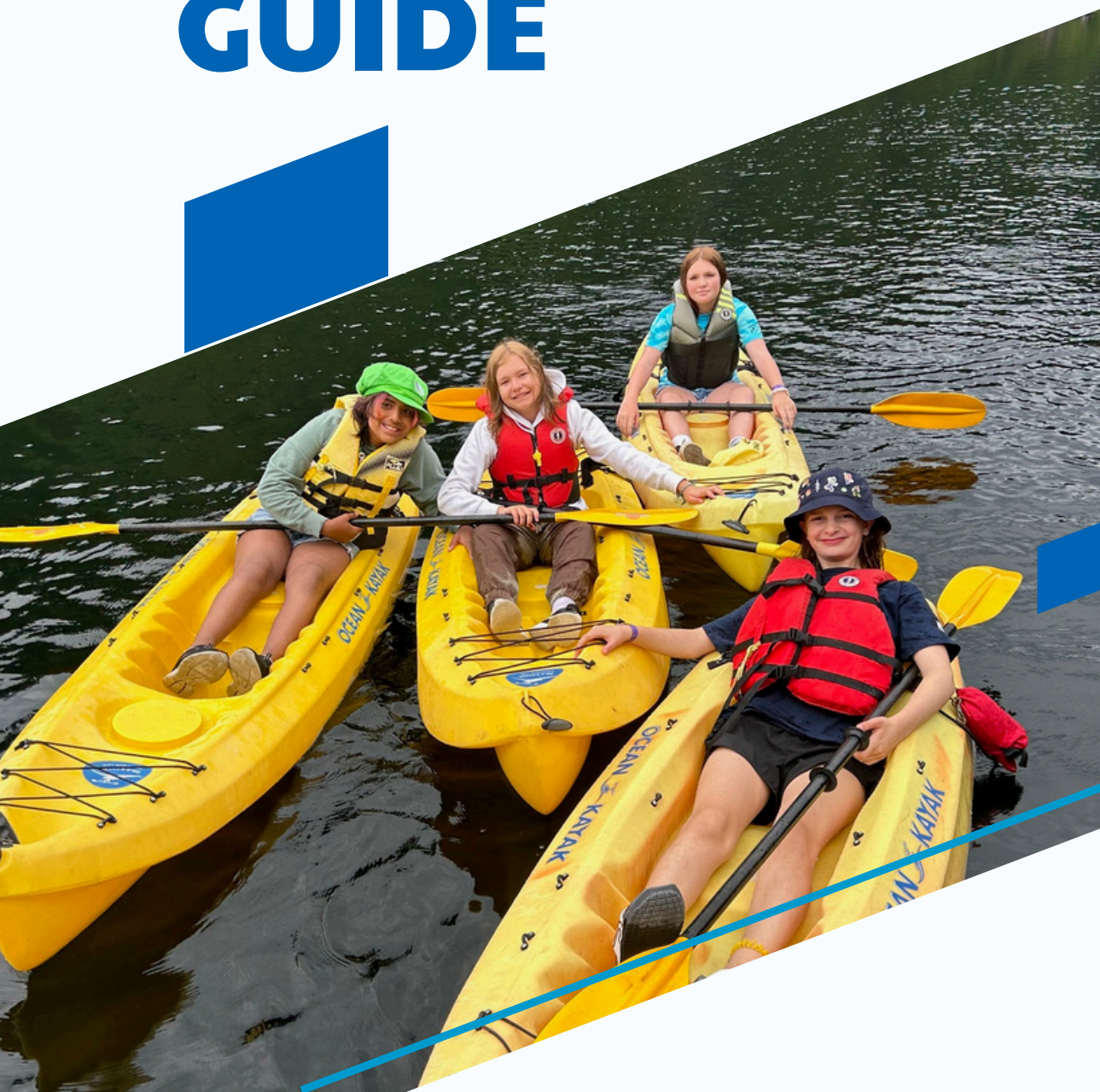




Canadian  
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**CAMP  
GOODTIMES**

# KIDS CAMP INFORMATION GUIDE



## 2025

📞 778-897-2377

✉ [GOTCAMP@CANCER.CA](mailto:GOTCAMP@CANCER.CA)

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



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[www.campgoodtimes.org](http://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, Western 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.



