



Canadian  
Cancer  
Society

**CAMP  
GOODTIMES**



**2020 LIT  
INFORMATION GUIDE**

## A Letter to LITs & Families

Dear LIT and Family,

We are excited that you will be joining us in our 35<sup>th</sup> year of operation at Camp Goodtimes. All LIT sessions are hosted at the stunning UBC Loon Lake Retreat Centre just outside of Maple Ridge, BC.

We have some amazing programming planned for our Dr. Seuss themed summer and can't wait to share it with you. You'll get to start your next chapter as a Camp Goodtimes camper by helping create the magic that is camp. We hope that by the end of your time as a LIT, 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 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

*"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. 5 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*



Canadian  
Cancer  
Society

**CAMP  
GOODTIMES**





## What to Expect at Camp

### LIT Program Outline

The LIT Program is offered over a 3-year span and as such we have designed the program to grow and develop along with our LIT's. Throughout their 3 potential years as an LIT, campers will go through 2 different programs, Discovery and Venture, which are curated to focus on developing and then honing their leadership skills. The LIT Program focuses on building communication, teamwork, decision-making, and time management skills while also talking about important topics that affect our youth today.

### Program 1: Discovery

The LIT Discovery Program is offered to our first time LIT's regardless of age. As first time LIT's, campers can look to take part in session with their peers to discover their own personal leadership style, their strengths and areas of improvement as a leader, as well as working together to create programming for our younger campers and families. Discovery takes place during a 3 night, 4 day Family Camp.

### Program 2: Venture

The Venture Program is for any camper who has completed a year of the Discovery Program. During the Venture Program, LIT's will build on the skills learned in the Discovery by shadowing either a Program Leader or Skip for the week helping them with their role specific duties and using the leadership tools learned in Discovery to help them along the way. The Venture Program takes place over a 5 night, 6 day Kids Camp Program.

### Volunteer Hours

Participating in the LIT Program can count toward some of your high school volunteer hours. If you are taking part in the Venture LIT Program you will receive 15 hours of volunteer time for the 6 days of camp, and if you are part of the Discovery LIT Program you will receive 5 hours. Please contact the Youth Leadership Coordinator at the end of the summer to get your hours.



Canadian  
Cancer  
Society

**CAMP  
GOODTIMES**



## Directions to Camp

Camp Goodtimes 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

**Drop Off: LIT Venture & Discovery - Arrange to arrive on site at 3:00pm.** Please park in the angled parking lot, immediately after turning in to the campsite. Upon your arrival to camp, you will be greeted by someone on the Leadership Team. They will check you in 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 their cabin group, and chat with their cabin leaders that are called LIT Assistants.

### Pick Up:

**LIT Discovery: Please come at 10:00am to pick up your LIT.** Please park in the angled parking lot when picking up and be sure to check out your LIT with the team at the check-out table and collect their medication before you leave. If the person checking out your LIT changes during the week, please let us know!

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

**LIT Discovery 1:** Tuesday, June 30 – Friday, July 3

**LIT Discovery 2:** Sunday, July 19 – Wednesday, July 22

**LIT Venture 1:** Sunday, July 5 – Friday, July 10

**LIT Venture 2:** Sunday, July 12 – Friday, July 17

## 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 LIT 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. 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.



Canadian  
Cancer  
Society

**CAMP  
GOODTIMES**



## Facilities

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.

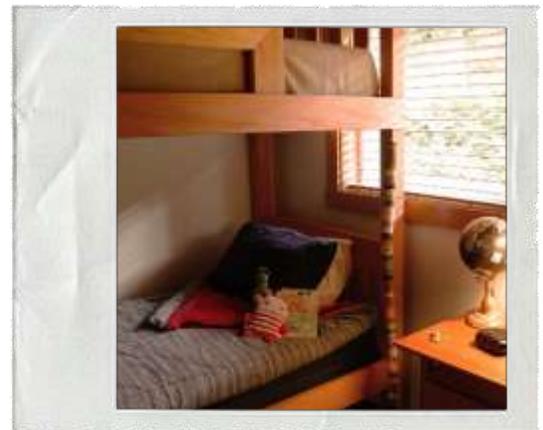
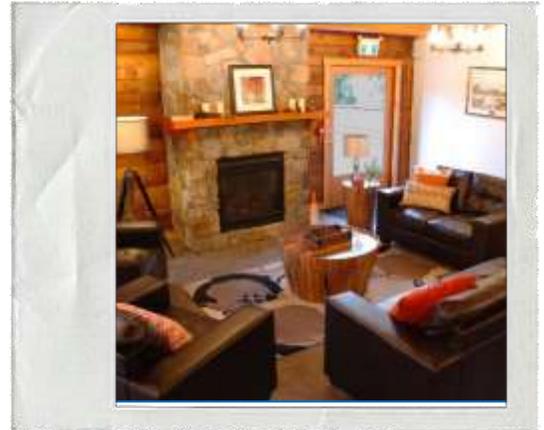
Loon Lake has beautiful facilities that all our campers can enjoy while at camp. Camp Goodtimes campers have activities in a state of the art gym, outdoor recreation spaces, campfire, and waterfront with water trampoline, canoes, kayaks, stand up paddle boards and peddle boats. Camp Goodtimes also partners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

## Sleeping Accommodations

LIT's stay in the Panabode while they are at camp. The Panabode cabin has 6 different rooms with 2 to 4 bunk beds in each room, 3 full washrooms (one of which is accessible), and a big common area. The LIT Assistants sleep in the cabin with the LIT'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.



Canadian  
Cancer  
Society

**CAMP  
GOODTIMES**





## General Medical Information

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. 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.

## 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.



Canadian  
Cancer  
Society

**CAMP  
GOODTIMES**



## 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.
2. Please bring all the medications to camp that they 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.

## Communication from Nurses & Doctors

During Kids Camp registration each parent must stay with their camper until they are checked in by a Med Shed Staff 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 & 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 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.



Canadian  
Cancer  
Society

**CAMP  
GOODTIMES**



# 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 un-plugged 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. The Camp Goodtimes program emphasizes 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 and in order 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 to speak to staff member at camp at 604-463-8165.

## Photography

It is common at Camp Goodtimes 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.



Canadian  
Cancer  
Society

**CAMP  
GOODTIMES**





## Packing List

### Clothing

- ✓ Name beads (returning participants)
- ✓ Rainwear (rain jacket & rain boots)
- ✓ Pajamas
- ✓ Socks and underclothes
- ✓ Shorts (2-3)
- ✓ Jacket
- ✓ Pants
- ✓ Sweatshirt or warm sweater (2)
- ✓ T-shirts (5)
- ✓ 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)

### Optional

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

### 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

### Helpful Tips

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

- Place name on all belongings for easy identification.
- Pack belongings (not including sleeping bag and pillow) in 1 backpack or bag.
- Campers will not have access to laundry facilities (except under special circumstances) so please ensure that you have enough clothing to last through the entire session.

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.



Canadian  
Cancer  
Society

**CAMP  
GOODTIMES**



## Questions

We look forward to connecting with you and your family this 2019 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)



Canadian  
Cancer  
Society

**CAMP  
GOODTIMES**

