



ABBOTSFORD PARKS, RECREATION & CULTURE

# DAY CAMPS

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PARENT HANDBOOK

[DIRECT2REC.COM](http://DIRECT2REC.COM)





## Welcome Parents, Guardians and Campers!

Welcome back to another exciting year of camps. To make the most of your child's camp experience, we have created this guide to help you best prepare for camp this season. Please take a look at the guide as it will help ease you through the process and answer some common questions. With this year looking different than ever before, you will also find our safety plan and a walk through of a typical day at camp.

If you have any questions or concerns, please give us a call at 604.853.4221 or email [camp@abbotsford.ca](mailto:camp@abbotsford.ca).

We cannot wait for another amazing season of learning, exploring, discovery, new friends and fun!

Sincerely,  
Community Recreation Team

## CAMP LEADERS

Our camp leaders are fun, energetic and personally invested in ensuring a successful camp experience.

You will take comfort in knowing that all our camp staff have been through a thorough screening process including a criminal screening check. All staff are certified in first aid and receive specific training on running camps.

Our camp leaders are trained on topics such as program planning, understanding child behavior, problem solving, emergency procedures, as well as practical experience such as leading cooperative games, crafts and songs. This year we have added additional training in sanitization, and safe games/activities to play.



## RATIOS

We have decreased our ratios this season from 12 campers to 1 leader to 8 to 1. We have done this to help with physical distancing.

## INCLUSION

The City of Abbotsford is committed to creating inclusive and accessible recreation programs. Our programs foster social connections, and promote a healthy and active lifestyle. Please contact a community recreation team member at Abbotsford Recreation Centre if you or someone you know requires additional assistance to participate.

## TYPICAL DAY AT CAMP

8:45am - Sign in

After signed in, children will be directed to wash their hands, and then escorted to their designated camp space. Camp leaders will go over all camp rules and set out expectations of all campers.

10:00am	Outdoor games
11:00am	Snack /Water break
11:15am	Nature scavenger hunt
12:00pm	Lunch
12:30pm	Craft activity
1:30pm	Go to Playground
2:00pm	Snack /Water break
2:15pm	Playground /outdoor play
3:00pm	Active Games until pick up

**Please note:** Hand washing/sanitizing will happen every time participants go from one activity to another, and before and after food breaks.

## DROP-OFF / PICK-UP

- Parent will drop off and pick up outside building at designated space
- Parents are not permitted in building
- Signage is posted on the ground to assist with 6ft physical distancing
- Upon arrival, a daily health declaration will be completed for each child (we recommend you use your own pen and fill out the camper participation form prior to arrival on the first day)
- Once children are signed in, they will be instructed to wash/sanitize their hands and then taken by staff to their designated camp
- Only parents/guardians listed on the camper participation form will be permitted to pick children up (please have your photo ID ready for pick up, no exceptions)

If you need to contact your child during the day, please call 604.853.4221

Please print the forms listed below and bring to the first day of camp.

*Day Camp Participation Form*  
*Photo Release Waiver*  
*COVID Assumption of Risk Form*

## ABSENCES

If your child is going to be absent from camp, please email [camp@abbotsford.ca](mailto:camp@abbotsford.ca).

If your child is absent due to illness or flu like symptoms please contact 811/Fraser Health and follow COVID-19 guidelines. If your child is absent without it being reported prior, please note you will receive a call from a member of the recreation team to ensure you are aware of this absence.



## PREPARING FOR CAMP

### What to bring to camp:

- healthy lunch and snacks
- reusable water bottle
- comfortable running shoes
- clothing for swimming or skating
- hat and sunscreen
- rain jacket (rain pants are optional)
- spare set of clothing including socks and undergarments in a zip lock bag
- personal hand sanitizer

### What not to bring to camp

- Electronics
- Valuables
- iPod's/cell phones
- Personal toys
- Video games
- Peanut products

\*The City of Abbotsford will not be responsible for any lost, stolen or damaged items.

## LUNCHES

Please provide your child with a nutritious lunch, snacks, and plenty of water to drink for every day of camp. Refrigeration is not available at camp, therefore we recommend insulated lunches bags or packing a frozen water bottle with your child's lunch. The cafe and vending machines are closed and off limits during all camps. As part of our attention to camper safety, we will have regular water breaks, so please pack a water bottle that can be refilled.

We want to encourage healthy food choices. Nutrition is important for our children's growth and development. Proper nutrition will help them maintain consistent energy throughout the day. Campers will be given time each day for two snacks, and a lunch.

## NUT FREE CAMP

Due to the number of nut related allergies of our participants and staff, peanut butter, nuts, and foods that contain nut by-products will not be allowed at camp. Camp leaders are trained in recognizing and responding to allergic reactions.

We ask that you and your family please join us in our commitment to providing a safer environment for all program participants.

## INCLEMENT WEATHER

This year we will be spending more time outside than ever before. Pack a spare pair of socks, and other clothes in-case of heavy rain. Wear layers that are easy to change throughout the day.

