

CAMP U of T

Participant Information Package Gymnastics Camp

Welcome to Camp U of T March Break!

On behalf of all our staff we would like to welcome you to Camp U of T March Break for 2009. Everyone at Camp U of T takes great pride in providing a quality experience for all campers on a daily basis. We are very excited about the programming we have for you this year and look forward to seeing returning campers and welcoming new campers into the Camp U of T family.

Our commitment at Camp U of T is to provide children and youth with opportunities for learning in a safe and fun environment: an environment that celebrates the unique abilities of each child in a spirit of community. Your child's safety and enjoyment of our program are of paramount concern to us. We encourage participation and ensure that campers can explore the full range of programs offered in a supportive and inclusive environment.

Please take the time to read through this information booklet and keep it handy during the week. This booklet contains essential information for creating the best possible camp experience for everyone.

Thank you for choosing Camp U of T! We look forward to meeting you soon!

Jen Leake
Program Manager
Community Programs and Partnerships

General Information

March 16 – 20, 2009

Camp Hours: 9 a.m. – 4 p.m.*

Drop Off: between 8 and 9 a.m., fully supervised

Pick Up: between 4 and 5 p.m., fully supervised

*All campers must be picked up by 5pm. There is a charge of \$10 per 15min of lateness. This is due in cash at the time of pickup on late days.

Lunch is generally between Noon and 1 p.m. although it may vary slightly.

Camp U of T Camper Code

The safety and enjoyment of each camper is extremely important to us. In order to ensure that everyone has an enjoyable experience, we ask you to review the following points with your child/children.

CAMPER CODE

Inclusive Environment

Make new friends
Take turns and be polite
Bullying and teasing will not be tolerated

Safety

Obey your camp staff
Think before you act
Be aware

Celebrate Differences

Share Ideas
Learn about new cultures

Take Responsibility

Help camp staff
Make your time at Camp UofT great
Look out for your fellow campers

Campers choosing to disregard the Camper Code may be asked to leave Camp U of T with no refund. Parents will be contacted if any serious behaviour problems occur. These incidents are very rare and we hope to keep it that way by being proactive and encouraging all camp participants to be responsible for their actions.

All Campers Should:

- Wear comfortable clothing. Given the temperature variability in our facilities in the winter months we recommend layering to accommodate different body temperatures and activity levels. The best combination is warm up pants/track pants with shorts underneath and a t-shirt with a long sleeved shirt overtop.
- Campers can wear tights or leotards if they want. If campers wear shorts and t-shirts make sure they are close fitting to allow movement of the body. Gymnasts will be barefoot while in the Lower Gym.
- Indoor running shoes for when not in the lower gym
- Bring a bathing suit and towel for swim days (Tuesday and Thursday)
- Bring a water bottle (no glass please)
- Bring healthy snacks for morning and afternoon breaks
- Bring substantial lunch
- Label clothing with their full name
- Bring enthusiasm, a sense of cooperation, and a willingness to learn new things are essential for all campers!

Pick-up and Drop-Off Information

Additional supervision is provided for all campers between 8 and 9am, and between 4 and 5pm at no extra charge. Supervision includes fully supervised, yet non-programmed activity time with games and books available.

After 5pm a late pick up charge of \$10 for every 15minutes or part thereof will be charged. This late fee is due on the day of the late pick up, and must be paid in cash.

Pick up and Drop off is at the ATHLETIC CENTRE on Huron St. The street address of the Athletic Centre is 55 Harbord St. Huron is on the East side of the building. Watch for the Camp U of T signs! If you are arriving at the Athletic Centre at any other time please use the main doors and enter through the turnstiles. The doors on Huron St. are kept locked for security reasons at other times.

Parking: Camp U of T parents are reminded that cars stopped on Huron St. or Bloor may be ticketed by City of Toronto Parking Authority. Please follow all posted signs for street parking. If you wish to park in a University of Toronto lot full information is available at

www.parking.utoronto.ca

Check-in/Check-out and Safe Arrival and Departure System

In order to maintain accountability, your child must check in with their counsellor on their arrival to camp and check out with their counsellor on their departure each day. If your child knows that he/she will be absent or late, they should inform their counsellor.

