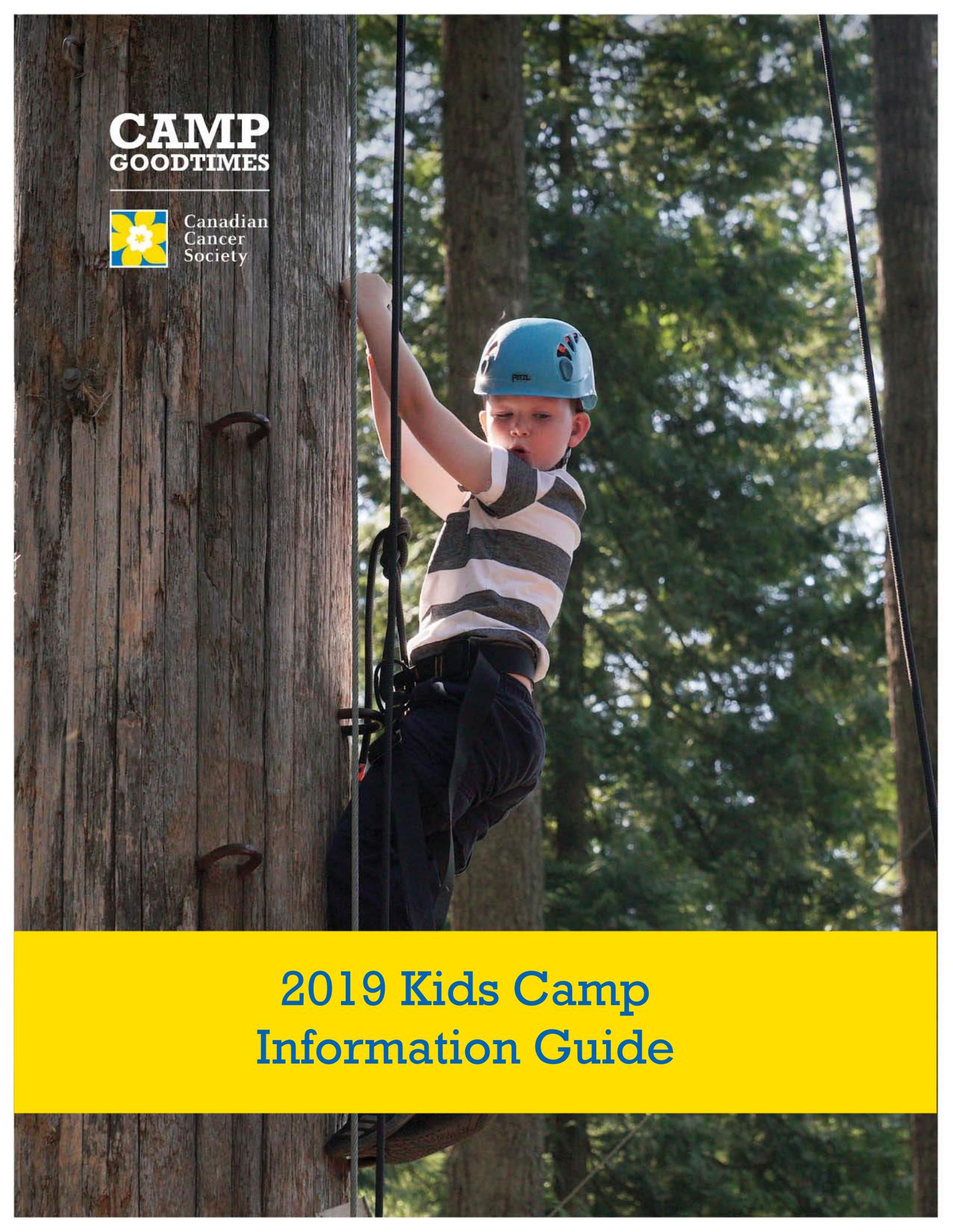


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**2019 Kids Camp  
Information Guide**

## A Letter to campers & families

Dear camper and family,

We are excited that you will be joining us for Kids Camp at Camp Goodtimes. Kids Camp is hosted at UBC's stunning Loon Lake Lodge and Retreat Centre in Maple Ridge, BC.

