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# SUMMER CAMP

H A N D B O O K



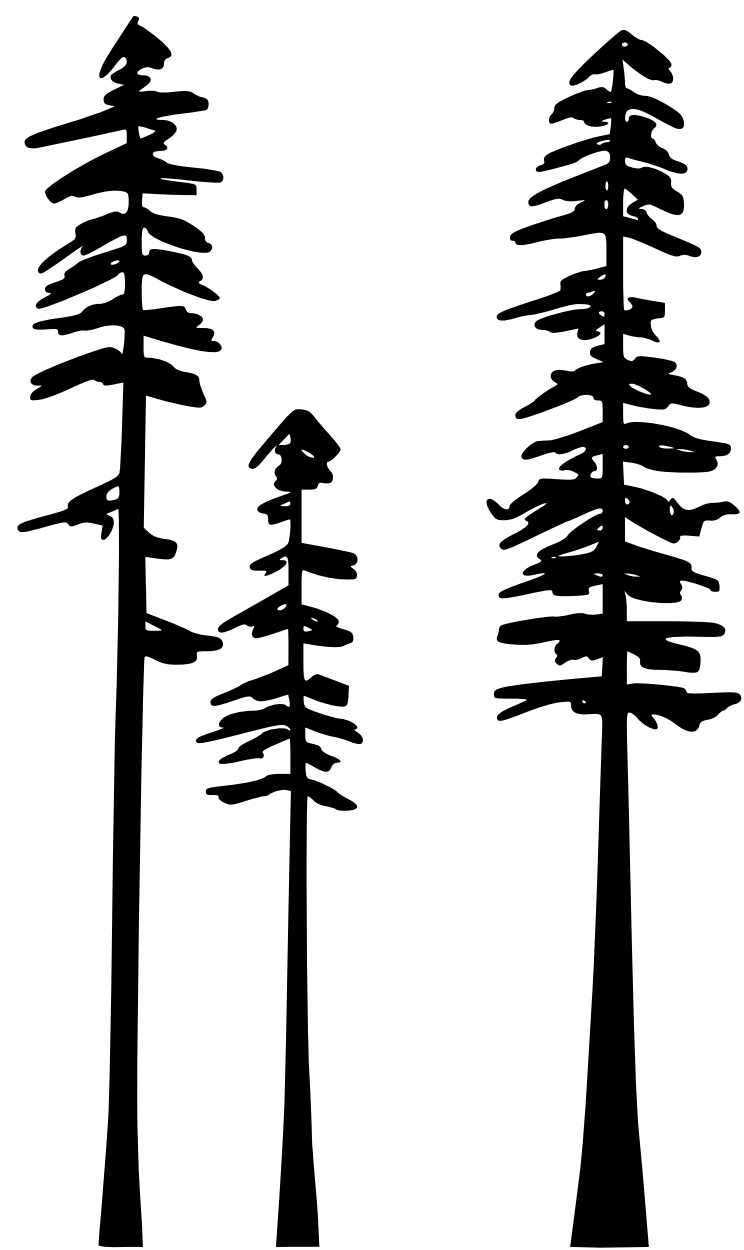
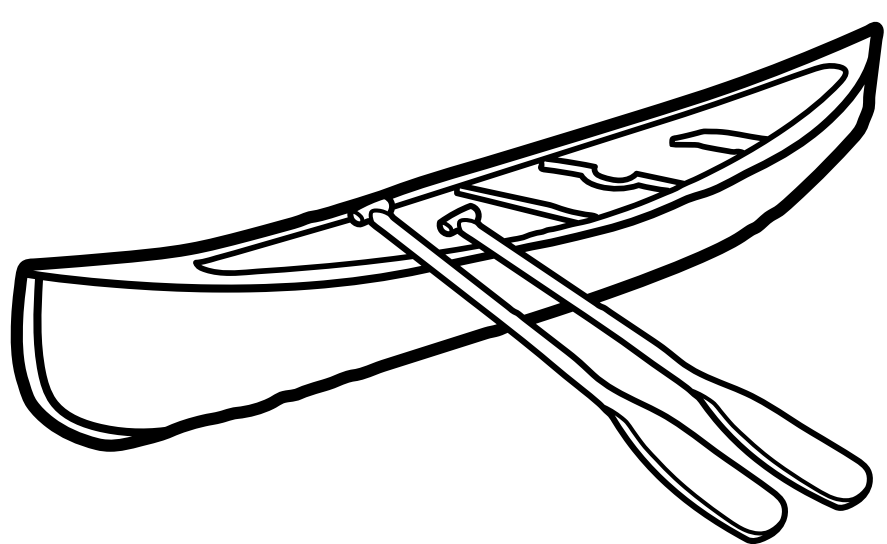
Free Spirit  
TOURS