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

Sincerely,

The Camp Goodtimes Team

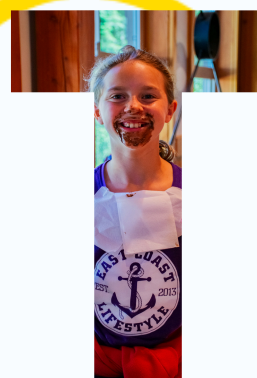
# WHAT TO EXPECT AT CAMP

## 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.

## 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.

## 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.

## 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.





# EXPECTATIONS AT CAMP

**HAVE A  
POSITIVE  
ATTITUDE**

**RESPECT  
PEERS AND  
LEADERS**

**FOLLOW  
THE CAMP  
RULES**

## CAMPER CODE OF CONDUCT

At Camp Goodtimes, we strive to create a safe, inclusive, and positive environment for all campers. This policy is designed to address situations where a camper's behavior may pose a risk to the well-being of the camp community, ensuring that the safety and comfort of all participants is prioritized.

Any camper whose behavior poses a risk to the safety, well-being, or harmony of the camp community will be addressed by camp staff. This includes, but is not limited to, actions that involve bullying, aggression, harassment, or any other behavior that disrupts the camp experience. Additionally, behaviors such as smoking, drinking alcohol, or damaging camp property are strictly prohibited. If a camper engages in any of these behaviors, the situation will be assessed by camp staff and may result in immediate action, including the potential for removal from the current program, and/or not return to future programming.

- Information
  - All campers and guardians receive this policy within the camper handbook.
  - All participants attending youth programs will also sign this policy on arrival of the program.
- Behavioral Intervention
  - Camp staff will work with the camper to address and manage any behavior that poses a risk to the community. This may include redirection, discussions about expectations, or other interventions aimed at improving the behavior.
- Escalation and Involvement of Camp Director
  - If the behavior continues or escalates, the situation will be referred to the Camp Director and an investigation process will be initiated. The Camp Director will assess the situation and determine any additional steps necessary.
- Prohibited Behaviors
  - Smoking, drinking alcohol, damaging property, bullying, and any aggressive or harmful behavior are strictly prohibited.
- Potential Removal from Camp
  - If a camper is unable to modify their behavior or if they pose a risk to others, the camper may be asked to leave the program, and/or not return to future programming. This decision will be made by the Camp Director, following the complaint and investigation process.



## CONTACT POLICY WITH STAFF AND VOLUNTEERS

While we acknowledge that camp is a place where strong bonds form, members of the Camp Goodtimes workforce will not engage with any contact initiated outside of the camp setting. This contact policy is put in place by Camp Goodtimes to protect the safety and well-being of all members of our community. We ask that you please refrain from seeking out connections on social media, sharing contact details, or extending invitations to personal events eg. birthday parties.

# COMMUNITY GUIDELINES

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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, vaccination for COVID-19 is encouraged but not mandatory.

## 2024 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, all participants must provide proof of up-to-date childhood immunizations. If you have medical exemptions for any immunizations due to age or cancer treatment, you can still attend Camp Goodtimes. Please check out our [Immunization Guide](#) for more information.