We have some amazing programming planned for our outer space themed summer and can't wait to share it with you. You'll get to try some amazing activities and meet new friends. We hope that by the end of your time at camp you will have gained confidence, new skills and have a greater appreciation for the outdoors.

Before you start packing your suitcase, please read this information guide. It's full of useful information about your upcoming time at camp. Whether you are new or returning to camp, keep reading – there are new things that are important for everyone to know.

We can't wait to see you at Camp Goodtimes this summer!

Sincerely,  
The Camp Goodtimes Team



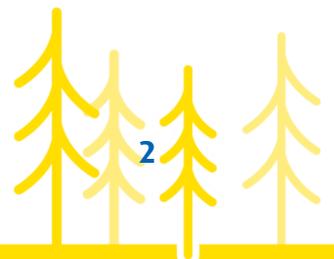
*"A picture says a thousand words – and the picture of our girls returning from camp said ever more. They were covered in messages of love (signatures of new friends across their Camp Goodtimes shirts and hats), layers of friendship bracelets on their ankles and wrists, dirty hair, sun in their cheeks and smiles. Five days away and huge smiles, then tears as they all said goodbye (the skips, and staff equally streaming). Thank you for all you are doing to bring my girls this time of pure happiness, friendship and joy. The exact opposite of cancer."*

*-Camp Goodtimes parent*

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## Directions to camp

Camp Goodtimes is located at UBC's Loon Lake Lodge and Retreat Centre/Malcolm Knapp Research Forest. Please click the link below for Google Maps directions. You will go through the research forest's main gate before you drive to camp on a dirt road. You will receive the gate code in your acceptance email.

### [Loon Lake Lodge and Retreat Centre](#)

14500 Silver Valley Road  
Maple Ridge, BC V4R 2R3

**Drop off:** Arrange to arrive on site at 2 p.m. if your last name begins with A-L and 2:45 p.m. if your last name begins with M-Z. Please park in the angled parking lot located immediately after turning into the campsite. Upon your arrival to camp you will be greeted by someone on the leadership team. They will check you in, tell you your camper's cabin group and send you to meet with the medical team. Feel free to ask them any questions you may have about camp! After checking in, you're welcome to meet your camper's cabin group and chat with their cabin leaders known as skips.

**Pick up:** You are welcome to join us for lunch at 12:00 p.m. to meet with your camper's cabin group and hear stories about their week. Please park in the angled parking lot when picking up and be sure to check out your camper(s) with the team at the check-out table and to collect their medication. Departure will be at 1:00 p.m. If the person checking out your camper changes during the week, please let us know.

Kids Camp 1: Sunday, July 7 – Friday, July 12  
Kids Camp 2: Monday, July 22 – Saturday, July 27  
Kids Camp 3: Monday July 29 – Saturday, August 3

## Transportation

Under certain circumstances and in situations of presented need, Camp Goodtimes is able to reimburse families for their travel expenses. Instructions for submitting travel reimbursements are included on the Travel Reimbursement Form. We are not able to reimburse for parking costs or for food/drink expenditures.

- **Travelling from Vancouver Island** - Campers and families travelling from Vancouver Island can book air travel through Angel Flight. If Angel Flight doesn't work for your family please see other options below.
- **Travelling by ferry** - We can reimburse ferry transportation fees for camper(s) and one accompanying adult.
- **Travelling by air** - If air travel is required, all flights must be booked through the Camp Goodtimes office. Please contact [gotcamp@cancer.ca](mailto:gotcamp@cancer.ca) to initiate the travel process. You will be asked to complete a Travel Reimbursement Form prior to the processing of your travel arrangements.



