



Canadian
Cancer
Society

**CAMP
GOODTIMES**

THE EXPLORATION PROJECT **INFORMATION GUIDE**



2024



778-897-2377



GOTCAMP@CANCER.CA



WWW.CAMPGOODTIMES.ORG

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Dear EXP participant,

We are so excited to welcome you to the Exploration Project (EXP) program at Camp Goodtimes. The EXP program is hosted at UBC's stunning Loon Lake Lodge and Retreat Centre in Maple Ridge, BC, and the Camp Goodtimes Team has been working hard to make this summer extra special!

We can hardly wait to share the amazing EXP programming we have planned. You will get to take part in plenty of workshops and recreational activities that focus on self-reflection and self-empowerment. We hope that by the end of camp you will have acquired skills that will help you live healthy and happy lives as you enter the world of young adulthood.

Before you start packing your suitcase, please read through this guide as it is full of useful information about your upcoming time at camp! Whether you are new or returning to camp, there are new details that are important for everyone to know.

Protecting the health safety and well-being of our campers and camp community remains our top priority, the Canadian Cancer Society is continuing to work in collaboration with hospital partners in pediatric oncology, facility partner, and public health officials. At this time, Camp Goodtimes is strongly encouraging our participants to be fully vaccinated for the protection of our community.



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

Sincerely,

The Camp Goodtimes Team

WHAT TO EXPECT AT CAMP

We are all unique individuals. Each one of us has a story to tell and each story is important. The Exploration Project (EXP) provides a chance for youth to come together in a group setting to explore themselves and gain tangible life skills. The goal of the EXP is to provide a safe, nonjudgmental environment where youth can share their experiences and learn useful lifelong skills.

Day 1

Arrive at Loon Lake and meet your fellow EXP team! After a swim check we will share an overview of the program and do some icebreaker and team-building activities with the group!

Day 2 & 3

Days 2 and 3 will have the EXP team taking part in activities and exercises that focus on concrete life skills, such as financial literacy and daily activity planning. We will also get the chance to take part in recreational camp activities, such as swimming and archery!

Day 4

The final day of the program! We will share our final thoughts on the program, reflect on how we can use skills we have learned as participants enter young adulthood, and say our final goodbyes to the EXP team.



MEDICAL CARE AT CAMP

ARRIVING AT CAMP

EXP participants will have access to the best possible medical care while at Camp Goodtimes. We appreciate you taking the time to complete the medical forms prior to your arrival at camp.

The medical team will review the information that you've provided when you check in on arrival day! A team of nurses and doctors administer all of the medications at camp including vitamins, herbal remedies, and medications as needed.

COMMUNICATION FROM DOCTORS AND NURSES

During EXP registration, you will check in with a member of the medical team and meet your EXP facilitator. If you are being dropped off we ask that whoever drops you off wait for you to check in and meet your EXP facilitator.

If you get sick at camp we will notify the emergency contact provided. We ask that you provide an emergency contact who can pick you up within 24 hours in the event that you become sick.

WHO PROVIDES MEDICAL CARE 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.

The "Med Shed" staff range in specialties from pediatric oncology to adult emergency medicine. We provide complete care for our participants which includes, oncological emergency management, symptom management, handling feeding tubes, and administering medication such as oral chemotherapy, and managing any other medical issue that may arise.

We are in direct contact with the doctors and nurses at BC Children's Hospital's pediatric oncology clinic and emergency department.

COVID-19

Protecting the health safety and well-being of our campers and camp community remains our top priority. The Canadian Cancer Society is continuing to work in collaboration with hospital partners in pediatric oncology, facility partners, and public health officials. At this time participants are strongly encouraged to be fully vaccinated.



THE 2022 MEDICAL TEAM DURING KIDS CAMP

INFECTION CONTROL

At Camp Goodtimes, we carefully monitor 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 Camp Goodtimes programs until they are symptom-free for 48 hours and have been seen 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, please contact your family doctor, local public health unit or the Immunize BC website at 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.

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 the EXP participant'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 the EXP participant has a unique food allergy, please provide specific details about what kinds of foods are and are not allowed.

BRINGING MEDICINE TO CAMP

If the EXP participant is 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 that participants may use to camp, 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 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 advise us before camp if the medications have changed.
8. Please bring whatever is needed for the participant to successfully take the medication, e.g., a pill crusher, applesauce to eat the medication with, etc.
9. Oral chemotherapy cannot be crushed on site. Please contact the camp office before camp if this is how you administer your child's chemotherapy at home.



WELCOME

LOON LAKE LODGE AND RETREAT CENTRE

Camp Goodtimes is located at Loon Lake Lodge and Retreat Center in Maple Ridge! Situated in the heart of UBC's Malcom Knapp Research Forest on the shores of a private lake, it's peaceful setting that gives our campers the opportunity to enjoy all that nature has to offer. Loon Lake gives us access to many amazing outdoor and indoor recreation spaces to create camp magic every day. Participants will have the chance to take part in activities in our state-of-the-art gym, sing songs around the campfire and relax by the waterfront. Camp Goodtimes has partnered with Pinnacle Pursuits to facilitate all rope activities on site. These include low ropes, a climbing wall, high ropes, rappelling and initiative games.

