

# PRE-CAMP INFO GUIDE

## Sasamat Outdoor Centre

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## CAMPER HEALTH CARE

### Sasamat's Health Care Philosophy

No one likes feeling under the weather away from home. In order to prevent this we focus on health promotion. We encourage campers to wash hands, stay hydrated, get a good nights sleep, and be sun safe.

### COVID-19 HEALTH MEASURES

Our goal this summer is to keep everyone healthy and avoid camp cancellations due to staff illness. Ensure you rapid test your camper for COVID-19 three days and one day before they start their camp session. If a camper becomes symptomatic while at camp, staff will isolate and rapid-test the camper. If positive they will need to be picked up same day and go home for the duration of the camp session. Prevention measures will be also be promoted at camp, including increasing ventilation in cabins, staying outdoors for programming, hand hygiene, decreasing crowding in spaces like our dining hall. If you camper contracts COVID-19 or becomes ill prior to the start of their camp session or while at camp, our office will work with you flexibly to try and find another camp time or organize a refund. For our complete COVID-19 Health and Safety Communicable Disease Plan please visit our website.

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# CAMPER HEALTH CARE

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## MEDICATIONS

If your child requires medications while at camp, be sure to send them in the original packaging as Sasamat cannot dispense loose unlabeled pills or medication. Also ensure medications are noted on registration forms.

## HEAD LICE

All overnight campers will be checked for head lice on the first day of camp. Best practice is to check your camper for head lice prior to the start of camp. If your camper has head lice you will be notified and have the option of having them treated at camp or taking them home for treatment. In severe cases of head lice the camper will be sent home for treatment due to staff time constraints.



## NUT POLICY & SPECIAL DIETARY CONCERNS

Sasamat Outdoor Centre does our best to remain a nut free environment, however we acknowledge there are variables that may affect this. Sasamat does not serve any nuts in any meals or snacks we provide, however there is always the possibility someone brings a nut product in a packed lunch or snack to the site. Please ensure any food that is sent for day camp bagged lunches is nut free, and do not send food with overnight campers unless it is an allergy supplement. If your child has an anaphylactic allergy ensure they have an Epi-Pen on their person, or with their leader if they are younger, and that this is noted on their medical registration forms.

Our kitchen works diligently to prepare well rounded healthy meals that meet the active needs of our campers. We are able to accommodate most dietary concerns. For severe dietary restrictions please contact our office, in these cases families may be asked to provide supplementary food. For other dietary restrictions, if they have been noted on your registration medical forms our food service staff will ensure those requirements are met or contact you if they need further information.





# PACKING LISTS

If you forget something, we usually have extras. Remember camp programming goes ahead rain or shine, we recommend coming prepared for any type of day!

## CIT Overnight Camp

### Camp Items:

- clothing for twelve days for any type of weather that can get dirty and is appropriate for active outdoor activities
- pyjamas
- rain gear (jacket, rain pants)
- sun gear (hat, sunglasses, sunscreen, water bottle)
- sleeping gear (sleeping bag, pillow, fitted sheet for mattress)
- beach gear (bathing suit and towel)
- footwear (running shoes, sandals with toe & heel straps, water shoes, rain boots)
- toiletries (toothpaste, shampoo, soap, bug repellent, hair brush)
- a flashlight or headlamp
- a book or journal or letter writing supplies (a rest hour bunk quiet activity)

### Out-Trip Items:

- pair of athletic quick dry pants
- a set of synthetic or wool long underwear (not cotton)
- a pair of hiking shoes or running shoes
- a compression sac for sleeping bag, ideally a sleeping bag rated for 0 degree camping, -7 degree is preferable
- two water bottles, wide brim Nalgene's work best
- travel size toiletries
- thermarest or sleeping pad

## Youth & Teen Overnight Camp

- clothing for five days for any type of weather that can get dirty and is appropriate for active outdoor activities
- pyjamas
- rain gear (jacket, rain pants)
- sun gear (hat, sunglasses, sunscreen, water bottle)
- sleeping gear (sleeping bag, pillow, fitted sheet for mattress)
- beach gear (bathing suit and towel)
- footwear (running shoes, sandals with toe & heel straps, water shoes, rain boots)
- toiletries (toothpaste, shampoo, soap, bug repellent, hair brush)
- a flashlight or headlamp
- a book or journal or letter writing supplies (a rest hour bunk quiet activity)

## Rovers & Belcarra Day Camp

*Day camps should come to camp wearing weather appropriate active wear and running shoes, with sunscreen already applied for the day. The following are additional items to pack for the day.*

- a complete change of clothes including socks, underwear and shoes
- rain gear
- a warm sweater or jacket
- beach gear (swimsuit, towel, beach shoes)
- sun gear (hat, sunglasses, sunscreen)
- a packed nut-free lunch (if you have not purchased a bagged lunch- purchased lunches are not available for Belcarra Day Campers)
- a water bottle

## Sasamites Nature Club

*Sasamites should come to camp wearing weather appropriate active wear and running shoes, with sunscreen already applied for the day. The following are additional items to pack for the day.*

- a complete change of clothes including socks, underwear and shoes
- rain gear
- a warm sweater or jacket
- beach gear (swimsuit, towel, beach shoes)
- sun gear (hat, sunglasses, sunscreen)
- a packed nut-free lunch (if you have not purchased a bagged lunch)
- a water bottle

## What Not to Bring to Camp

Any of the following items brought to camp will be confiscated or held in the office.