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## Facilities

Camp Goodtimes is situated in the heart of UBC's Malcolm Knapp Research Forest in Maple Ridge at the Loon Lake Lodge and Retreat Centre. The facility is on a private lake and its peaceful setting allows campers to enjoy all that nature has to offer.

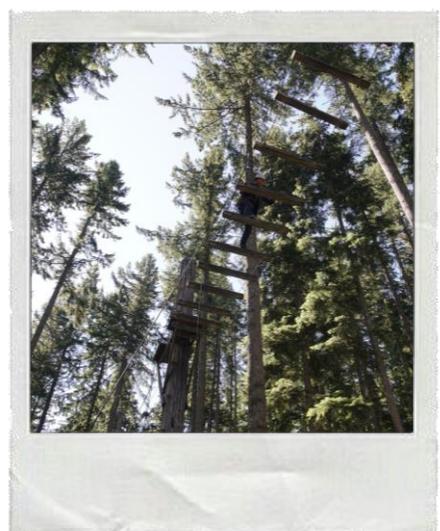
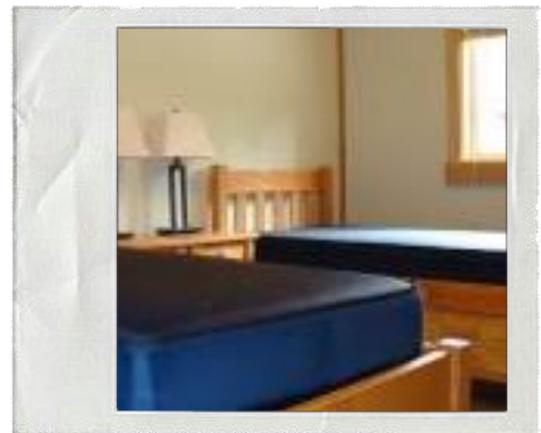
Loon Lake has beautiful facilities that campers can enjoy. Camp Goodtimes participants have access to outdoor recreation spaces, activities in a state-of-the-art gym, campfires and the waterfront with a water trampoline, canoes, kayaks, stand up paddle boards and pedal boats. Camp Goodtimes also partners with Pinnacle Pursuits to facilitate all rope activities at camp. These include; low ropes, climbing wall, high ropes, rappelling and initiative games. Camp Goodtimes also has a fleet of golf carts so skips can drive campers to and from activities when needed.

### Sleeping accommodations

All campers and staff live in modern residence-style buildings that have electricity, accessible washrooms and showers. Each room houses two to eight campers of the same age group. Depending on building, skips sleep in the larger rooms with campers or across the hall from them so they are always nearby.

### Dining hall

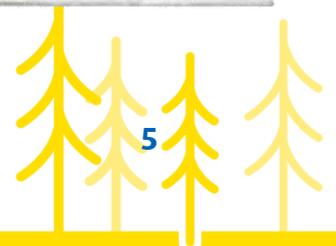
Loon Lake's kitchen staff provide professional, delicious and healthy meals. Fruit is also available at any time and there are water stations throughout camp.

