

CHP *Inclusion* CAMPS

**fun &
creative
AGES 5-12**



**Swimming
Outdoor time
Field games
Arts & Crafts
Indoor games
Themed weeks
Special Camp days**


SUMMER CAMPS

WHO'S READY FOR SUMMER?

It's all about the camper experience at CHP Summer Camps! Our team is dedicated to ensuring your camper has a fabulous and safe summer. We have tons of daily, weekly, and summer-long traditions and activities that keep camp exciting but also provide the campers with a routine.



DAILY ACTIVITIES



- Swimming
- Outdoor time
- Field games
- Arts & Crafts
- Indoor games
- Quiet time

CAMP HOURS

7:30 AM - 8:30 AM	Beforecare
8:30 AM - 9:00 AM	Camp Drop-off
9:00 AM - 4:00 PM	Camp Hours
4:00 PM - 4:30 PM	Camp pick-up
4:30 PM - 5:30 PM	Aftercare

CAMP TRADITIONS

Monday	Camp Kick-off, Dance Party
Tuesday	Playground Day
Wednesday	Workshop Wednesday: special guest/workshops
Thursday	Field Day/Water Day
Friday	Talent Show Spirit Day Camp Closing

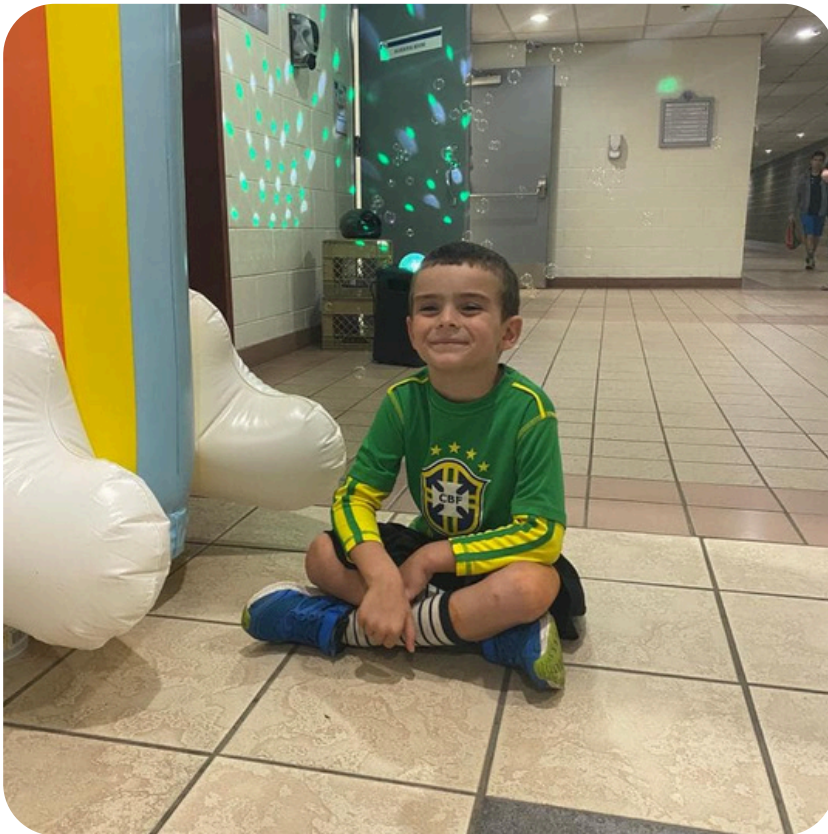
*Schedule subject to change



SUMMER CAMPS

VALUE

MEET MAX! MAX was a camper who was able to attend camp all summer with the help of both our inclusion counselor and day camp leaders. His guardian said it was his first positive experience at a recreation program and he was able to make friends for the first time.



INCLUSION AT CHP



Vision

A vibrant and welcoming community center known for quality inclusive programs.



Mission

To create inclusive programming at Cole Harbour Place.



Goal

Identify community needs and develop inclusive programs to support all members of our community, making Cole Harbour Place a more inclusive community center.