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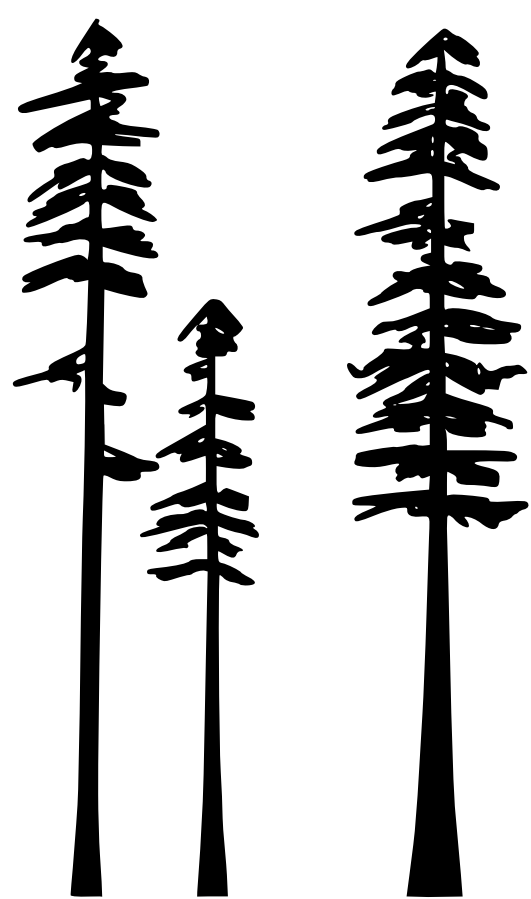
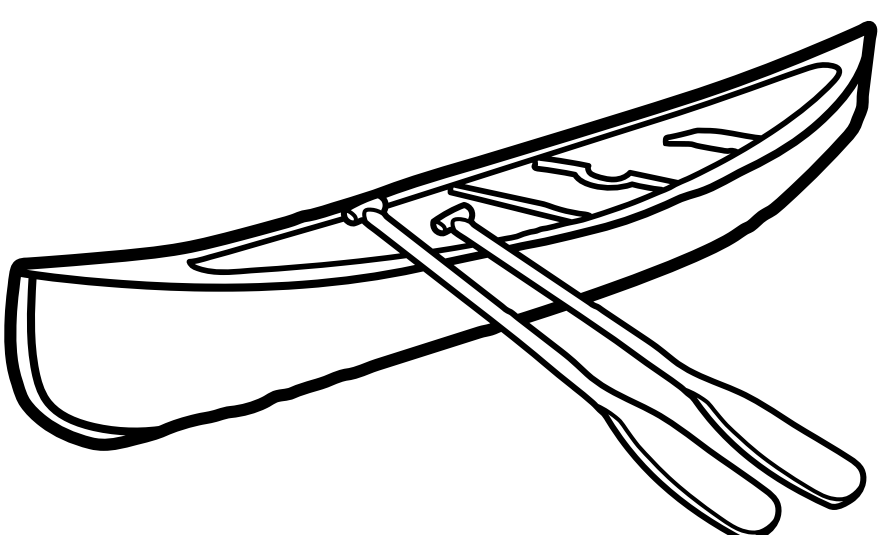
# OVERVIEW

## Goal

At Free Spirit Tours Adventure Summer Camp, our goal is to cultivate a deep and lasting connection between children and nature through exhilarating outdoor adventures. We are committed to fostering positive development and building a vibrant community of confident, compassionate, and environmentally conscious individuals. Our mission is to instill a lifelong love for the great outdoors while nurturing essential life skills and creating a sense of belonging within a supportive and diverse camp community.