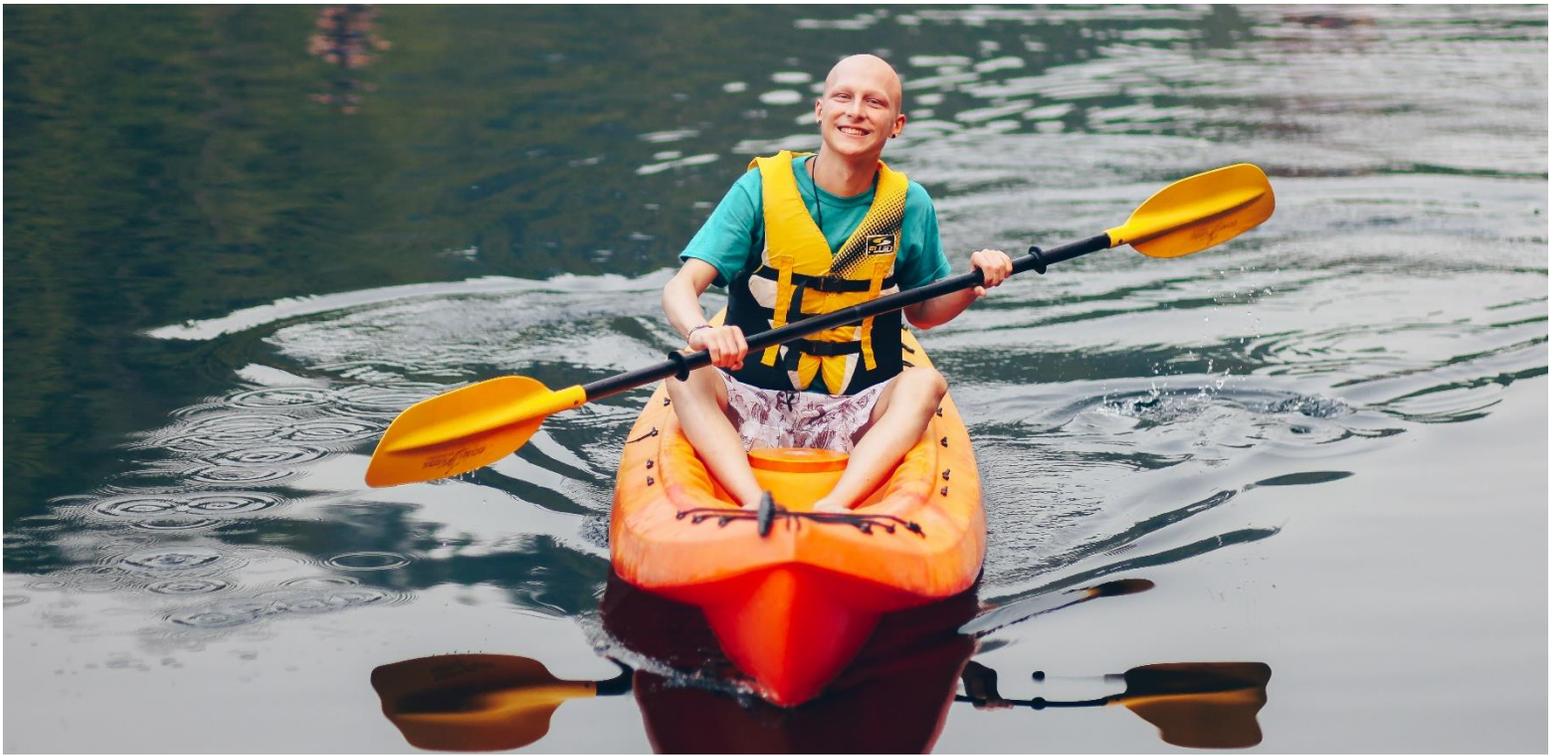


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## General medical information

Campers will have access to the best possible medical care while at Camp Goodtimes. Thank you for filling out the camp application, which we will review with you when you and your family arrive at camp. If any information has changed please let us know as soon as possible. The nurses and doctors administer all medications at camp. This includes vitamins, herbal remedies and as-needed medications.

### Medical care provided at Camp

The Camp Goodtimes medical team is made up of doctors and nurses who are on site and available 24 hours a day during the whole camp session. Our clinical coordinator has worked in pediatric nursing for over 20 years. The rest of the "Med Shed" staff range in specialities from pediatric oncology to adult emergency medicine. We provide complete care for our participants which includes oral chemotherapy, oncological emergency management, symptom management, feeding tubes, medication administration and any other medical issue that may arise. We are in direct contact with the doctors and nurses from BC Children's Hospital's pediatric oncology clinic and emergency department.

