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# **2020 FAMILY CAMP INFORMATION GUIDE**

## A Letter to Camp Families

Dear Camp Families,

Welcome to Camp Goodtimes Family Camp program. The Canadian Cancer Society is committed to providing the best possible camp experience for your family.

We are very excited to be partnered two different facilities this summer; UBC's Loon Lake Lodge and Retreat Centre and Pringle Retreat & Camp. Both are stunning facilities, providing a full catered experience with organized programs, allowing caregivers to spend time with their families and relax themselves.

Before you start packing your suitcase, please read this guide. It is full of information about your upcoming time at camp. Whether you are a new family 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

*"Our experience at Camp Goodtimes was wonderful. My family got to spend time together away from the hospital. We made new friends and laughed (and cried) with them. My husband and I were able to spend time together, and got to watch our children have fun and play with other kids. They got to sing and dance and climb and swim, all things that have been hard to do since our daughter was diagnosed with cancer. We left camp refreshed and feeling lighter than we had in months. I can't thank Camp Goodtimes enough for all they've done for my family." – Camp Goodtimes Family*



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## Directions to Camp

Camp Goodtimes Family Camp are located at two different facilities. Family Camp 1, 2 and 3 is located at UBC's Loon Lake UBC Research Forest. Please click the link below for Google Map 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 & Retreat Centre](#)

14500 Silver Valley Road  
Maple Ridge, BC V4R 2R3

Family Camp 1: Tuesday June 30 – Friday July 3

Family Camp 2: Sunday July 19 – Wednesday July 22

Family Camp 3: Wednesday July 22 – Saturday July 25

Family Camp 4 and 5 is located at Pringle Retreat and Camp on Shawnigan Lake. Please click the link below for Google Map directions.

### [Pringle Retreat & Camp](#)

2520 W Shawnigan Lake Road  
Shawnigan Lake, BC V0R 2W3

Family Camp 4: Saturday Aug 8 – Tuesday Aug 11

Family Camp 5: Tuesday Aug 11 – Friday Aug 14

For all our Family Camps on the FIRST DAY of your session:

- If your last name begins with **A-L** please arrive at **2:30pm**
- If your last name begins with **M-Z** please arrive at **3:00pm**

On the LAST DAY of your session, departure will be at approximately 10am after the closing ceremony and group photos.

## 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 see other options below.
- **Travelling by Ferry** - We can reimburse ferry transportation fees for families.
- **Travelling by Air** - If Air Travel is required all flights must be booked through the Camp Goodtimes office. If air travel is required, please contact Jean Wong directly 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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## Loon Lake Lodge & Retreat Centre Facilities

For Family Camps 1, 2 & 3 Camp Goodtimes is situated in the heart of UBC's Malcolm Knapp Research Forest in Maple Ridge, at 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 all our campers can enjoy while at camp. Camp Goodtimes campers have activities in a state-of-the-art gym, campfire and waterfront with water trampoline, canoes, kayaks, stand up paddle boards and peddle boats. Camp Goodtimes also partners with Pinnacle Pursuits to facilitate all the rope activities while at camp. These include; low ropes, climbing wall, high ropes, rappelling and initiative games. Camp Goodtimes has a fleet of golf carts for Hosts to help drive campers to and from activities when needed.

### Sleeping Accommodations

All families live in modern residence-style building that have electricity, accessible washrooms and showers. Each family has their own room(s).

### Dining Hall

Loon Lake's kitchen staff provides professional, delicious and healthy meals. There is also always fruit available anytime and water stations throughout camp.



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## Pringle Retreat & Camp Centre Facilities

For Family Camp 4 and 5, Camp Goodtimes is situated on the shores of Shawnigan Lake at Pringle Retreat and Camp.

This site has facilities including a beautiful waterfront and beach area, outdoor sports court, archery field, as well as exciting challenge course elements; a low ropes course, rock climbing wall and more. With the help of our facilitators at Camp Pringle, all these activities are accessible for our participants. Camp Goodtimes has a fleet of golf carts for Hosts to help drive campers to and from activities when needed.



## Sleeping Accommodations

All families live in modern residence-style building that have electricity, accessible washrooms and showers. Each family has their own room(s).