All camps will have access to indoor space, however, every effort will be made to increase outdoor time at the recommendation of our Provincial Health Officer.

## SUN SAFETY

Please ensure you send sunscreen, sunglasses, and a hat with your children. Camp leaders will periodically check to ensure everyone is wearing their hats, and sunscreen. It is a good idea to practice how to apply sunscreen with your child prior to camp. Please send your child with sunscreen already applied in the morning.

## COVID-19 SAFETY

Based on the recommendation from the Provincial Health Officer, BCRPA, Red Cross, and MIABC we will be:

- Having all participants complete a daily health declaration before participating
- Reducing the number of participants in each camp
- Increasing the frequency of hand washing for all at camp
- Increasing the availability of hand sanitizer
- Increasing the frequency of daily cleaning and of high traffic touch-points
- Spending more time outdoors whenever possible

## HEALTH & WELLNESS

If a child starts to show symptoms of influenza or COVID-19 at camp, the following protocol will happen:

- The parent/guardian will be contacted to come pick the child up right away
- The child will be brought to the designated self-isolation space to wait for their parent/guardian They will be supervised the entire time
- The isolation space, along with all other spaces the camper has been will undergo intensive cleaning
- Fraser Health will be contacted and we will follow the instructions given, including the process to notify anyone who may have come into contact with the participant
- No personal information will be shared with other parents/workers

## DAILY HEALTH DECLARATION

To assist us in protecting the health and safety of all recreation program participants and staff we require you to answer the following questions prior to participating each day:

1. Do you, or anyone in your household have a fever (100.4 °F / 38 °C or higher), feel feverish, or have chills, a cough or difficulty breathing?
2. Have you, or anyone in your household had contact with anyone who has a respiratory illness or a confirmed or probable case of COVID-19 in the last 14 days?
3. Have you, or anyone in your household traveled outside of Canada in the last 14 days?
4. Have you, or anyone in your household been required by a public health authority to quarantine or isolate in the last 14 days?

If you answered 'YES' to any of the questions, we will ask you and those in your household to contact Health link at 8-1-1 or your health practitioner to be given direction and clearance to participate and resume recreation activities with the City of Abbotsford.



## BEHAVIOR MANAGEMENT

The City of Abbotsford aims to provide children with a rewarding experience by allowing them to grow and learn in a safe and fun environment. This requires cooperation and consideration for the rights and property of others.

The following behavioral expectations will be emphasized:

- Children may not go out of sight of a leader/instructor without permission for any reason
- Children will be requested to line up and settle down before moving from one location to another
- Children will have an opportunity to provide a legitimate reason for being unable to participate in a planned activity. It is the goal of the leader to help the child become involved in the group activity



## BEHAVIOUR MANAGEMENT POLICY

- Discipline is based on consistent rules children will be treated with respect
- Children will be given positive, clear, simple, and consistent instructions regarding appropriate behavior
- One-to-one discussions, verbal warnings/redirection and “time-outs” will be the primary method of behavioral management. If it is necessary to use time out, **children will be supervised at all times**
- Under no circumstances will physical punishment be used
- It is unacceptable for a child to hurt either themselves, others or the surrounding environment (i.e. equipment, furniture)
- Staff will discuss any serious behavioral problems that have occurred during the day with parents/guardians at time of pick-up
- Continuing defiance of behavioral expectations by a child may result in the removal of that child from the program
- Behavioral problems will be treated with confidentiality. Incidents will not be discussed with other children or parents and will be limited amongst staff



# DAY CAMPS

## FREQUENTLY ASKED QUESTIONS

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### WHAT IS THE CITY OF ABBOTSFORD DOING TO REDUCE THE POTENTIAL FOR SPREAD OF ILLNESS IN CAMPS?

Based on the recommendations from the Provincial Health Officer, BCRPA, Red Cross, and MIABC we will be:

- Having all participants sign a daily health declaration before participating
- Reducing the number of participants in each camp
- Increasing the frequency of hand washing for all at camp
- Increasing the availability of hand sanitizer
- Increasing the frequency of daily cleaning and of high traffic touch-points
- Spending time outdoors whenever possible

### DO I NEED TO SEND MY CHILD TO CAMP WEARING A MASK AND GLOVES?

- All participants 8 years and older are required to wear a mask in the facility at all times and we strongly encourage younger participants to wear one. Please send your child with a mask each day.

### WHAT WILL YOU DO IF SOMEONE AT CAMP STARTS TO SHOW SYMPTOMS OF INFLUENZA OR COVID-19?

- Contact the child's parent or caregiver to come pick them up right away
- Bring the child to a separate and supervised area away from others until their parent or caregiver can come pick them up
- Undertake an intensive cleaning of the space once the child has been picked up
- Contact Fraser Health and follow the instructions given, including the process to notify anyone who may have come into contact with the participant

### WHAT SHOULD MY CHILD WEAR TO CAMP IF YOU ARE SPENDING EXTRA TIME OUTDOORS?

- We recommend coming prepared with a rain jacket, rain pants, and close-toed shoes.