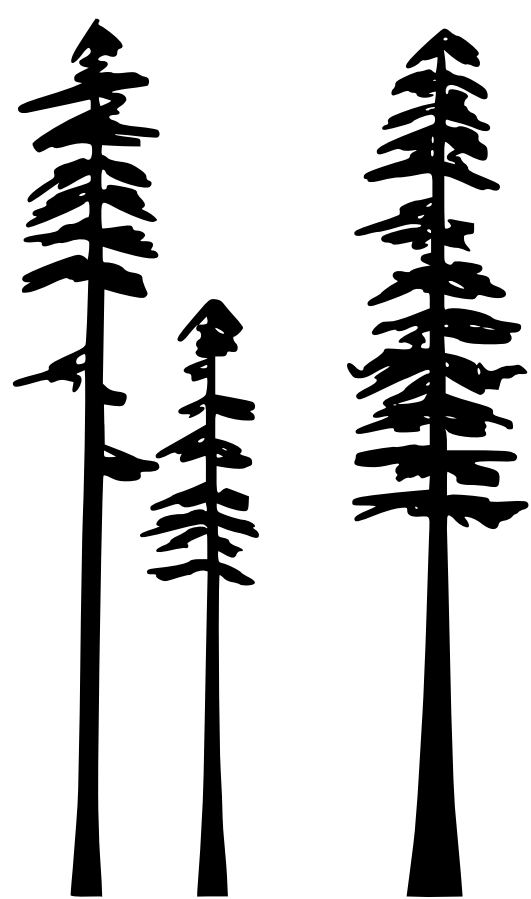
## Who We Are

At Free Spirit Tours, we are a dedicated team of passionate teachers and seasoned outdoor educators, committed to providing transformative and immersive experiences for learners of all ages. Our diverse backgrounds in education, combined with a shared love for the outdoors, shape the foundation of our approach to experiential learning



# LAND ACKNOWLEDGEMENT

We would like to take space to acknowledge the original peoples of this land. We acknowledge the past, current and future presence of Anishinaabe peoples; those of the Lake Simcoe - Nottawasaga Treaty 18 land we practice on and all those who inhabit Turtle Island. We play, learn and grow alongside the spirits of this land and those who did the same before us. We acknowledge our shared history and continue on our path towards reconciliation. We thank Mother Earth for the gifts of each day and her constant ever changing presence.



# TRAIL BLAZER SCHEDULE P.1

## Monday

Camp wide games, team building, Tie-dye & Swimming

## Tuesday

Fossil Mountain, Scavenger Hunts & Swimming

## Wednesday

Voyageur Canoe, Pond Creature Study, Crafts & Swimming

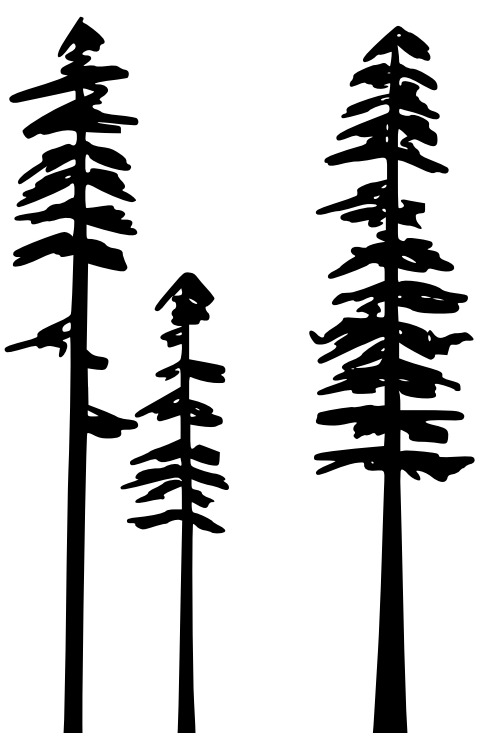
## Thursday

Walk the property, Swimming & Crafts

## Friday

Adventure to Maple Forest, Fire Building, Shelter Building & a Special Treat!

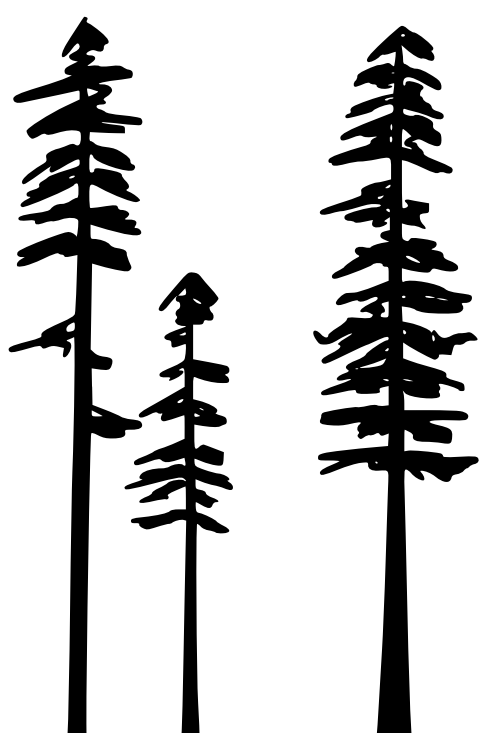
\*\* Schedule is subject to change based on weather and group needs.



