



Canadian
Cancer
Society

**CAMP
GOODTIMES**

KIDS CAMP INFORMATION GUIDE



2024



778-897-2377



GOTCAMP@CANCER.CA



WWW.CAMPGOODTIMES.ORG

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Dear Camper and Family,

The most magical week of the year is right around the corner and the Camp Goodtimes Team is working hard to bring this year's Kids Camp theme, Super Mario World to life! Kids Camp will once again be hosted at UBC's stunning Loon Lake Lodge and Retreat Centre in Maple Ridge, BC.

We can hardly wait to share with you the amazing programming planned for our summer; you will get to try some fantastical activities and meet fabulous new friends. It is our hope that by the end of your week at camp, you will have gained a new sense of confidence, honed some new skills, and developed an even greater appreciation and connection to the outdoors!

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 KIDS CAMP?

This jam-packed program offers unforgettable opportunities for children to take part in outdoor recreational activities and other amazing programming. Camp is a safety-focused, secure, and supervised environment, where kids impacted by cancer can make new friends and foster independence and personal growth.

WHAT WILL MY CAMPER DO?

Your camper will have the opportunity to participate in a host of land-based and waterfront activities led by our experienced staff. 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

We are so lucky at Camp Goodtimes to have access to a stunning private lake. Our waterfront activities include canoeing, kayaking, stand-up paddle boarding, and swimming. All waterfront activities are led by staff and are under the direct supervision of trained lifeguards.

ARTS

Imagination is always flowing at camp and we want to give campers every opportunity to express their creativity! Campers will 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 and amenities. These include our climbing wall, high ropes course, field sports, beautiful nature, and archery.

EVENING PROGRAMS

Camp comes to life in the evening when campers, volunteers and staff don their silliest costumes and loudest voices and participate in our campfires.



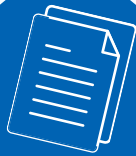
EVERYTHING YOU NEED TO KNOW ABOUT

MEDICAL CARE AT CAMP

ARRIVING AT CAMP

Campers 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.

The medical team will review the information 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.



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.



COMMUNICATION FROM DOCTORS AND NURSES

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 can connect with will be responsible for picking up the child within 24 hours of being notified.



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. 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 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.

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

Camp Goodtimes is located at Loon Lake Lodge and Retreat Centre in Maple Ridge! Situated in the heart of UBC's Malcom Knapp Research Forest on the shores of a private lake, it is a peaceful setting that gives our campers the opportunity to enjoy all that nature has to offer. Loon Lake gives us access to many incredible 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 or relax by the waterfront. Camp Goodtimes also partners with Pinnacle Pursuits to facilitate all rope activities on site. These include low ropes, climbing wall, high ropes, rappelling and initiative games.

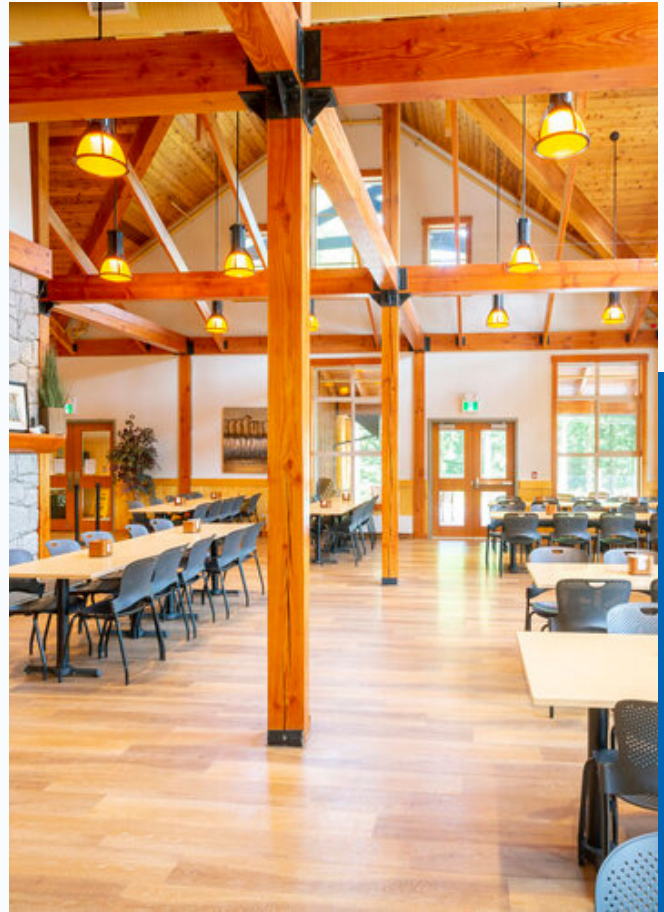


Loon Lake Lodge and Retreat Centre, 14500 Silver Valley Road, Maple Ridge, BC V4R 2R3

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



SLEEPING ACCOMODATIONS

All campers and staff live in modern residence-style buildings that have electricity, accessible washrooms, and showers. Rooms vary in size, housing a number of campers in the same cohort group! Depending on the building, Skips sleep in the larger rooms with their camper cohort or just across the hall so that they are always nearby. 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 for our participants to enjoy. Fruit is available any time and water stations can be found throughout camp! The operation of the dining hall will be in accordance with COVID-19 health and safety guidelines.



