.
- Label medication with child's name and keep all medications in a labelled ziploc bag
- Give medications directly to the teachers when dropped off

## **Emergency Procedures**

Camp Kindle has emergency procedures in place to deal with fires, first aid, evacuations and lost campers. Campers and chaperones are properly informed about the camp safety and emergency procedures during their welcome orientation when they first arrive.

## **Waiver Forms**

Parents/guardians must complete a Camp Kindle waiver form prior to camp and submit it to their teachers. It is the responsibility of each group to ensure that proper medical forms are completed by parents/guardians for each participant that include current contact information. Camp Kindle staff must be informed of any pertinent participant information prior to the group's arrival, such as allergies, dietary needs, challenging behaviors, or specific medical conditions that may impact their ability to engage in activities.

## **Lost & Found**

We do our best to send lost and found items back to your school/group and to have campers take a look before they depart; however, items sometimes get left behind. If participants are missing an item, they think they left at camp, please have them take a look through the school's/group's lost and found. If they do not find the item, contact the camp. If the item is found, it can be picked up at Camp Kindle or we can have it brought to Calgary and be picked up at the Kids Cancer Care office. After two weeks, unclaimed items will be donated to a local shelter.



## PACKING LIST

- Please pack comfortable, active wear clothes that are ok to get a little dirty
- Inappropriate clothing will not be accepted. This includes items with profane slogans, belly shirts, and short shorts. Please use your discretion when packing.
- Please **label** all clothing and personal items with your family name
- The weather in Water Valley can be very unpredictable, so be prepared for the possibility of very cold and very warm weather within a single week
- Much of the campers' time will be spent outdoors, so weather appropriate attire is key!
- Pack light, but appropriately. If you follow the list below your child(ren) will be set!

ITEM	DESCRIPTION (#, Color, type)	PACKED		ITEM	DESCRIPTION (Color, type) For camp	PACKED	
		To Camp	Came Home			To camp	Came Home
Underwear				Hat for sunshine			
Socks				Winter hat			
Pyjamas				Mitts or gloves			
				Warm sleeping bag			
Warm Jacket				Pillow			
Rain Jacket							
Swimsuit (seasonal)				Towel			
Shorts				Shampoo			
				Soap			
Pants				Toothpaste and brush			
				Bath towel			
				Face cloth			
Short Sleeve T-shirts				Comb or brush			
				Other needed toiletries			
				Sunscreen			
Long Sleeve T- shirts				Reusable Water Bottle			
				<b>Optional but useful items</b>			
Sweatshirts or Sweaters				Small backpack for around camp			
Running shoes				Camera			
Waterproof boots				Stuffed animals			
Sandals & hiking boots				Books & quiet games			
				Sunglasses			

### THINGS NOT TO BRING TO CAMP

**Cell Phones**  
**Electronics (I Pods, MP3 & CD PLAYERS, Gameboys)**  
**Expensive jewelry, clothing, items**  
**Matches, lighters, pocketknives, weapons of any kind**  
**Cigarettes, alcohol, non-prescribed drugs**  
**Food or candy**  
**Nuts: We are a nut-aware facility so absolutely no nuts**  
**Anything that you do not want potentially lost or broken**

### MEDICATIONS

All medications, except emergency medications (inhalers, epi-pens, insulin) must given to supervisors and stored in the first aid room. This is for the safety of everyone at camp, and we appreciate your assistance!



## LOCATION

45 minutes north of Cochrane. Once on Highway 22, continue North until you reach secondary Highway 579 and turn west (left from Cochrane, right from Cremona or Sundre). Continue on this road for approximately 15 minutes. Our camp is located 10km west of Water Valley, on the right hand side of the road.