- non-medical drugs, alcohol or illegal substances
- cigarettes or other smoking/inhaling substances/devices
- cell phones & electronics
- food, candy, pop
- pocket knives or fire starting devices

Any of the following items we highly recommend not to send to camp.

- valuables
- money
- aerosol cans

# TRANSPORTATION

## - ROVERS DAY CAMP -

Drop Off (AM)	Vancouver - Gladstone stop	Coquitlam - Burquitlam Park	Coquitlam - Glen Elementary School	Port Coquitlam - Aggie & McMitchell	Port Moody - PM Rec Centre	Sasamat OC (drop off times if driving your camper)
Monday	8:45 am	9:15 am	9:20 am	9:00 am	9:30 am	9:45 am
Tuesday	8:45 am	9:15 am	9:20 am	9:00 am	9:30 am	9:45 am
Wednesday	8:45 am	9:15 am	9:20 am	9:00 am	9:30 am	9:45 am
Thursday	8:45 am	9:15 am	9:20 am	9:00 am	9:30 am	9:45 am
Friday	8:45 am	9:15 am	9:20 am	9:00 am	9:30 am	9:45 am
Pick Up (PM)	Vancouver - Gladstone stop	Coquitlam - Burquitlam Park	Coquitlam - Glen Elementary School	Port Coquitlam - Aggie & McMitchell	Port Moody - PM Rec Centre	Sasamat OC (pick up times if driving your camper)
Monday	4:30 pm	4:00 pm	3:50 pm	4:00 pm	3:45 pm	3:20 pm
Tuesday	4:30 pm	4:00 pm	3:50 pm	4:00 pm	3:45 pm	3:20 pm
Wednesday	4:30 pm	4:00 pm	3:50 pm	4:00 pm	3:45 pm	3:20 pm
Thursday*	9:00 pm	8:30 pm	8:20 pm	8:30 pm	8:15 pm	8:00 pm
Friday	4:30 pm	4:00 pm	3:50 pm	4:00 pm	3:45 pm	3:20

### ROVERS

Provides transportation from all bus stops. \*On Thursday evening Sasamat Day Campers are invited to stay for dinner and a campfire sing-a-long. Bus pick up times are later than usual.



# TRANSPORTATION

## - BELCARRA DAY CAMP -

### BELCARRA

Provides transportation from the Port Moody bus stop.

\*On Tuesdays, Belcarra Day Campers spend the day at Sasamat Outdoor Centre. If you drop off and pick up your camper, please head to our main site at 3302 Senkler Road, Belcarra.

Drop Off (AM)	Vancouver - Gladstone stop	Coquitlam - Burquitlam Park	Coquitlam - Glen Elementary School	Port Coquitlam - Aggie & McMitchell	Port Moody - PM Rec Centre	Belcarra Park (drop off times if driving your camper)
Monday	Not Available	Not Available	Not Available	Not Available	9:30 am	9:45 am
Tuesday*	Not Available	Not Available	Not Available	Not Available	9:30 am	9:45 am @ Sasamat OC
Wednesday	Not Available	Not Available	Not Available	Not Available	9:30 am	9:45 am
Thursday	Not Available	Not Available	Not Available	Not Available	9:30 am	9:45 am
Friday	Not Available	Not Available	Not Available	Not Available	9:30 am	9:45 am
Pick Up (PM)	Vancouver - Gladstone stop	Coquitlam - Burquitlam Park	Coquitlam - Glen Elementary School	Port Coquitlam - Aggie & McMitchell	Port Moody - PM Rec Centre	Belcarra Park (pick up times if driving your camper)
Monday	Not Available	Not Available	Not Available	Not Available	3:45 pm	3:15 pm
Tuesday*	Not Available	Not Available	Not Available	Not Available	3:45 pm	3:15 pm @ Sasamat OC
Wednesday	Not Available	Not Available	Not Available	Not Available	3:45 pm	3:15 pm
Thursday	Not Available	Not Available	Not Available	Not Available	3:45 pm	3:15 pm
Friday	Not Available	Not Available	Not Available	Not Available	3:45 pm	3:15 pm