# TRAIL BLAZER SCHEDULE P. 2

## Daily Incorporations

- Storytelling
- Quiet Mind Time
- Loose Parts Play
- Arts & Crafts
- Adventuring
- Free Play
- Games
- Group Reflections



# TRAIL BLAZER: IMPORTANT INFORMATION

## Day of Information

**Location:**

Bygone Days  
879 Sixth St,  
Collingwood, ON

**Drop Off**

9:00 am

**Pick Up**

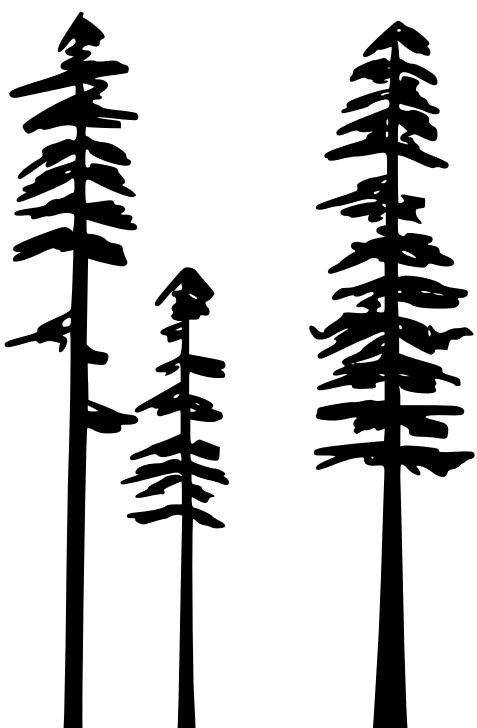
4:00 pm

**Contact:**

Jennie: 705-606-0867  
Joel: 519-373-2222

## In a backpack!

- Litterless - NUT FREE Lunch
- A Full Reusable Water bottle
- Sunscreen, hat and proper sun protection
- Wear Running Shoes (Bring Sandals)
- Change of Clothing
- Bathing Suit and Towel
- Lifejacket (We will also provide one)
- Rain Coat
- Suggestion: Wear long pants for tick prevention and bring shorts.



# ADVENTURER/EXPLORER SCHEDULE

## Monday

Camp wide games, tour of Bygone Days, swimming in the pond.

## Tuesday

Paddling on the Beaver River & Pease March Beach.

## Wednesday

Rock Climbing at Metcalfe Rock and Cave Exploration.

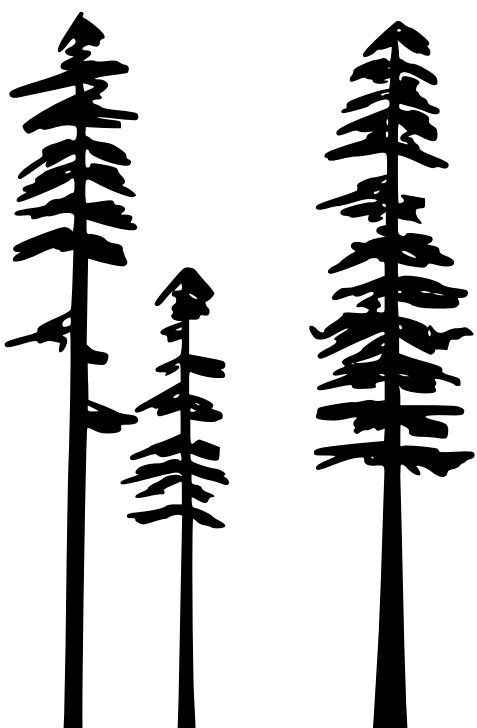
## Thursday

Beach Day at Northwinds Beach and Learning to Kayak.

## Friday

Games Day and Jumping off the Thornbury Pier.