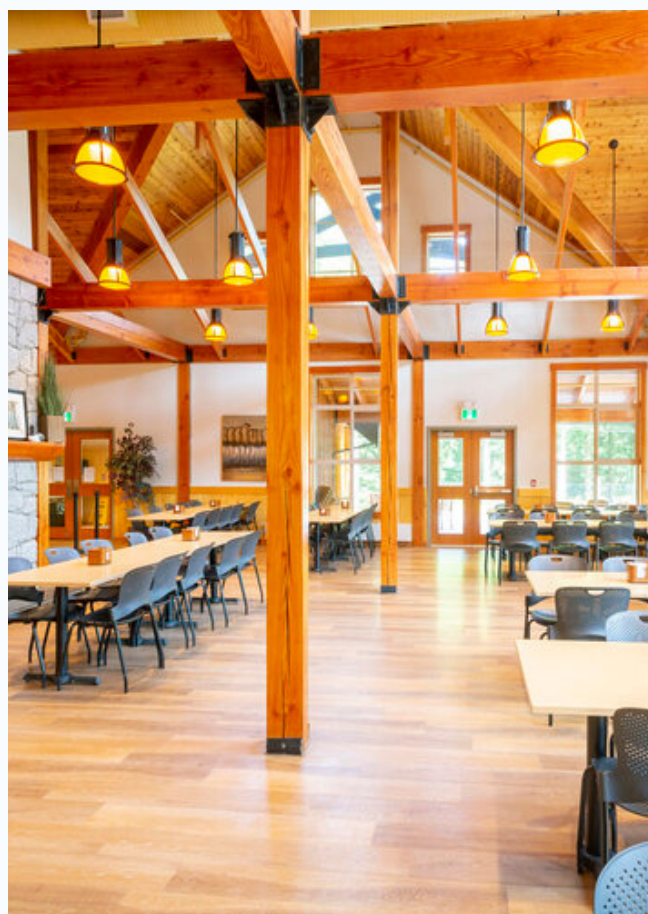


Loon Lake Lodge and Retreat Center, 14500 Silver Valley Road, Maple Ridge, BC V4R 2R3

ABOUT THE SITE

- Modern cabin style accommodations
- Electricity and bathroom facilities
- Dining Hall with equipped kitchen and trained staff
- Medical building
- Private lake
- Designated swimming and boating areas
- High and low ropes area
- Sports field and gym
- Amphitheatre and campfire areas

LOON LAKE



ACCOMMODATIONS

Participants and staff live in modern residence-style buildings that have electricity, accessible washrooms, and showers. Rooms vary in size, and house several campers in the same cohort group. EXP facilitators sleep in their own rooms with participants across the hall. We ensure sleeping accommodations prioritize the health, safety and well-being of our campers and camp community.

DINING HALL

Loon Lakes kitchen staff cook delicious and healthy meals. Fruit is also available at any time and there are water stations situated throughout camp. The operation of the dining hall will be in accordance with COVID-19 health and safety guidelines.



GETTING TO CAMP

ARRIVAL

Prior to your arrival at camp, you will receive an arrival time allowing ample opportunity to complete your EXP check-in and 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 EXP cabin group and facilitator



DEPARTURE

If you're being picked up from camp, the individual picking you up will receive a pick up time around 10:00 am. If you're driving yourself, you can leave right when camp is over.

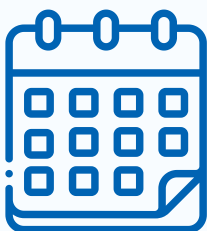
Park in the angled parking lot and be sure to check out your EXP participant with the team at the check-out table. Here you will be able to collect your EXP participant's medication. Departure will be staggered beginning at 10:00 a.m. If there will be a different person checking out your EXP participant please let us know.



TRANSPORTATION

Under certain circumstances and in situations of presented need, Camp Goodtimes reimburses 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** - EXP participants 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 EXP participant 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 to initiate the travel process. You will be asked to complete a Travel Reimbursement Form prior to the processing of your travel arrangements.



The Exploration Project: Sunday, July 14 - Wednesday, July 17



Packing list

Clothing

- ✓ Name beads (returning participants)
- ✓ Pajamas
- ✓ Socks and underclothes
- ✓ Shorts (1-2)
- ✓ Jacket
- ✓ Pants (jeans)
- ✓ Sweatshirt or warm sweater
- ✓ T-shirts (3)
- ✓ Rainwear (rain jacket and rain boots)
- ✓ Sneakers
- ✓ Water shoes or flipflops 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

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

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

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.



CAMP GOODTIMES GUIDELINES

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
PEERS AND
LEADERS!**

**FOLLOW
THE CAMP
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 participants 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 participants from this community.

Our experience is that participants thrive best at camp when they learn to develop relationships and negotiate challenges with those around them. We believe that the success of each participant 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.

To communicate with your EXP participant while they are at camp, please feel free to email campletters@cancer.ca. Letters will be printed by Camp Goodtimes staff and distributed each day. Please note that participants will not be able to email you back.

For any non-urgent needs or to gather information about how your EXP participant is doing at Camp Goodtimes, please email us at gotcamp@cancer.ca or call 778-897-2457 to speak to a staff member at camp.

Note: If your EXP participant 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 have professional photography at camp.



SOCIAL MEDIA

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

PHOTOGRAPHY

It's common for participants and volunteers to take photos and videos to capture moments and memories at camp.. As indicated in the Publicity and Contact Releases Form, we will only use your EXP participants photos for the Canadian Cancer Society's publicity if you have given permission to do so.



www.instagram.com/CCScampgoodtimes/



www.facebook.com/CampGoodtimesCA



BEHAVIOUR EXPECTATIONS

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 behaviour and situations will be escalated to the camp director as appropriate. If a camper won't change their behaviour beyond this point, they may be asked to leave the program.

QUESTIONS?

We look forward to connecting with you this 2024 camping season!

For more information about Camp Goodtimes and the programs, we offer please check out our website and FAQs at www.campgoodtimes.org.

If you have any questions about our programming, please feel free to contact our office at:
gotcamp@cancer.ca
 T: 778-897-2377

You can also contact our camp director, Danielle, directly at Danielle.McVicar@cancer.ca

