

# Camp Amicus



**Celebrating 40 Years**



**ALBERTA CAMPING  
ASSOCIATION**

**ACCREDITED CAMP**

## What Amicus Families Say...

“We wanted our son to be able to come to camp and feel successful, supported, understood, to have fun, and for people to understand him. He has suffered such low self-esteem and now he has been able to shine. It has been such a blessing and so helpful for him to be successful. We will be wanting to come every year and participate in year round activities. It is a life line.”

“My son has benefited from Camp Amicus because this was the start of our ADHD/LD journey with so many supportive, professional and caring people. As a mother of 2, for the first time we didn’t feel alone. We felt supported and met other people going through the same journey. This camp started to change our life for the better and the 3:1 ratio is amazing.”



### Camp Amicus – Calgary Office

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### Camp Amicus – BB Riback

Township Road 361  
Pine Lake, AB

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## Welcome

Hey Camper and Family!

Welcome to the Camp Amicus Camper and Parent Handbook!

Here we will help you learn all about Camp Amicus no matter if you are a camper, parent or guardian. Whether you are a long time camper, or it is your first time coming to Amicus, we would like you to take a flip through our handbook and see what programs we offer during the summer and throughout the year. Many of your questions will be answered in this handbook, and you can always reference it, if you need to check what to pack for your child, when and where pick up is, or if you have any more questions.

No matter what program your child is signed up for, we are excited for you to experience the fun, friendship, and community that inspires and supports growth at Camp Amicus!



Kathleen Gurski  
Manager, Amicus - Camp and Recreation Programs

## About Camp Amicus

### History

Camp Amicus was created in 1982 by a group of volunteers who knew that Learning Disabilities and ADHD affect more than just a child's performance in school. The LDAA Calgary Chapter began supporting the program, and Amicus moved to Foothills Academy in 2015. In 2022, Camp Amicus will be celebrating its 40th anniversary.

### Philosophy

Paired with things that our kids and teens gravitate to, Amicus programs support social skill development, independence, and friendship. Activities include 3D printing, science, engineering, sports, archery, rock climbing, art, music, and cooking. We explore different areas of interest, and create meaningful and engaging social skill programs.

Amicus programs offer both day and overnight opportunities, with a structured social skill lesson each day, and social skill coaching, integrated through traditional camp activities. We support campers in a 1:3 ratio to develop social skills and improve peer relationships. Camp Amicus uses social skills training groups to provide social skills instruction which is based on Evidence-Based Practices and are psychologically informed.

## Who will be at Amicus?

### Campers

All of the campers who come to camp have a united bond due to having either a Learning Disability or ADHD diagnosis, or both. Our campers can come from all over Canada, but mainly come from the Calgary area and within Alberta.

Our maximum program numbers are;

Overnight Camp - 30 campers

Day Camp - 30 campers

POLARIS - 15 campers

Horsemanship - 6 campers

CIT - 4 campers

## Amicus Staff

### Year Round Staff

Kathleen Gurski - Manager

Kathleen (aka “Quack Quack”) has been working in the field of camping, outdoor education and recreation since 2002. Working with special populations for over 10 years, she holds a Bachelor in Psychology degree from York University. She has continued in professional development and is an Outdoor Council of Canada Instructor, Nonviolent Crisis Intervention Instructor, Paddle Canada Instructor, and a Challenge Course Level 2 Instructor. In addition, she holds her Wilderness First Responder Certificate, National Lifeguard Service certification, and NCCP Coaching certificate. Kathleen joined the Foothills Academy team in 2015 as the Manager of Camp Amicus & Recreation programs. She leads professional development for other recreation and camping programs on topics such as ADHD, Learning Disabilities, emotional regulation, behaviour management, and increasing empathy in staff groups. Kathleen is passionate about working with her staff team to ensure that camp and recreation programs evolve to align with the changes in participants’ lives, interests, and needs. Kathleen also loves her pets, being outdoors and spending time knitting.



Mariann Bierman - Intake Coordinator  
aka Chinook

Mariann (aka "Chinook") has been working with Camp Amicus since 2018 as a member of the camp team. She has a degree in Social Work from the University of Calgary and has worked for numerous organizations supporting families, youth, and children with various diagnoses. Mariann rejoined the Amicus team in the Spring of 2021 as the Community Services Intake Coordinator and is able to share pertinent information between our families and staff to ensure clarity for all parties.



### Amicus Administrative Assistant

Camp Amicus employs a seasonal administrative assistant to help with all camper and family needs. For issues pertaining to absences, late arrivals, and more as outlined in the handbook, you can contact our Amicus Admin assistant for these matters.

Amicus employs over 50 staff, including counsellors, coordinators, health care providers, and photographers. All staff have a minimum of First Aid and CPR-C, Nonviolent Crisis Intervention Training and 100 hours of staff training, are 18 years old and are screened comprehensively to determine if they are fit to work with our campers.