If your child has permission to leave on their own at the end of the day please send a letter authorizing this for the first day of camp.

Please contact the Program office at 416-978-5845 before 9 a.m. if your child is going to be absent. Leave a message on the machine with the camp and your child's full name.

If your child is absent and the camp has not been notified we will contact you and leave messages at the participant's home number and the daytime numbers of both parents/guardians.

Please ensure that everyone who has permission to pick-up your child has been added to their profile. Only those listed on a camper's profile will be permitted to pick that child up from camp. As well, those picking up your child may be asked to show photo ID to verify their identity. Please make sure that everyone with permission to pick up your child brings photo ID with them.

Without photo ID, those picking up campers will have to have their identity verified at by the instructor before they are permitted to pick up their camper.

Lunch

We suggest that you prepare a substantial (**nut free**) lunch including beverages and snacks for your child; campers are physically active for most of the day. We ask that no glass bottles be packed.

Please remember to send snacks and a water bottle with your child every day! Water breaks are programmed every day at Camp U of T.

IMPORTANT NOTE ABOUT LUNCH

Children will not be permitted to leave the camp during the lunch period unless accompanied by a parent/guardian. Parents must check their child out of the camp with the counsellor and check him/her back in after lunch.

Allergies and other medical conditions

Allergies—in particular, severe allergies to nuts—have become an increasing problem for all camps. To ensure the safety of all campers, do not send your child to the facility with snacks containing nut products.

If your child has allergies or any medical condition that we should be aware of, please let us know at the time of registration. Please also speak with your child's instructor about any conditions that could impact your child's experience.

Swimming

A full swimming schedule will be circulated to parents a week prior to the start of camp. At this time, we anticipate that swimming will be held on Tuesday and Thursday afternoons. Please note that the Teach Pool remains closed and campers will swim in the Benson pool. Lifejackets are provided for children who do not complete the swim assessment.

In Case of Emergency

Every precaution is taken for the safety and good health of all the participants. Instructors and counsellors are trained to deal with emergency situations. In the unfortunate event of an accident or illness to your child, the following procedure will be followed:

- The instructor or counsellor will assess the situation and take appropriate measures.
- You will be notified by phone or, in the case of minor incidents, at pick-up time.
- If required, your child will be taken by EMS to an emergency department. We always request that campers be taken to the Hospital for Sick Children's emergency department.

If your child has a medical concern, please ensure that our office knows in advance of the camp. A staff member will follow up with you before the camp begins, to discuss any concerns.

During the camp, if your child is experiencing any difficulties or problems, please let us know. We look forward to a safe and enjoyable camp.

Sick Children – When to stay home

A sick child can infect other participants and staff and runs a greater risk of injury in sport and recreation programs. If your child has any of these symptoms within 24 hours of his/her scheduled program, please keep him/her at home:

- Fever
- Diarrhea – defined as two or more loose stools
- Vomiting – more than once
- Rash or other skin infection, including persistent itching or scratching
- Excessive coughing, wheezing or a runny nose with green or yellow mucus.

Refund Policy/Cancellations

Participants will be refunded the full amount less a cancellation fee of 10% of the registration fee. Refunds must be requested by March 1st for March Break camps

Refunds for Medical Reasons

Participants withdrawing for medical reasons will receive a full refund for the remainder of the program. A doctor's note is required. Notes must be received within two weeks of the date of illness.

Need a receipt reprinted?

If you need a copy of your receipt, please contact the main office at 416-978-3436. A receipt will be emailed to you or left for pick up.

Children's Physical Fitness Tax Credit

Tax receipts for eligible programs will be mailed in February 2009 for fees received in 2008. Registrations processed in 2009 will receive a tax receipt in February 2010. For more information on the Children's Physical Fitness Tax Credit and what programs are eligible, visit <http://www.cra-arc.gc.ca/whtsnw/fitness-eng.html>

Equity and Accessibility

The Faculty has identified an accessibility coordinator, Susan Lee, to assist people with special needs. She can be reached at ss.lee@utoronto.ca.

Contact Us:

Main Office: 416-978-3436

Camper Absence calls: 416-978-5845 (before 9am if possible)

Email: campuoft@utoronto.ca