## Dining Hall

Camp Pringles kitchen staff provides professional, delicious and healthy meals. There is also always fruit available anytime and water stations throughout camp.



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## What to Expect at Camp

Over the course of your family camp experience, adults and children will have the opportunity to participate in a wide variety of activities and experiences. Each family will have their own camp volunteer that we call Hosts. Your Host is there to help tailor your camp experience to what you are looking for. Throughout the week, much of the camp program will be divided into three streams. One stream for children and youth, caregivers and the last stream will be the whole family.

Children's Activities	Camp Goodtimes program staff and Hosts will plan and facilitate age appropriate games and activities for the children at camp. Some of these activities include; boating, arts and crafts, archery, nature and more.
Caregiver Activities	Caregivers have the opportunity to meet and connect with each other in various program times throughout the week. Some of these activities include; using the ropes course, yoga, art, hiking, boating, rappelling or relaxing in a hammock!
Family Activities	There will be a number of all camp programs all week for the entire family to enjoy. These include campfire, carnival or waterfront time. As a family, you will be able to participate in a wide variety of camp activities. These fun events are a great opportunity for the whole family to spend time together and feel like you are on a holiday!



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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.

### Medical Care Provided at Camp

The Camp Goodtimes medical team for Family Camp is made up nurses who are on site and available 24 hours a day during the whole camp session, and may include a doctor. The Med Shed staff ranges 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. All medications are administered in the Med Shed - Caregivers can bring their child(ren) to the Med Shed themselves or ask their Host to bring the child(ren) to get their medications before meals and at any other times.

### 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.

In addition, we ask that all participants 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.



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## Bringing Medicine to Camp

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

1. **Medications should not be brought to camp in pre-filled dosettes. Blister packs prepared by a pharmacist are OK, as long as they have a pharmacy label outlining all the medications.**
2. Please bring all the medications to camp that the participant may use, including the 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 you or your child's time at camp as well as some extras in case there's a need to re-administer (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 camp office before camp if this is how you administer your child's chemotherapy at home.
10. Medication for children with a cancer diagnosis and siblings under 18 will be kept inside the Med Shed in a locked cabinet that is accessed by the Medical Team. Parents may obtain medication from the Medical Team and administer the medication to their children, or Med Shed staff can assist the child in taking their medication.
11. For safety reasons with shared accommodations, medication for parents/caregivers and siblings over the age of 18 must be stored in the locked cabinet in the entryway of the Med Shed – the cabinet is self-serve and adults are responsible for administering their medication unless they need assistance from Med Shed staff, in this case they need to let the Med Shed staff know at Registration.

## Allergies & Dietary Restrictions

It is important for camp staff to be aware of ALL allergies and dietary restrictions. This information should be clearly noted on your and 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 you or 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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## 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.

## Social media

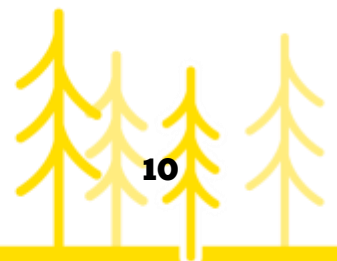
We are working towards using of social media to communicate with our participants and their families more frequently. While we acknowledge that it's possible for campers to "find" volunteers online, we do not condone volunteers finding or adding their participants to any online forum. The formation of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

Check out our Facebook and Instagram pages all year round to see photos and videos of you and your camper(s) at [www.facebook.com/CampGoodtimesCA](http://www.facebook.com/CampGoodtimesCA) [www.instagram.com/CCScampgoodtimes](http://www.instagram.com/CCScampgoodtimes)



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# Packing List

## Clothing

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

## Toiletries

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

## Sleeping

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

## 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.)

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

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

Please note that the Canadian Cancer Society are 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.



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## Questions

We look forward to connecting with you and your family this 2020 camping season!

For more information related to Camp Goodtimes at all the programs that 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) at 604-675-7141 or toll free at 1-800-663-2524 ext 7141 or our Camp Director, Danielle, directly at [Danielle.McVicar@cancer.ca](mailto:Danielle.McVicar@cancer.ca)



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