## 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.

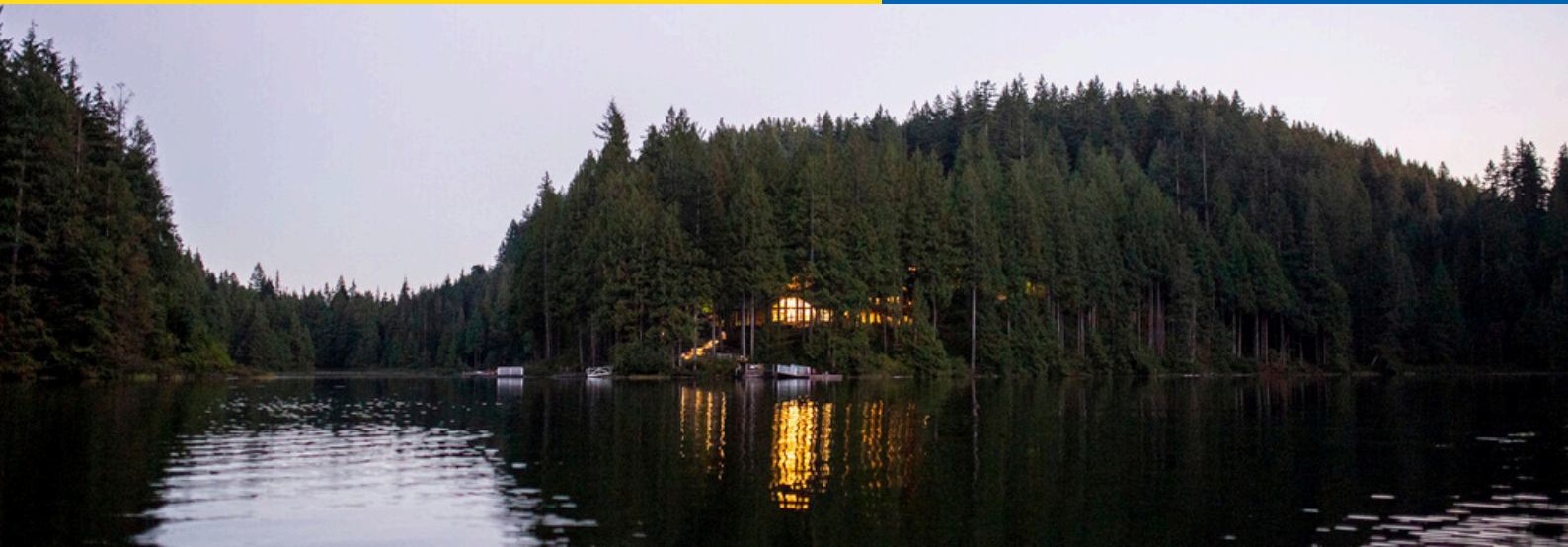




# WELCOME

## 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.

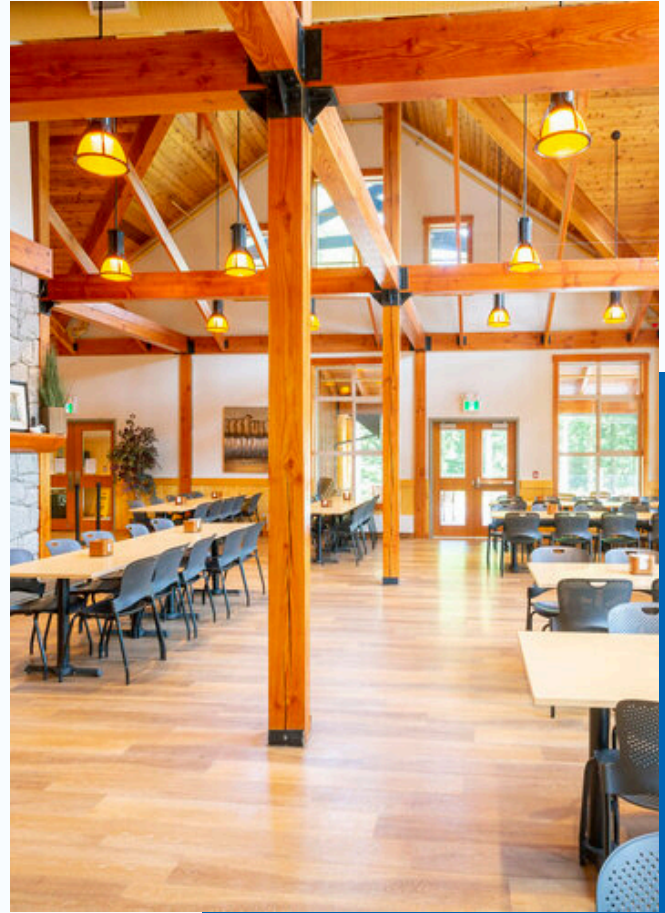


**Loon Lake Lodge and Retreat Centre, 14500 Silver Valley Road, Maple Ridge, BC V4R 2R3**

### 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 ACCOMMODATIONS

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!





# 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.

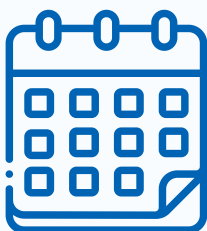


## TRANSPORTATION

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](mailto:gotcamp@cancer.ca) to initiate the travel process.



