



Canadian
Cancer
Society

**CAMP
GOODTIMES**

TEEN CAMP INFORMATION GUIDE



2024



778-897-2377



GOTCAMP@CANCER.CA



WWW.CAMPGOODTIMES.ORG

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Dear Camper and Family,

We are so excited to be welcoming you to Teen Camp at Camp Goodtimes. Teen Camp will once again be hosted at the beautiful Camp Pringle on Shawnigan Lake, which is situated near Duncan on Vancouver Island. It is a fantastic program that provides a relaxed recreational space for our camp youth to form connections with one another.

We have some amazing programs planned for our teens this summer and we can't wait to share them with you! You'll get to try some amazing activities and meet new friends. We hope that by the end of your time at Teen Camp, you will have gained confidence, new skills, and a greater appreciation for 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.



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

Sincerely,

The Camp Goodtimes Team

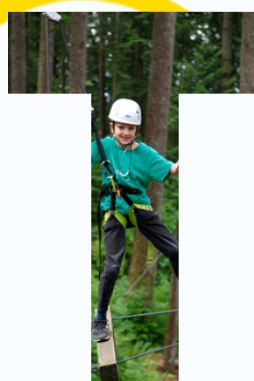
WHAT TO EXPECT AT CAMP

WHY TEEN CAMP?

Teen Camp is a 6-day, 5-night summer camp program offered to our 15 to 18-year-old camp youth who have or have had cancer. Our Teen Camp program is committed to offering unique and enriching recreational experiences for youth affected by cancer. Our program has been designed to foster independence, resilience, personal growth, and connection. We believe that teenagers who have or have had cancer need opportunities to find independence and social support in a community where they feel they truly belong.

IS TEEN CAMP DIFFERENT?

Teen Camp is different from Kids Camp in that it allows for more self determination and independence for our campers. Every day, campers choose which activities they want to do for both the morning and afternoon.



DAYTIME ACTIVITIES

At Teen Camp, campers can choose to participate in a variety of different programs and activities every day.

- ✓ Rock climbing
- ✓ High ropes
- ✓ Archery

- ✓ Arts and crafts
- ✓ Swimming
- ✓ Water tubing

EVENING PROGRAMS

After dinner, we come together as a camp and take part in an evening program. Whether it's a jam night by the campfire or a camp wide talent show, we take this time as a chance to reconnect as a group after a day filled with activity.

- ✓ Canoeing
- ✓ Outdoor games
- ✓ And many more!



MEDICAL CARE AT CAMP

ARRIVING AT CAMP

Campers 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 camper's arrival at camp.

Once you check in at camp your camper will provide all medication to our medical team. 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 Teen Camp registration, each parent must stay with their camper until they are checked in by a member of the medical team 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 contact(s) provided. Whomever we can connect with will be responsible for picking up the child within 24 hours of being notified.

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 from 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 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

PRINGLE CAMP AND RETREAT

Camp Goodtimes Teen camp is hosted at Camp Pringle and Retreat. Situated on the shores of beautiful Shawnigan Lake on Vancouver Island, camp will have a whole host of facilities that allow campers 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, sailboats, and paddle boards. Beside the waterfront, we have a beach volleyball court and campfire pit. Campers sleep in rustic cabins with ample opportunity for hanging out with friends, activities of choice, and connection with the entire camp community. In addition campers can take part in arts and crafts, high ropes, low ropes, climbing, archery, and creative programming.



Pringle Camp & Retreat, 2520 W Shawnigan Lake Rd, Shawnigan Lake

ABOUT THE SITE

- Rustic cabin style accommodations
- Electricity and bathroom facilities
- Dining Hall with equipped kitchen and trained staff
- Medical building
- Private beach and swimming area
- Designated boating area
- High and low Ropes Area
- Basketball court
- Archery range



CAMP PRINGLE



DINING HALL

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



SLEEPING ACCOMODATIONS

Campers stay in a cabin with peers around their own age as well as two Skips. The cabins are “wilderness chic:” they have no electricity or heating. All cabins are clustered together in a cabin circle so the whole camp is close together. There is a shower house central to the cabin circle where there are two communal washrooms plus an accessible washroom. All sleeping accommodations will be assigned with the prioritization of the health, safety and well-being of our campers and camp community.



GETTING TO CAMP

BUS/FERRY OPTION

We will provide a bus leaving from West Vancouver that will transport campers onto the ferry and onto Camp Pringle. The same service will be provided on the final day back to West Vancouver. Exact times for arrival and departure will be communicated in the spring.

- **Arrival Day:** Registration will open in the morning at Rockridge Secondary.
- **Departure Day:** When returning home on the final day, we will depart Camp Pringle in the morning to make a ferry having us back at Rock Ridge Secondary for camper pick-up in the afternoon.

DRIVING OPTION

You are welcome to drive to Camp Pringle if that is more convenient for you. The address of Camp Pringle is listed above. Exact times for arrival and departure will be communicated in the spring.

- **Arrival Day:** Drop off on arrival day will take place in the afternoon at Camp Pringle.
- **Departure Day:** You can pick up your camper in the morning from Camp Pringle.



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 the Interior** – If you are travelling of over 50km to drop off your camper for the bus, we can reimburse you for kilometers travelled.
- **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.



Teen Camp: Saturday, August 10 - Thursday, August 15



Packing list

Clothing

- ✓ Face Masks
- ✓ Name beads (returning participants)
- ✓ Pajamas
- ✓ Socks and underwear
- ✓ Shorts (2-3)
- ✓ Jacket
- ✓ Pants
- ✓ Sweatshirt or warm sweater (2)
- ✓ T-shirts (5)
- ✓ Rainwear (rain jacket and rain boots)
- ✓ Water shoes or flip-flops for water activities
- ✓ Secure footwear (shoes with a heel and toe)
- ✓ Sunglasses
- ✓ Brimmed sun hat
- ✓ Bathing suit
- ✓ Running shoes
- ✓ Optional: a nicer outfit for the banquet dinner/dance

Toiletries

- ✓ Toothbrush
- ✓ Toothpaste
- ✓ Towel for shower
- ✓ Towel for water activities
- ✓ Flip-Flops or water shoes for shower
- ✓ Soap
- ✓ Shampoo / conditioner
- ✓ Insect repellent
- ✓ Sunscreen (SPF 30 or higher)
- ✓ Reusable water bottle

Sleeping

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

Optional

- ✓ Camera
- ✓ Small backpack to use around camp
- ✓ A reading book or notebook
- ✓ Musical instrument or other props for the talent show and open mic
- ✓ Board/Card Games

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 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 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 or to gather information about how your camper(s) are 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 uses their phone to take pictures, we will be providing disposable cameras to each cabin so our campers can capture those special moments. All photos will be available to view and download after Teen Camp is over. Campers will be allowed to use their phones on the bus to Camp Pringle but once we arrive at camp the use of phones will be prohibited.



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 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.

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.



www.instagram.com/CCScampgoodtimes/



www.facebook.com/CampGoodtimesCA



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.

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



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