\*\* Schedule is subject to change based on weather



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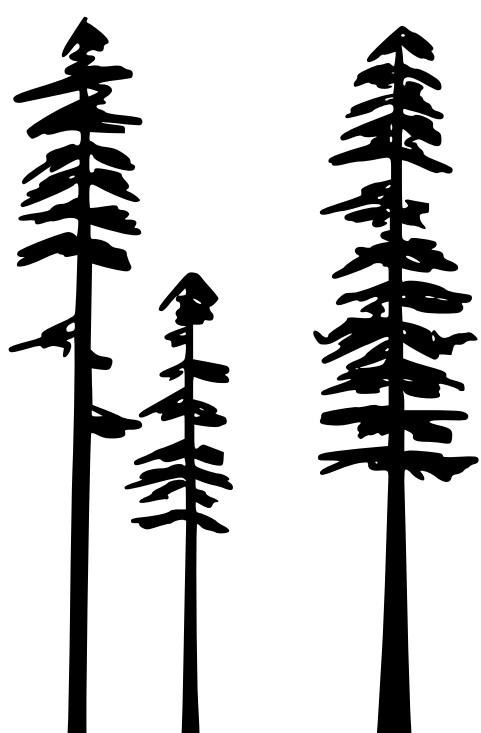
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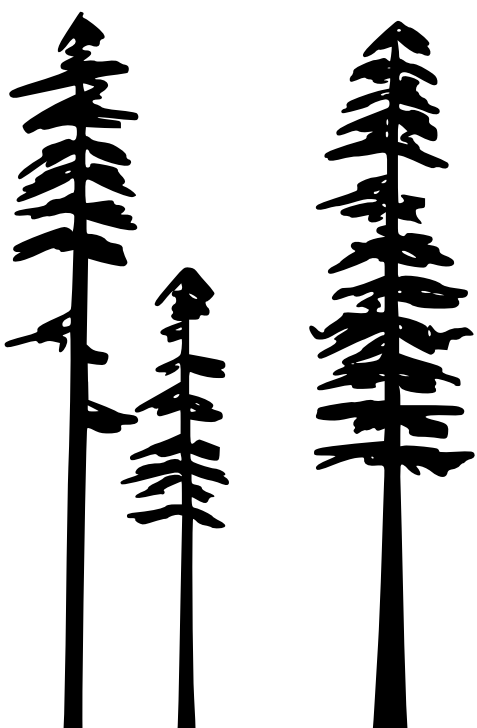
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# ADVENTURERS & EXPLORERS



# CAMP POLICIES

## Inclusion Policy

At Free Spirit Tours, we are committed to providing a positive, inclusive, and enriching summer camp experience for all participants. We believe that every child, regardless of their abilities, background, or differences, has the right to enjoy the benefits of our programs. This inclusion policy outlines our commitment to creating an environment that respects diversity and fosters a sense of belonging for all campers.

### **Principles of Inclusion:**

1. Equal Opportunities
2. Accessibility
3. Respect and Dignity
4. Communication
5. Training and Sensitivity

### **Exclusion of Inclusion Coaching:**

While we are dedicated to fostering an inclusive environment, it's important to note that Free Spirit Tours does not provide inclusion coaching for campers. Inclusion coaching refers to specialized, one-on-one support provided by professionals for campers with specific needs.

**Parents/Guardians Responsibility:** Parents or guardians are responsible for ensuring that their child's needs can be met within the framework of our regular camp structure. If a camper requires one-on-one support or specialized coaching, it is the responsibility of the parents or guardians to arrange and provide such services.

### **Review and Feedback:**

This inclusion policy will be periodically reviewed to ensure its effectiveness and compliance with evolving standards. We welcome feedback from parents, guardians, and campers to continuously improve our inclusive practices.

By adhering to this inclusion policy, Free Spirit Tours aims to create an enriching and welcoming camp environment where every camper can thrive, learn, and create lasting memories.

# CAMP POLICIES

## Behaviour Management Policy

In the event of severe behaviour exhibited by a camper the following course of action will take place

### 1. **One-on-One Discussion:**

- A private, one-on-one discussion with the camper to address the behavior.
- Follow up with the camper's parent or guardian at the end of the day to communicate the incident and discuss any necessary measures.

### 2. **Early Dismissal:**

- If the problematic behavior persists into the following day, the camper will be dismissed early for that day.
- The camper, however, will be allowed to return to camp the following day, provided there is an understanding that improved behavior is expected.