INCLUSION SUPPORT

How do I know if an individual will require extra support?

When assessing whether a One-to-One Inclusion Support Person is required, please consider the following:

- Is extra support required at school and/or in the community?
- Is extra help required at home for basic care?
- Is there an existing physical, medical, behavioral, and/or developmental disability that could affect the safety and enjoyment of the participant and/or other participants?

What support CHP cannot offer:

Cole Harbour Place staff are not qualified to carry out procedures such as catheterization, tube feeding or assisted feeding, suctioning, injections, and/or managing aggressive behaviors. In these cases, we require families to make alternative arrangements. Any medications that are required must be taken independently by a child under the supervision of an Inclusion staff member. Participants must also be able to use the washroom independently.

OUR INCLUSION STAFF WILL

- Provide 1:1 support during regular camp hours 8:30 AM – 4:30 PM
- Swim each day with your child
- Make accommodations and adaptations specific to your child's needs to ensure they are fully included in Summer Camps
- Request daily communication check-ins from parents
- Report end of day feedback to parents



EXPLORING
the **Spectrum**



SUMMER CAMPS

IMPORTANT CAMP INFORMATION

All Camp Registration forms must be fill-out and **dropped off at the front desk at least two weeks prior** to your child's camp start date.

The purpose of this form is to gather contact and emergency information about your child(ren). It also provides us with important information about what we need to do to make sure your child(red) has a safe and enjoyable camp experience.

Please complete the form to the fullest extent you can. It is very important to identify swimming ability and any other information we should know about your child to make their experience at camp better.

When we ask for your child(ren)'s swimming ability we are asking where they can comfortably manage themselves in the water and also where parents are comfortable letting them go. If the parents do not know the swimming ability of their child we have staff available who can give swimming assessments. The information sheet also lets us know of any medications/allergies we need to be aware of.

Quality Staff members are always our top priority.

All our day camp leaders have demonstrated leadership skills and experience working with children. We carefully select the best applicants based on their creativity, enthusiasm, and experience. We ensure all our staff members complete criminal background checks and are first aid certified. At CHP all camps have on-site supervisors responsible for staff management and the main contact person for parents and guardians. Our maximum staff-to-participant ratio is one leader to 10 participants. Ratios are generally lower as leaders-in-training and volunteers further reduce these numbers. Our specialty camps are led by experienced coaches and instructors who are knowledgeable in their fields.



SUMMER CAMPS

Breaks

Our camp day includes two snack breaks & a lunch break. For the safety of all our campers, we ask that no peanut products enter the facility. Please make sure your child has tons of snacks & a big lunch. Students **MUST** bring a REFILLABLE water bottle.

Attire

Comfortable moveable clothing. Sweatpants, t-shirts, tank tops, sweaters, and running shoes are all acceptable.

Footwear

Sneakers are the preferred footwear for day camps. It can be difficult to participate in all activities without proper footwear. Open sandals, Crocs, flip-flops cause difficulties when running during a game, or going on a walk. Also, these tend to be kicked off in favour of bare feet. We will insist the children have something on their feet at all times when not in the pool areas.

What your child does NOT need:

Campers **MUST** leave the following items at home for safekeeping:

MP3 Players/iPod/Tablets/Phones

Video Games

Money

Toys from home

Anything you value and do not want to get lost or others to use

CHP is not responsible for any lost or stolen items. Should you need to bring any valuable items such as money or cell phones they must remain in your child's bag. Please leave all valuables at home we cannot guarantee it's security.

Zero-tolerance

We would like to remind parents that camp is a zero-tolerance for violence and bullying. If there is a discipline or behavioral problem with a student, the parent/guardian will be contacted. If the problem continues, the program coordinator has the right to expel a student from the program.



SUMMER CAMPS

Extended Hours

This service is available for an additional cost. Before care starts at 7:30 am & Aftercare goes until 5:30 pm. Please find your corresponding course codes and enroll in sunrise and sunset programs; you must make a payment to receive your spot.