# TRANSPORTATION

- YOUTH & TEEN & CIT OVERNIGHT CAMP -

Drop Off (AM)	Vancouver - Gladstone stop	Coquitlam - Burquitlam Park	Coquitlam - Glen Elementary School	Port Coquitlam - Aggie & McMitchell	Port Moody - PM Rec Centre	Sasamat OC (drop off times if driving your camper)
Monday	8:45 am	9:15 am	9:20 am	9:00 am	9:30 am	9:45 am
Pick Up (PM)	Vancouver - Gladstone stop	Coquitlam - Burquitlam Park	Coquitlam - Glen Elementary School	Port Coquitlam - Aggie & McMitchell	Port Moody - PM Rec Centre	Sasamat OC (pick up times if driving your camper)
Friday	4:30 pm	4:00 pm	3:50 pm	4:00 pm	3:45 pm	3:15 pm

## YOUTH & TEENS OC

Provides transportation from all bus stops Monday morning and Friday afternoon.

## CIT

Provides transportation from all bus stops Monday morning and Friday afternoon at the start and end of two-week program.



# TRANSPORTATION

## - ADDITIONAL TRANSPORTATION INFORMATION-

### BE BUS WISE!

Arrive 15 minutes early from the time listed, which is the departure time. Once your camper is signed onto the bus you are free to leave. When picking up your camper be sure to sign them out, the office will call families that do not sign out their camper to ensure they were picked up safely.

\*We understand parents are often in a rush, please take the time to sign out your camper with our staff (and ensure Grandma and Grandpa know to do so as well!!)\*

### DRIVING TO CAMP?

If you are driving your camper to camp drop off time is 9:45am and pick up time is 3:20pm. Please do not arrive earlier than 9:45am, staff will not be available to greet your camper.

### ROVERS LATE NIGHT THURSDAYS!

On Thursday's Rovers Day Campers have a late night cookout dinner, followed by a campfire at camp. Rovers Day Camp parents are invited to join for campfire and to pick up their campers afterwards. Campfire will take place at 7:00pm and pick up at camp is at 8:00pm. Please look carefully at the adjusted bus pick up times for Rovers Day Campers on Thursday evenings.

Thursday campfires are not for overnight camper parents or Belcarra Day Camper parents, parking and space is limited.

### BEFORE AND AFTER CARE!

Before and After Care takes place at Port Moody Recreation Centre in the Curling Lounge. If you cannot locate Before and After Care there, they are outside at the playground in front of the ice rink entrance. Before and After Care is low organizational programming, sending your child with a book or small activity is recommended.

Drop Off: 8:00am or later  
Pick Up: 5:30pm or earlier

### CHANGES TO YOUR TRANSPORTATION PLANS?

If you need to pick up your camper early, or have an emergency and need to adjust transportation, please call our office at 604-939-2268 ex. 1.

## CAMPER CODE OF CONDUCT

Sasamat Outdoor Centre upholds the ANHBC Statement of Diversity in all programs. We are a community that values diversity, respect, and inclusion. Sasamat Outdoor Centre strives to always create emotionally and physically safe environments for all campers and staff. We promote safe risk taking and personal growth through taking on new challenges. The Camper Code of Conduct has been created with these values in mind.

1. Camp boundaries are to be respected. Campers will be shown the boundaries on the first day of camp.
2. Emergency procedures are to be learned, understood, and respected. Campers will be taught emergency procedures on their first day of camp.
3. Food is not permitted in sleeping quarters for health and safety reasons.
4. Camp is a nut-free environment.
5. Shoes are required at all times, sandals must have toe and heel straps. Flip-flops are not appropriate.
6. All medication is to be handed to staff on the first day of camp. Medications will be dispensed by staff from the first aid room.
7. Campers have the choice to participate in the "Big Dip" swim challenge on the first day of camp. If campers choose to not partake, or do not pass the swim challenge, they will be required to wear a PFD when swimming. Campers can re-take the Big Dip swim challenge at any point in time if they would like to try again as long as lifeguards are available.
8. Camp is an electronic free environment. Sasamat Outdoor Centre believes that camp is a special opportunity to disconnect from daily life and reconnect with the people and natural environment around you. The only electronic that is permitted is a digital camera (not a cellphone). Cell phones and other electronics are not permitted and will be held in the office until the end of the camp session if brought to camp.
9. Disrespectful language, verbal or printed on clothing, is not permitted.
10. Physical or verbal abuse of any other camper, volunteer, or staff is not permitted.
11. Possession or use of non-medical drugs, cigarettes or other smoking devices, and alcohol is not permitted.
12. Staff have a scope of care in line with their training which is to be respected by campers and parents. Staff are not required to facilitate personal care needs such as toileting or changing, or expected to intervene in physical altercations.

