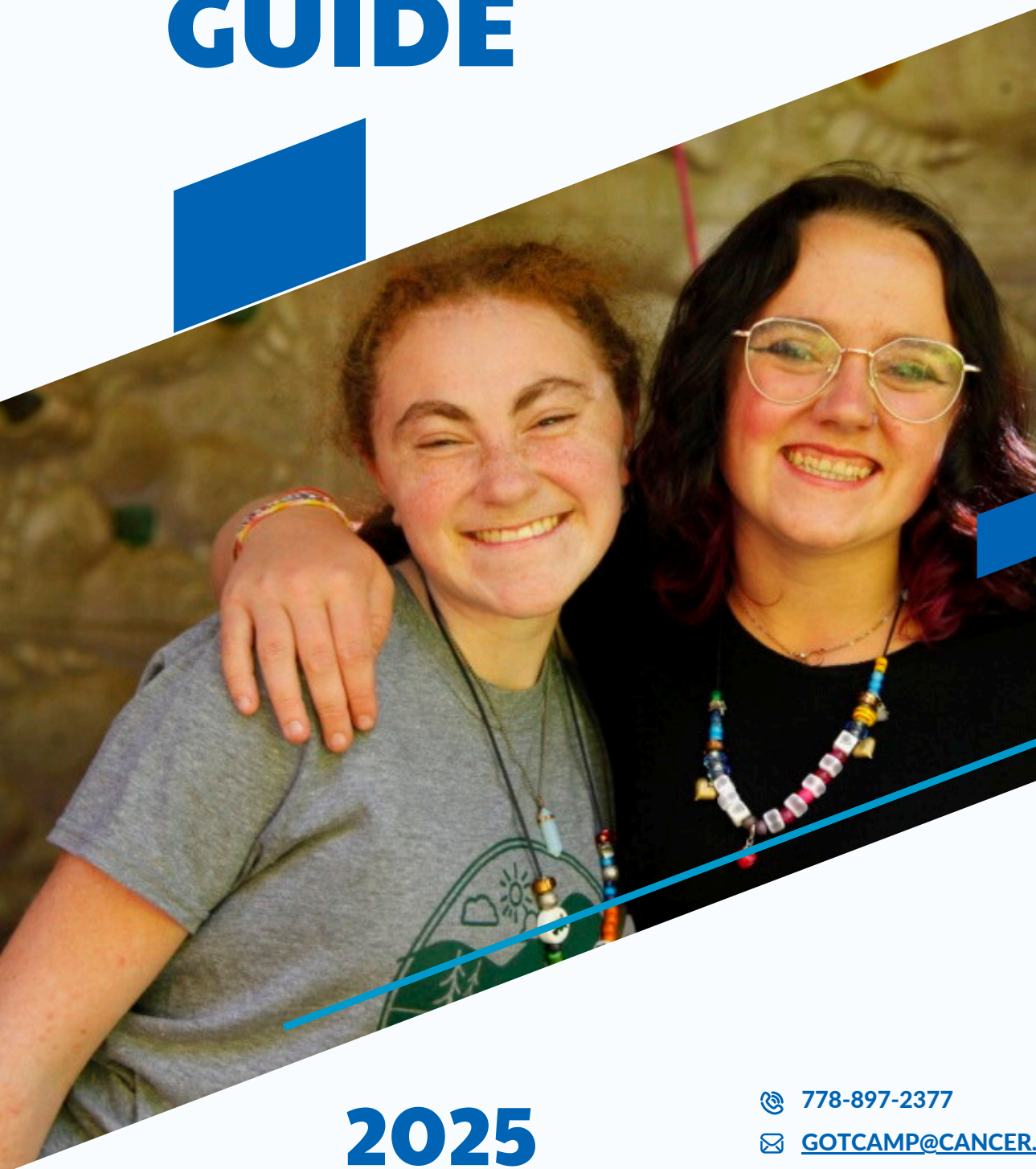




Canadian  
Cancer  
Society

**CAMP  
GOODTIMES**

# TEEN 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,

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.



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!





# 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 campers 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.

# 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, 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

## 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, and plenty of water toys. 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

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



Teen Camp: Friday, August 15 - Wednesday, August 20



# CAMP GOODTIMES GUIDELINES

## 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. 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 teen 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.

Note: If your camper likes to use their cell phone to take photos, please send them with alternatives (digital or disposable camera's). Campers will be allowed to use their phones on the bus to Camp Pringle but once we arrive at camp, we will be collecting phones and storing them in a safe and secure location for the duration of the week.

## COMMUNICATING WITH YOUR CAMPER

To communicate with your camper(s) while they are at camp, please feel free to email [campletters@cancer.ca](mailto: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](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

- ✓ 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.