What to bring:

- ☐ Knapsack or bag to carry personal items.
- ☐ Lunch & LOTS of snacks (IMPORTANT: peanut & nut-free environment)
- ☐ Water Bottle
- ☐ Jacket & Hat for sun protection
- ☐ Running indoor & outdoor shoes (no sandals)
- ☐ Sunscreen
- ☐ Bathing Suit & towel

Label all belongings with your child's full name. Leave toys, electronic devices, and other valuables at home.

Sign In/Out

A parent or guardian must sign the child in at drop off and sign out at pick up. Anyone else listed on the Child Information Sheet may sign in or pick the child up. If you require someone other than the names on the Child Information Sheet to pick up your child(ren), please call 902.464.5100 and leave a message for the Day Camp Supervisor or email agirard@coleharbourplace.com. The person coming will be required to show I.D to Camp staff when picking up the child.

Medical Conditions

When registering your child, please provide relevant medical information. If your child has a severe allergy that results in severe symptoms or has a medical condition that may require the emergency administration of medication please outline this in your medical history.



AN INSIDE LOOK AT OUR PROGRAM

- 1 Enroll in our inclusion summer program.
- 2 Fill out & return Inclusion intake form.
- 3 Attend meeting with Program Director & your assigned inclusion support worker.
- 4 See you the first day of camp!

DAILY COMMUNICATION WITH GUARDIANS

DAILY COMMUNICATION DATE: _____
NAME: _____ (M) (T) (W) (T) (F)

HOW MY DAY STARTED...

MORNING
😊 Happy, calm, focused
😞 Sad, bored, tired, sick
😡 Frustrated, anxious, worried
😡 Angry, mad

AFTERNOON
😊 Happy, calm, focused
😞 Sad, bored, tired, sick
😡 Frustrated, anxious, worried
😡 Angry, mad

TODAY I ATE: ☐ MORNING SNACK ☐ LUNCH ☐ AFTERNOON SNACK

NOTES

FLUID INTAKE 25% 50% 75% 100%

NOTES

TODAY'S HIGHLIGHTS

I AM WORKING ON

TOOLS I USED TODAY

THINGS I NEED TOMORROW

THINGS I ENJOYED

THINGS I DID NOT ENJOY

LEADERS NOTES

COMPLETED BY:

PARTICIPANT / GUARDIAN SIGNATURE _____

Daily communication logs and camp photos provided to you detailing your campers experience!

BUDDY BREAKS

Watercolours Recipe



Watercolours Recipe

You will need:

3 tbsp baking soda
3 tbsp cornflour
3 tbsp white vinegar
1 tsp sugar
1/4 tsp water
Food colouring



Instructions

1. Mix the hot water and sugar and leave to cool.
2. In another bowl, mix the baking soda, cornflour and white vinegar.
3. Slowly, add the syrup mixture and mix well.
4. Separate the mixture into smaller bowls and add colour to each one. (A muffin tray is the right size for this recipe to hold all the colours together.)
*When the mixture dries on paper, this paint has a softer colour like water colours do. Using a thicker cardboard is best to absorb the liquid of the paint.

Disclaimer: We hope you find this recipe useful! These recipes are intended as general guides only and involve the use of knives, hot water and other equipment that can pose a risk of injury. It is your responsibility to ensure that you are able to safely use the equipment. We do not accept responsibility for the harm or injury of children participating in our events. It is the responsibility of the parent to ensure that their child is safe at all times. The organisers and staff of the event are not responsible for any harm or injury to the child or the child's property.

We offer campers the option of going on a walk, listening to music, or choosing a fun sensory activity if they are feeling overstimulated in camp and need a break! They can slip through the binder and pick an activity!

AN INSIDE LOOK AT OUR PROGRAM

VISUAL & COMMUNICATION AIDS



Each Inclusion camper is setup with a binder FULL of visual aids, communication carts, emotion indicators, and volume meters.

BUSY/BREATHE BINS



Busy & Breathe bins for each camper to help regulate, comfort or de-escalate a situation. Our bins are fully-stocked with noise makers, playdough, bubbles, sensory bags, calming toys, fidget spinners, noise reduction head phones and MORE.