Sasamat Outdoor Centre reserves the right to send home campers for major misconduct, disrespect or breach of a staff's scope of care. Sasamat Outdoor Centre will exercise their own discretion as to when a camper will be sent home, and cases will be dealt with on a case-by-case basis. Refunds are not provided if a camper is sent home for a breach of the Camper Code of Conduct.



## MISSING HOME OR HOMESICK?

At Sasamat we don't say a camper is "homesick" we refer to the feeling as "missing home". Missing home is a regular emotion that children and adults both experience, and it is certainly not a sickness. Normalizing the feeling is the first step to overcoming it!

Here are some strategies your family can use to help prepare your camper for a healthy away from home experience. These strategies help pro-actively prevent campers from missing home.

1. Display confidence in your child's ability to sleep away from home (even if you're nervous). A vote of confidence from Mom or Dad goes a very long way.
2. Practice. Arrange a few sleepovers with friends, grandparents, or extended family. This is a great way to prepare for camp, especially if your child has never slept away from home before.
3. Visit on Open House day or set up a time with the office for a pre-camp visit. Camp is much less daunting if you already know what to expect when you arrive.
4. Set Goals. Have a discussion with your camper about why they are going to camp. Talk about the amazing people they will meet and the great activities they will get to do. See if there is something specific they would like to learn this year. Staff can use camper goals as a great tool to help campers through moments of missing home.
5. Pack together. Have your camper actively involved in the packing process to familiarize them with their "camp things".
6. Have a few talking points prepared. Let your campers know how normal it is to miss home, that it is okay, and that the staff are there to talk to if they feel that way. Let them know that you are excited for them to go to camp. Try not to dwell on how much you will miss them, rather on how excited you are for them. Let them know they can write a letter home if they are missing home. (If you are anticipating your camper will miss home, you can also drop off a letter or them before camp starts that staff can give to them mid-week).
7. Avoid the "early pick-up promise". Please do not tell your camper that they can come home early if they miss home, or are not having fun. This promise will undermine the staff's ability to coach your camper through challenging times, and make it very difficult to overcome the initial feeling of missing home if they believe Mom and Dad will come pick them up. From our experience, getting through a tough week on their own always has a better learning outcome than the feeling of failure that accompanies leaving early.
8. Consider Thursday Night Campfires. Rovers Day Camp parents are invited to join us for our Thursday evening campfire and we love seeing a great turnout! Please remember that part of the residential camp experience is learning to be away from home in a safe and supportive environment, and a visit from home can be upsetting to that experience.
9. Creature comforts. If your camper sleeps with a fan on, a nightlight or the T.V. running at night, start practicing sleeping without these things. At camp they will be sharing a room with 7 other campers and won't be able to use these things. However, having bunk mates is usually exciting enough on its own that these comforts are quickly forgotten.
10. Keep us informed. If there has been a significant change in your camper's life recently, such as school bullying or a family death, let us know. Knowing the full picture will make it easier for staff to support your camper.

# MISSING HOME OR HOMESICK?

## -CONTINUED-

Tips From Dr. Michael Thompson's Homesick and Happy "What Can Parents Do to Prevent or Lessen Homesickness?"

1. Have confidence in the child's ability to manage the challenge of being away -talk with their children about the possibility of homesickness.
2. Practice being away from home.
3. Involve the child in choosing the camp, getting to know the camp, and shopping and packing for camp. Research suggests that campers who feel more in control of the process suffer less from homesickness.

Sasamat staff will work with parents in severe cases of missing home. A phone call home for a camper may be a helpful strategy in some cases to get the much needed pep talk from Mom or Dad, however in other cases, it may exacerbate feelings of missing home. Our staff will work with you to determine a care plan for your camper, and support both parents and campers along the journey of overcoming feelings of missing home.



## REACHING YOUR CHILD AT CAMP

### A Word on Cell Phones

Cell phones have a very useful purpose in our everyday lives. They are incredibly convenient and provide a real sense of safety and security. At camp life is a little bit different and from our experience we have observed that cell phones impede the camper experience. Those who come with cell phones are less likely to turn to the support of their group mates or leaders, as it is often easier to call or text mom, dad, or friends at home. They can also result in inappropriate images ending up on social media without consent. Cell phone campers are more at risk of becoming isolated from camp life, and may miss out on the valuable experience of learning skills of independence and interdependence that camp life can provide.

For these reasons, as well as Sasamat Outdoor Centre being an electronic free environment, cell phones are not permitted at camp. Any cell phones brought to camp will be held in the office until the end of the week.

### CAMP PHONE NUMBERS:

**604-939-2268 ex. 1 – Camp office (9am-5pm)**

Any general inquiries or urgent matters during the day.

**604-939-2268 ex. 9 – Camp Coordinator (5pm-9am)**

For emergencies only, call this number after hours to connect with a camp staff member.