GETTING TO CAMP

DROP OFF

Prior to your arrival at camp, you will receive a drop-off time allowing ample opportunity to complete your camper's check-in and meet with the medical team. Feel free to ask them any questions you may have about camp!

After checking in, you can meet your camper's cabin group and chat with their cabin leaders (known as Skips).



PICK UP

You will receive a pick up time, departure will be staggered beginning at 1:00 p.m.

Park in the angled parking lot and be sure to check out your camper(s) with the team at the check-out table. Here you will be able to collect your camper's medication, arts and crafts, and check out the lost and found.

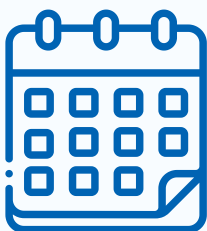
If the person who is scheduled to check out your camper changes, please let us know.



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** - 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 to initiate the travel process. You will be asked to complete a Travel Reimbursement Form prior to the processing of your travel arrangements.



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



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 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

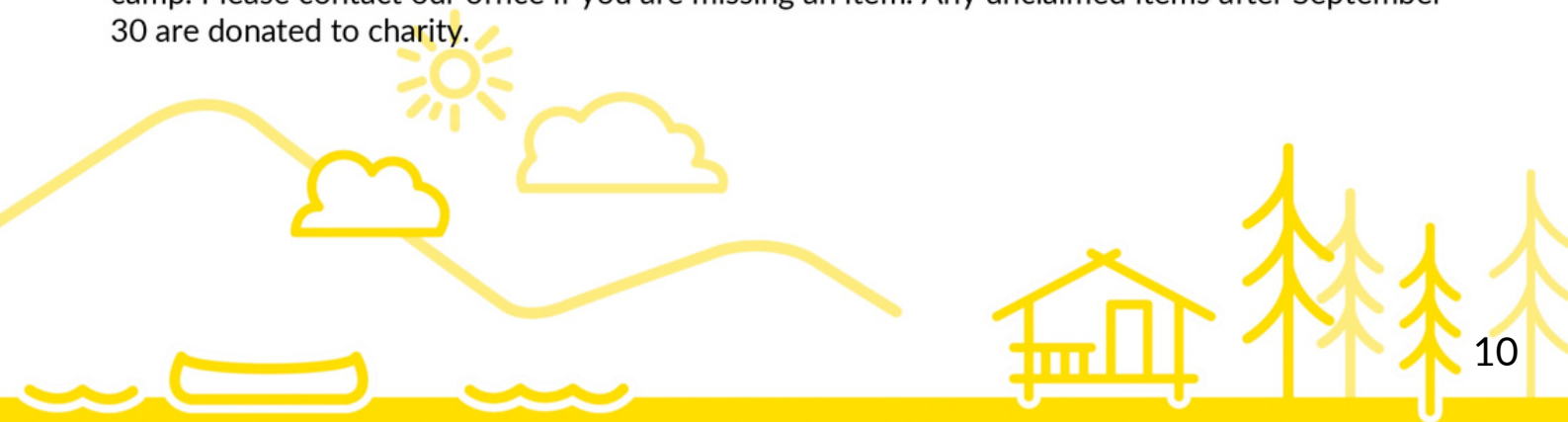
Things to leave at home

- ✗ 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 help campers to build skills and form friendships. To achieve these goals we expect campers to:

**HAVE A
POSITIVE
ATTITUDE**

**RESPECT
PEERS AND
LEADERS**

**FOLLOW
THE CAMP
RULES**



ELECTRONICS POLICY

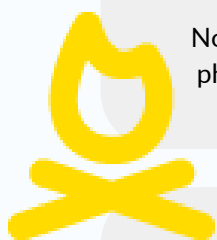
Camp is an unplugged community, and we are proud of it. We believe strongly that part of a healthy camp experience is providing campers with the opportunity to strengthen their sense of independence. Camp Goodtimes programs emphasize community living in a supportive and healthy natural setting. Electronic 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.

To communicate with your camper(s) while they are at camp, please feel free to email completers@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) 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 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 also has 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 campers 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 and volunteers is done so without the consent or supervision of Camp Goodtimes.

PHOTOGRAPHY

It's common for campers 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.instagram.com/CCScampgoodtimes/



www.facebook.com/CampGoodtimesCA



A CABIN GROUP
STRIKES A POSE

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 behaviour 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 behaviour beyond this point, they may be asked to leave the program.

MISSING HOME

Although campers may be excited about attending camp, it's normal to experience feelings of anxiety or fear about being away from home. While at camp, your camper will be supported by excellent staff and volunteers who are trained to work with your camper around their anxieties and help them 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?" can start good conversations about your child's time at camp.
- 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 most 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!

QUESTIONS?

We look forward to connecting with you and your camper 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