## Reporting Absences or Late Drop Off/Pick Up

All absences, late arrivals, or late pick ups can be emailed directly to Amicus Admin. Contact information is below.

If you know your child will be absent from a certain day(s) of their camp program, please reach out to Amicus Admin with this information as soon as possible. We are unable to refund any camp fees for absences, even if the absence was known before the camp program has started.

If you are running behind schedule in the morning and know you will arrive after 9:00 AM, please call or email Amicus Admin so this information can be relayed to the camp coordinators. This way we can ensure a staff member is present to sign your child in and safely take them to their camp activities. Please do not leave your child without having had a staff member sign them in.

If you are running late and know your child will be picked up after 4:00PM and they **are not** registered for after care, late fees are applicable. Please call or email Amicus Admin so this information can be relayed to the camp coordinators and appropriate staff coverage can be provided.

If your child is absent or being dropped off/picked up late and we were not phoned or emailed, an Amicus staff member will call the parent numbers provided.

Amicus Admin

[amicusadmin@foothillsacademy.org](mailto:amicusadmin@foothillsacademy.org)

403-270-9400 ext. 726

## Missing Home While at Camp

Missing home is okay and is not something that campers should feel bad about. Talking about being homesick as a family before camp and parents sharing their positive experiences will help campers prepare for camp. Asking questions like, “How do you feel about being away from home?” and “What is something you can do if you miss home?” can help prepare campers for possible emotions regarding missing home while at camp.

It is helpful to encourage your camper to think of strategies for if/when they feel homesick at camp. Writing letters, doing a craft, or talking with a counsellor are all great steps.

Coming up with a plan for our campers is important, and we always have a plan at camp! Here is what to expect if your camper feels homesick while at camp:

- Checking in regarding what routines work well at home - our counsellors will check in with your camper to see if we can do anything to make camp feel more like home. For example, maybe it’s a specific bedtime story or routine, or a game they love to play.
- Remind that camper what they were excited about - reminding our campers of what things they are liking about camp, the food, the activities, their new friends, and helping them connect to those things.
- Writing letters home - we encourage campers to write letters home, so that parents can write back the same day!
- Calling home - we support campers who want to call home. We always call families before their camper does to ensure that they are available for a chat and let the families know of some things that are going well at camp. We do not keep campers at camp against their will, and do not withhold camper communication from their families.



## Communicating with Your Family while at Camp

No matter what camp you are at, we are happy to support our campers and their families to stay in touch. We understand that you may want to know what is happening at camp while your child is here. As a result, we have a few different ways for you to stay in touch with your child while they are at camp.

### **The Daily Blog**

Camp families can check out our daily blog from camp at ( <https://campamicus.blog/> ). The blog is updated daily and it provides a comprehensive breakdown as to what was happening at camp that day.

Please note that we will only have photos of children whose families have selected yes for their media release on our blog. Children whose families have selected “no” will be sent a set of photos of their child at the end of the camp session.

### **Cell Phones at Camp**

Cell phones are not permitted at Camp. Camp provides an excellent opportunity for your child to gain independence and build friendships and cell phones take away from this. Cell phones cannot be used as cameras. As we know many campers want photos to remember their time at camp, we have a camp photographer who is here to capture and share the amazing camp activities. Thank you in advance for supporting the benefits of the camp experience by keeping your child’s cell phone at home.

If your child has a cell phone as they are responsible for taking themselves to and from camp that is okay. We will just sign it in for the day, and return it to the camper when they head home.

### **Calling Home**

Campers are welcome to call home once a day from the camp phone. We understand that some of our campers can really struggle with changes to their routine, anxiety, and being away from home – especially with everything happening around Covid-19. We do not keep campers at camp against their will, and we support campers through homesickness, by checking in with their parents and guardians and working collaboratively on a plan for the child.

Calls home will start with a call from the Camp Manager, to ensure that the camper’s family is available. The camp manager will give an update as to some of the positives that the camper has had, as well as any challenges, then the camper will be given the phone and time to chat with their family.

We typically try to limit the phone call to 10-15 minutes which gives enough time for the child to express their worries, and have the family show support and encouragement for the child to make another effort to re-join the program. This system has been successful for our campers to remain at camp for the remainder of the day or session.

## Camp Policies and Behaviour Expectations

### Covid-19

Here at camp we prioritize the safety of our campers, staff and the community as a whole. As a result, we take precautions for COVID-19 across all programs.

#### **Vaccination Requirements**

All staff must be double vaccinated to work at Foothills Academy Society and Amicus, unless they have a medical exemption on file with our Human Resources department.