**Kids Camp 1: Sunday, July 6 - Friday, July 11**

**Kids Camp 2: Monday, July 21 - Saturday, July 26**

**Kids Camp 3: Monday, July 28 - Saturday, August 2**

# PREPARING FOR CAMP 101



## ELECTRONICS

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.

**As such, we do not allow cell phones 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.).

## ORGANIZATION

Have your camper help you pack their bag so they know what their items look like and see what they are bringing with them to camp. Show your camper where and how all their items are labeled with their first and last name. Help your camper learn that organizing their clothes and things will help them at camp and practice those tasks in their room at home. Check-out the packing list for more do's and don'ts!

## MAKING CHOICES

Empower your camper to have a voice in what they choose to try at camp! Explain to your camper about living in a cabin with other campers, what are some choices that might impact others positively or negatively? Talk to them about respecting their skips when they are trying to help them get out of bed in the morning, settle down at bedtime, clean up after themselves in the cabin, or to be safe and have the most fun.

## MEALTIMES + EATING

At camp we encourage campers to be curious about the food and meal options that are served! Encourage your camper to try new things, and help them feel comfortable asking for a different option. Talk to them about the importance of finding nutritious options that will help keep them energized throughout the day. Help your camper practice filling a water bottle in the morning and get them used to drinking water frequently all day long. If you are concerned about your campers eating habits, or want more information about the food provided at camp please don't hesitate to get in touch with the camp office before your session of camp.

## CLOTHING

Before coming to camp, let your camper practice picking out their own clothes! Make sure your camper knows how to properly dress for comfort and the weather. Remind them to always pick out socks to wear with sneakers or if it's a chilly evening, wear a sweatshirt over their t-shirt. Skips will certainly help with reminders at camp, but picking out clothes for themselves is a good task to practice at home.

## CAMP SPIRIT

Utilize our website, information guides and social media to share more about what your camper can expect from the day to day fun at camp. Talk about the activities that they are excited to try! Pack costumes for theme days, and theme meals! The more you can help your camper get excited for the big and small moments of fun at camp, the more excited for the summer they will be.

## BEDTIME ROUTINE

Help your camper "try on" different bedtime routines at home to help them practice for camp. Talk to them about the things that they can do, or say to themselves while at camp that will help them feel comfortable, safe and happy falling asleep at camp. Skips will help create a bedtime routine for the cabin and say goodnight to each camper, but helping your camper understand that the bedtime routine they have at camp is going to be different is important. If you have tips and tricks that you can pass onto your campers skips, they will be able to help the transition to bedtime be as smooth as possible for your camper!

## PERSONAL HYGIENE

If your camper only takes baths at home, encourage them to practice taking a shower and how to rinse out all the shampoo and conditioner themselves. Have them practice brushing their hair, putting on sunscreen, tying their own shoes etc. Skips will be there to monitor and help with your campers personal hygiene, but helping your camper feel a sense of understanding of their own personal hygiene before camp, will help them master it at camp.

## CONFIDENCE

The most important thing you can do to help prepare your camper is to let them borrow your confidence! If you are confident that your camper is going to have a great time at camp, they will be too! If you are feeling less than confident, that is what we are here for. Call or email us anytime. We are happy to let you borrow our confidence anytime, and partner with you around whatever your concerns may be.



## 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!

## COMMUNICATING WITH YOUR CAMPER

To communicate with your camper(s) while they are at camp, please feel free to email [completers@cancer.ca](mailto: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](mailto:gotcamp@cancer.ca) or call 250-999-9402 to speak to a staff member at camp.

## SOCIAL MEDIA AND PHOTOGRAPHY AT CAMP

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.

It's common for campers and volunteers to take photos and videos to capture moments and memories at camp, volunteers are not permitted to post photos with camp participants on their personal accounts. 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/](https://www.instagram.com/CCScampgoodtimes/)



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

## QUESTIONS?

We look forward to connecting with you and your camper this 2025 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, Gill, directly at [Gillian.Anderson@cancer.ca](mailto:Gillian.Anderson@cancer.ca)



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## 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

### 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.