### Infection control

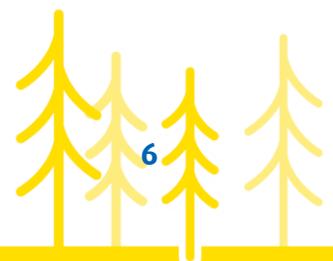
At Camp Goodtimes, we are very careful about any infectious symptoms. If those who have been accepted to camp exhibit any infectious symptoms (fever, cough, runny nose, sore throat, eye infections, diarrhea, nausea, vomiting, cold sores or concerning rashes) they will not be able to attend a Camp Goodtimes program until they are symptom free for 48 hours and have been reviewed by a physician.

If you have questions about any symptoms, please contact the Camp Goodtimes office prior to attending camp.

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In addition, we ask that all campers ensure that their immunizations are up to date and carry their immunization records with them to camp. If you are unsure what this means for you or your child, please contact your family doctor, local public health unit or the Immunize BC website at [www.immunizebc.ca](http://www.immunizebc.ca). Some people may be exempt from immunizations due to current or recent cancer treatment and will still be able to attend camp.

## Bringing Medicine to Camp

If your camper(s) are bringing medication to camp, please follow these guidelines:

1. Medications **should not be brought to camp in pre-filled dosettes.**
2. Please bring all medications to camp that participants may use, including non-scheduled medications, puffers, creams, vitamins, etc.
3. All medications must be in their original containers so our medical team is aware of what they are administering.
4. Participants cannot share prescription medication. Each participant must have their own prescription medication, e.g. siblings cannot share puffers.
5. All prescription medications must have the original pharmacy label with the participant's name, drug name, drug dose, administration timing and route of the medication. The prescription and the medication must not be expired.
6. Please bring enough medication for your child's time at camp as well as some extras in case there's a need to readminister (dropping a pill on the floor or vomiting after taking a medication).
7. Please list all medications on your medical forms and let us know before camp if the medications have changed.
8. Please bring whatever is needed for the participant to successfully take the medication, e.g. pill crusher, applesauce to eat the medication with.
9. Oral chemotherapy CANNOT be crushed on site so please contact the clinical coordinator (Jennifer Skillen) at [jennifer.skillen@cancer.ca](mailto:jennifer.skillen@cancer.ca) before camp if this is how you administer your child's chemotherapy at home.

## Communication from nurses and doctors

During Kids Camp registration each parent must stay with their camper until they are checked in by a Med Shed staff member and have been introduced to their skip. The parent or guardian will be notified immediately if their child becomes sick at camp. If we are unable to reach the parent(s) or guardian(s) we will contact the emergency number(s) provided. Whomever we are able to connect with will be responsible for picking up the child within 24 hours of being notified.

## Allergies and dietary restrictions

It's important for camp staff to be aware of ALL allergies and dietary restrictions. This information should be clearly noted on your child's medical form. Anyone at camp who has an anaphylactic allergy is required to bring and carry their EpiPen with them at all times. If your child has a unique food allergy, please provide specific details about what kinds of foods are and are not allowed. If you have concerns about your child's eating habits, please contact our camp office.

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## What to expect at camp

While at camp, your camper will experience all kinds of new and exciting activities. Our trained staff and volunteers will provide individual and group instruction for skill development in a friendly and encouraging environment. Campers will participate in cabin group rotations, individual super skill activities and themed camp-wide events. Each of our activities is designed to encourage growth and will help create confidence in your child, empowering them to take on new challenges and responsibilities in a safe and supportive environment.

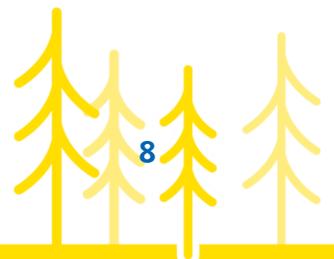
Waterfront	Camp Goodtimes is host to an abundance of waterfront activities on our private lake including canoeing, kayaking, stand up paddle boarding, and swimming. All waterfront activities are led by staff and are under the direct supervision of trained qualified lifeguards.
Arts	Campers will have the opportunity to hone their creative arts skills during programs such as arts and crafts, bracelet making, music and drama games.
Land-based activities	Enjoy the hustle and bustle of Camp Goodtimes by participating in any number of our land-based challenges. These include climbing walls, high ropes courses, sports, nature and archery.
Evening programs	Camp Goodtimes truly comes to life in the evening when our campers, volunteers and staff don their silliest costumes and loudest voices and participate in our campfires.



