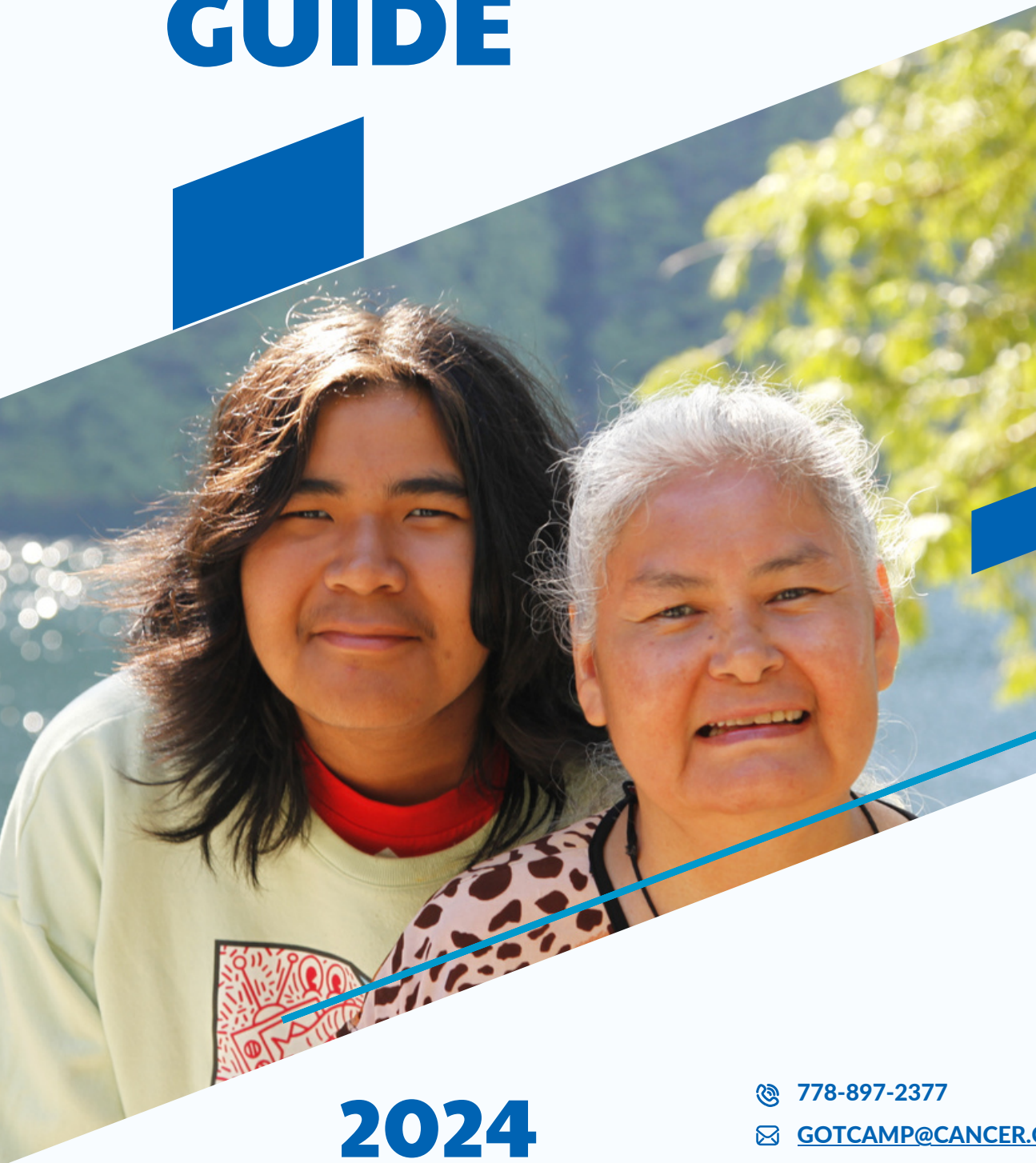




Canadian  
Cancer  
Society

**CAMP  
GOODTIMES**

# FAMILY CAMP INFORMATION GUIDE



**2024**

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 [WWW.CAMPGOODTIMES.ORG](http://WWW.CAMPGOODTIMES.ORG)