### 3. **Continued Behavioral Concerns:**

- If, despite previous interventions, the concerning behavior continues, the camper may be removed from camp.
- This decision will be made in consultation with the camp director, and appropriate communication will be maintained with the camper's parent or guardian.

Our objective is to create a safe and positive camp environment for all participants. This behavior management policy is implemented to address severe incidents and ensure the well-being of both the camper and the broader camp community.

# CAMP POLICIES

## Drop Off & Pick Up Policy

### **Drop-Off Policy:**

Upon arrival in the morning, parents or guardians are required to ensure that their children meet with their assigned leader for check-in.

### **Pick-Up Policy:**

At the end of the camp day, parents or guardians are requested to visit the assigned counselor for their child's designated group. To complete the pick-up process, a parent or guardian must sign their child out with the counselor. Please note that no camper is permitted to leave the camp without proper sign-out procedures. Campers are only able to leave with individuals on their authorized pick up list. This ensures the security and well-being of all camp participants.

# CAMP POLICIES

## Swimming Safety Policy

To ensure the safety of all participants during swimming activities, the following guidelines must be strictly followed:

### 1. Personal Flotation Devices (PFDs):

- All campers and staff members are required to wear Personal Flotation Devices (PFDs) when participating in swimming activities, irrespective of their swimming abilities.

### 2. PFD Check Before Entry:

- Prior to entering the water, a mandatory check of each camper's PFD must be conducted to ensure proper fit and secure fastening. This ensures that all PFDs function effectively.

### 3. Supervision by Staff:

- A designated staff member must be present either on or in the water, actively supervising campers at all times during swimming activities. This ensures constant vigilance and immediate response in case of any unforeseen circumstances.

These measures are implemented to create a secure swimming environment for all participants, promoting both enjoyment and safety. Your campers cooperation in adhering to these swimming safety guidelines is crucial for the well-being of everyone involved in our camp activities.

# CAMP POLICIES

## **Severe Weather Policy: Rain, Wind, and Thunderstorms**

### **Rain and Wind**

During rain and wind, we will operate at a modified level to ensure children's comfort. Rest assured, it is considered safe for them to be outside during these conditions. Our staff is trained to provide appropriate supervision and adjust activities accordingly to maintain a positive and enjoyable experience for all campers.

Thunderstorms: In the event of a thunderstorm, we prioritize the safety of our campers and staff with the following procedures:

#### **1. Thunder Alert:**

- When a counselor first hears thunder, they will promptly gather all campers and move towards the closest point of safety. This could be an enclosed building or the camp vans.

#### **2. Alternate Safe Areas:**

- If it's not possible to reach an enclosed building or the vans, campers and staff should move to an area where they are not the tallest object, such as a forested area.

#### **3. Lightning Flash and Thunder:**

- If there is a lightning flash followed by a thunder rumble within 30 seconds, everyone must assume the lightning position. Participants should be at least a meter apart, crouched to the ground, hands wrapped around their body, and on their toes to minimize contact with the ground, making their bodies as small as possible.

#### **4. Protected Area Stay:**

- Individuals should remain in the protected area until 30 minutes beyond the last thunder rumble. This ensures a safe period for any potential lightning activity to pass.

Our priority is the safety and well-being of everyone at camp. We appreciate your cooperation and understanding as we implement these precautions to ensure a secure environment during severe weather conditions.

# CAMP POLICIES

## **Lice Policy**

Head lice is a nuisance but is not identified as a health hazard. We follow the lice policy put in place by local school boards (in accordance with the Education Act), which allows children to continue to attend school. With support from the Canadian Paediatric Society position, there is no medical rationale to exclude children from programming if they have head lice. It is recommended that any camper with lice should refrain from close contact with other campers and undergo treatment at home. Any time a camper is being identified as having lice all other campers from their group will receive an email home about the situation and tips to prevent spread.

## **Camper Changing Policy**

Campers are expected to be able to change in and out of their bathing suits without additional assistance. Campers will have a private place to change in. If your child struggles transitioning into their bathing suit please coach them prior to arrival at camp.

## **Cancellation Policy**

For all cancellations, a \$40.00 administration fee will be charged (regardless of when cancellation is requested).

Full refund: 30 days notice

50% refund: 14 days notice

25% refund: 7 days notice

No refunds available with less than 7 days notice.