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# Camp Goodtimes guidelines

## General

Camp Goodtimes is committed to creating a camp environment that supports everyone in having a positive and memorable camp experience. Our goal is to create a supportive community of peers and leaders who encourage campers in skill building and forming friendships. To ensure these goals are achieved we expect campers to:

- Have a positive attitude.
- Respect their peers and leaders.
- Follow the camp rules including cabin and activity rules.

## Electronics policy

Camp is an unplugged community and we are proud of it.

We believe strongly that part of a healthy camp experience is providing campers with the opportunity to strengthen their sense of independence. Camp Goodtimes programs emphasize community living in a supportive and healthy natural setting. Electronic devices often remove or detach a camper from this community.

Our experience is that campers thrive best at camp when they learn to develop relationships and negotiate challenges with those around them. We believe that the success of each child at Camp Goodtimes is greatly enhanced through the absence of electronic devices including cell phones. As such, we do not allow cell phones at camp.

*"The artificial needs created by new electronic technologies – to see and hear everything the instant it happens – are not always developmentally appropriate needs for our children. To wait a few days for a traditional letter [or email] to arrive gives parents and children alike the time to reflect, form new relationships, solve problems independently and understand their emotions. In these ways, unplugging the digital umbilical promotes health growth and self-reliance."*

*Dr. Christopher Thurber, Child Psychologist*

To communicate with your camper(s) while they are at camp, please feel free to email [campletters@cancer.ca](mailto:campletters@cancer.ca). Letters will be printed by Camp Goodtimes staff and distributed each day. Please note that campers will not be able to email you back.

For any non-urgent needs or to gather information about how your camper(s) are doing at Camp Goodtimes, please email us at [gotcamp@cancer.ca](mailto:gotcamp@cancer.ca) or call 604-463-8165 to speak to staff member at camp.

Note: If your camper usually uses their cell phone for other needs such as music, reading or photography, please send them with alternatives (ipod, camera etc.). Camp Goodtimes will also provide professional photography for their time at camp.

## Photography

At Camp Goodtimes it's common for campers and volunteers to take photographs and videos for personal memory collecting and use. As indicated in the Publicity and Contact Releases Form, we will only use your camper(s)' photos for the Canadian Cancer Society's publicity if you have given permission to do so.

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## Missing home

Although campers may be excited about attending camp, it's not uncommon for some to experience feelings of anxiety or fear from being away from home before or during their session. While at camp, your camper will be supported by excellent staff and volunteers who are trained to work with your camper around their anxieties of being away from home, and help them to be more comfortable at camp. Please consider these helpful hints:

- Help your children prepare for camp by talking about their feelings and helping to normalize them. Asking questions like, "How do you feel about being away for the week?" and "What's something you can do if you miss home?" are good conversations to have.
- Acknowledge that you will miss your child, but emphasize the fun they will have while away. For example, you can say "I am going to miss you, but I know that you will have a good time at camp. We are so excited you get to go to camp."
- Pack a personal item from home such as a stuffed animal.
- Generally, campers will not phone home. In the vast majority of cases this only increases the feeling of homesickness that campers experience. Please do not promise your child that they can call home from camp.
- If your child thinks that you are unsure about camp they will become unsure themselves. Be confident!

## Behaviour management

We believe in the power of community at camp. As such, behaviours such as bullying, teasing, name calling, isolating others, smoking, drinking alcohol, destroying property or otherwise acting in aggressive or inappropriate ways will be addressed by Camp Goodtimes staff.

Our staff will implement different strategies to adjust behavior and situations will be escalated to the camp director as appropriate. The camp director may also contact the camper's caregiver(s) to discuss the situation and elicit additional support. If a camper is unable to change their behavior beyond this point, they may be asked to leave the program.