# TABLE OF CONTENTS



03

A Letter to Camp Families

04

What to Expect at Camp

05

Medical Care at Camp

06

Infection Control

07

Loon Lake Lodge and Pringle Camp and Retreat

08

The Amenities

09

Getting to Camp

10

Packing List

11

Camp Goodtimes Guidelines





## Dear Camp Families,

We are so thrilled to be welcoming our new and returning camp community back to the serene shores of Loon Lake and Camp Pringle for our 2024 summer Family Camps!

We have amazing programming planned for you and your family this summer and we can't wait to share it with you. We hope that by the end of your time at camp, you will have had a chance to relax, try something new, enjoy nature, and most importantly, spend time connecting as a family in a stress-free environment.

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.

Please visit the [Health Link BC](#) for more information about the latest boosters available.



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

Sincerely,

The Camp Goodtimes Team



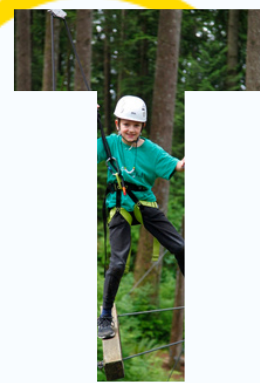
# WHAT TO EXPECT AT CAMP

## WHY FAMILY CAMP?

Family Camp provides an opportunity for families who have a child affected by cancer to reconnect, have fun, and be a part of a community that shares similar experiences. Our scheduling includes time for rest and revitalization and throughout the week, much of the camp program will be divided into three streams.

## WHAT WILL MY FAMILY DO?

Because all our Family Camps take place in a traditional camp setting, participants will have the opportunity to get a snapshot of the programming we provide during our Kid's Camp programs. Each family will have volunteers called "hosts" to assist them in getting around camp, understanding the activities, and supervising children when necessary. Most of the time, when families are together, supervision is the responsibility of the parents or caregivers.



## CHILDRENS ACTIVITIES

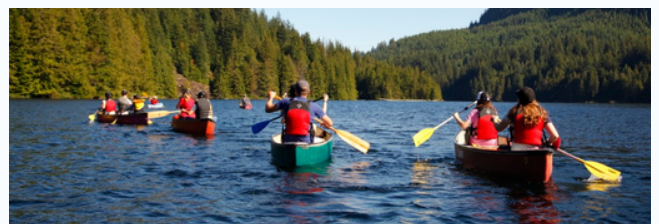
Camp Goodtimes program staff and hosts will plan and facilitate age-appropriate games and activities for the children at camp. Some of these activities include boating, arts and crafts, archery, nature walks and more.

## CAREGIVER ACTIVITIES

Caregivers have the opportunity to meet and connect with each other at various programs 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 a 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!



EVERYTHING YOU NEED TO KNOW ABOUT

# MEDICAL CARE AT CAMP

## ARRIVING AT CAMP

Families will have access to the best possible medical care at Camp Goodtimes. We appreciate you taking the time to complete the medical forms prior to your camper's arrival at camp.

On arrival day, you will check-in with the medical team and review your information together! A team of nurses and doctors administer all of the medications at camp including vitamins, herbal remedies, and medications as needed.

## 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.

## 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 all participants medical forms. 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.

## 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 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 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 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 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 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

For Family Camps 1, 2 and 3, Camp Goodtimes is located at Loon Lake Lodge and Retreat Centre! Situated in the heart of UBC's Malcom Knapp Research Forest on the shores of a private lake, camp takes place in a peaceful setting that gives our families 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 can take part in activities in our state-of-the-art gym, sing songs around the campfire or relax by the waterfront. Camp Goodtimes has partnered with Pinnacle Pursuits to facilitate all rope activities on site. These include low ropes, climbing wall, high ropes, rappelling and initiative games.