## Social media

We are working towards using of social media to communicate with our participants and their families more frequently. While we acknowledge that it's possible for campers to "find" volunteers online, we do not condone volunteers finding or adding their participants to any online forum. The formation of any groups online or connections between campers and volunteers is done so without the consent or supervision of Camp Goodtimes.

Check out our Facebook page during camp to see photos of your camper(s) at [www.facebook.com/CampGoodtimesCA](http://www.facebook.com/CampGoodtimesCA)

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# Packing list

## Clothing

- ✓ Name beads (returning participants)
- ✓ Pajamas
- ✓ Socks and underclothes
- ✓ Shorts (2-3)
- ✓ Jacket
- ✓ Pants (jeans)
- ✓ Sweatshirt or warm sweater (2)
- ✓ T-shirts (5)
- ✓ Rainwear (rain jacket and rain boots)
- ✓ Sneakers
- ✓ Water shoes for water activities
- ✓ Secure footwear (shoes with a heel and toe)
- ✓ Sunglasses
- ✓ Brimmed sun hat
- ✓ Bathing suit
- ✓ Running shoes

## Toiletries

- ✓ Toothbrush
- ✓ Toothpaste
- ✓ Towel for shower
- ✓ Towel for water activities
- ✓ Soap
- ✓ Shampoo / conditioner
- ✓ Insect repellent
- ✓ Sunscreen (SPF 30 or higher)
- ✓ Refillable water bottle

## Helpful tips

We recommend you consider the following things when packing for camp:

- Place your camper's name on all belongings for easy identification.
- Pack belongings (not including sleeping bag and pillow) in one backpack or bag.
- Campers will not have access to laundry facilities (except under special circumstances), so please ensure that your camper has enough clothing to last through the entire session.

Please note that the Canadian Cancer Society is not responsible for lost or stolen items. All lost and misplaced items will be brought back to the Camp Goodtimes office in Vancouver after camp. Please contact our office if you are missing an item. Any unclaimed items after September 30 are donated to charity.

## Sleeping

- ✓ Sleeping bag or warm comforter (with sheets)
- ✓ Pillow
- ✓ Flashlight (with new batteries)

## Optional

- ✓ Camera
- ✓ Small backpack to use around camp
- ✓ A reading book or notebook
- ✓ Theme-related costumes
- ✓ Musical instrument or other props for the Showcase

## Things to leave at home

- ✗ Halter and tube tops
- ✗ Clothing with offensive graphics or language
- ✗ Perfume, cologne or scented sprays
- ✗ Food containing nuts (or traces of nuts)
- ✗ Candy or junk food including gum
- ✗ Cell phones
- ✗ Valuables (jewelry, electronics, etc.)
- ✗ Music with offensive language

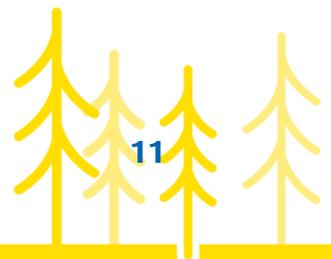
## Banned items – will be immediately confiscated with consequences:

- ✗ Lighters and matches
- ✗ Knives and other weapons
- ✗ Alcohol, tobacco, and recreational drugs
- ✗ Electronic vaporizers/e-cigarettes

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## Questions

We look forward to connecting with you and your family this 2019 camping season!

For more information about Camp Goodtimes and the programs we offer please check out our website and FAQs at [www.campgoodtimes.org](http://www.campgoodtimes.org).

If you have any questions about our programming, please feel free to contact our office at:

[gotcamp@cancer.ca](mailto:gotcamp@cancer.ca)

T: 604-675-7141

TF: 1-800-663-2524 ext. 7141

You can also contact our camp director, Danielle, directly at [Danielle.McVicar@cancer.ca](mailto:Danielle.McVicar@cancer.ca).



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