## PRINGLE CAMP AND RETREAT

For Family Camps 4 and 5, Camp Goodtimes is located at Pringle Camp and Retreat. Situated on the shores of beautiful Shawnigan Lake on Vancouver Island, camp will have a whole host of facilities that allow families to enjoy a variety of outdoor recreation. The heart of camp is the waterfront where we have a large dock with a fleet of canoes, kayaks, and paddle boards. Beside the waterfront, we have a beach volleyball court and campfire pit. In addition families can take part in arts and crafts, high ropes, low ropes, climbing, archery, hiking and creative programming.



[14500 Silver Valley Road, Maple Ridge](#)



[2520 W Shawnigan Lake Rd, Shawnigan Lake](#)



# THE AMENITIES



- LOON LAKE



- LOON LAKE



- CAMP PRINGLE



- CAMP PRINGLE

## SLEEPING ACCOMODATIONS

All families live in modern residence-style buildings that have electricity, accessible washrooms, and showers. Each family has their own room! We ensure sleeping accommodations prioritize the health, safety and well-being of our campers, families, and camp community.

## DINING HALL

At both Loon Lake Lodge and Camp Pringle, kitchen staff cook delicious, and healthy meals for our participants to enjoy. Fruit is available anytime and water stations can be found throughout camp. The kitchen staff works hard to accommodate special diets and requests, but there is a fridge available for you to bring extra snacks if needed. The dining hall is always open and there is access to a microwave at any time. The operation of the dining hall will be in accordance with COVID-19 health and safety guidelines.





# GETTING TO CAMP

## ARRIVING AT CAMP

Family Camps will begin at 2:30 p.m. on the first day of your camp session! You will receive a check-in time prior to your arrival. Arrivals will be staggered to allow for ample time and space to complete check-in and meet with the Camp Goodtimes medical team.

## DEPARTURE DAY

On the last day of your session, departure will be at approximately 10 a.m. after our closing ceremony!



## 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** - 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.

Family Camp 1, 2 and 3 are located at UBC's Loon Lake Lodge and Retreat Centre in the heart of UBC's Malcolm Knapp Research Forest.

Please click the link below for Google Map directions.

[Loon Lake Lodge & Retreat Centre, 14500 Silver Valley Road, Maple Ridge, BC V4R 2R3](#)

**Family Camp 1: Tuesday, July 2 - Friday, July 5**  
**Family Camp 2: Sunday, July 14 - Wednesday, July 17**  
**Family Camp 3: Wednesday, July 17 - Saturday, July 20**

Family Camp 4 and 5 is located at Pringle Camp & Retreat on Shawnigan Lake.

Please click the link below for Google Map directions.

[Pringle Camp & Retreat, 2520 W Shawnigan Lake Road Shawnigan Lake, BC V0R 2W3](#)

**Family Camp 4: Saturday, August 17- Tuesday, August 20**  
**Family Camp 5: Tuesday, August 20 - Friday, August 23**



## Packing list

### Clothing

- ✓ Name beads (returning participants)
- ✓ Pajamas
- ✓ Socks and underclothes
- ✓ Shorts (2-3)
- ✓ Jacket
- ✓ Pants (jeans)
- ✓ Sweatshirt or warm sweater (1)
- ✓ T-shirts (4)
- ✓ 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
- ✓ Theme-related costumes
- ✓ Musical instrument or other props for the showcase

### Things to leave at home

- ✗ Clothing with offensive graphics or language
- ✗ Perfume, cologne, or scented sprays
- ✗ Food containing nuts (or traces of nuts)
- ✗ Candy or junk food including gum
- ✗ 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 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

## 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 families 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 campers, families, and volunteers is done so without the consent or supervision of Camp Goodtimes.

## PHOTOGRAPHY

It's common for campers, families, 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 participant photos for the Canadian Cancer Society's publicity if you have given permission to do so.



[www.facebook.com/CampGoodtimesCA](http://www.facebook.com/CampGoodtimesCA)



[www.instagram.com/CCScampgoodtimes/](http://www.instagram.com/CCScampgoodtimes/)



## QUESTIONS

We look forward to connecting with you and your family 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](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: 778-897-2377

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



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