Campers attending any overnight camp program (Overnight Camp, POLARIS, and CIT Overnight Camp) must be fully vaccinated before camp begins, and provide this documentation to Amicus during their registration process. We can accept a medical exemption letter from a doctor or nurse practitioner. The most up to date medical exemption policy from the Alberta Government can be found at

<https://open.alberta.ca/publications/covid-19-immunization-medical-exemption-policy>

#### **Covid Testing**

In our efforts to ensure a continuous summer program without interruption, we are happy to offer free testing for our campers attending overnight camp. We recommend testing on Sunday morning and the Thursday before and have a free Covid 19 rapid test to distribute to families who may need them. This is voluntary, and strongly encouraged. Please reach out to Amicus Admin - [amicusadmin@foothillsacademy.org](mailto:amicusadmin@foothillsacademy.org) - if you would like to pick up 2 free tests before your child's overnight session.

#### **Masks and PPE**

We support the diverse experiences and choices made by each person working or taking programs in our building. Masks are optional for both campers and staff. Extra disposable masks are available.

#### **Increased Cleaning and Activity Spaces**

Our staff team has an elevated cleaning and sanitizing schedule for all items used in programs, as well as high touch surfaces. Additionally, most camp activities are moved outdoors to ensure adequate ventilation and space. When there is inclement weather we have large indoor spaces to ensure campers can safely distance indoors.

#### **If Someone Develops Symptoms While at Camp**

We will require any participant who experiences COVID-19 symptoms during their program to be picked up by a parent/guardian as soon as possible. This includes overnight camp, CIT Overnight and POLARIS programs - (i.e., you may have to pick up your child from Kananaskis County if they develop COVID-19 Symptoms while on a hiking trip). Campers will be in isolation from the group until someone is able to pick them up from Amicus.

## Behaviour Policy

Participants may be removed from Amicus programs temporarily or permanently as a result of behaviour that goes beyond the scope of our mandate and intake criteria. In particular significant behaviour and/or emotional regulation challenges such as hitting/striking another participant or staff member, removing themselves from the program (running away), or locking themselves in, or others out of a room, consistent use of offensive or profane language, possession or use of weapons, alcohol drugs or similarly harmful items.

Amicus staff are expected to address any concerns about a participant's behaviour and communicate those concerns to the Amicus Manager within 4 hours, so this information can be communicated to the family.

In cases where the safety of participants or staff is in question then emergency procedures will be instituted and the staff notified accordingly.

If Amicus programs deem that circumstances warrant it, Calgary Police Services or other community services will be notified.

Level of Incident	Possible Examples	Steps Taken
Mild	<p>Throwing items in frustration.</p> <p>Walking or running away from the group or staff for space.</p>	<ol style="list-style-type: none"> <li>1. Discuss the situation at hand with the participant, and any staff who were in the area to ensure they have a clear idea of precipitating factors and staff responses.</li> <li>2. Communicate with the family after the program ends for the day to update parents.</li> <li>3. Move forward with a behaviour plan in collaboration with the campers family to support the camper while at the program.</li> </ol>
Moderate	<p>Striking (singularly or unintentionally) another participant or staff member.</p> <p>Running away from the group or staff, and hiding.</p> <p>Throwing items</p>	<ol style="list-style-type: none"> <li>1. Discuss the situation at hand with the participant, and any staff who were in the area to ensure they have a clear idea of precipitating factors and staff responses.</li> <li>2. Communicate with the family after the program ends for the day to update parents.</li> <li>3. Move forward with a behaviour plan in collaboration with the campers family to support the camper while at the program.</li> <li>4. The participant may then have 1 day/1 program non-refundable leave from the camp or recreation program.</li> </ol> <p>** If these behaviours repeat, the Level of Incident will move to severe.</p>

<p>Severe</p>	<p>Striking intentionally or repeatedly other participants or staff.</p> <p>Repeated attempts to strike participants or staff.</p> <p>Was restrained by a staff member for the safety of the participant or others.</p>	<ol style="list-style-type: none"> <li>1. Discuss the situation at hand with the participant, and any staff who were in the area to ensure they have a clear idea of precipitating factors and staff responses.</li> <li>2. Communicate with the family, and depending on the situation (such as hitting/striking another person) inform the family they must immediately pick up their child from the program. During this time, it can be expected that the participant may be engaged in 1:1 programs with a staff member and not re-integrated into the program.</li> <li>3. The participant will then have 1 day/1 program non-refundable leave from the camp or recreation program. During this time, the participant’s family and Amicus Manager will discuss the situation and look for collaborative solutions to re-integrate the participant into the Amicus program. It is at the sole discretion of the Amicus Manager to assess the severity of the behaviour and the participant’s ability to remain in the program.</li> <li>4. If the participant’s behaviour is deemed beyond the scope of our program, the <b>participant will not be allowed to return to the program and no refund will be given.</b> This removal from the program may be temporary (they can return later in the summer or next recreation season) or to return to the program, the participant would need to be reassessed through the Amicus Intake Process ( Parent Intake Form, copy of your child’s most recent psycho-educational assessment (if you have one), a copy of your child’s IPP (if you have one), current teacher’s contact information).</li> </ol>
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In the event of a disagreement between the Amicus Manager and the participant’s family about the level of incident or the manager's response to the situation, the Executive Director of Foothills Academy Society will be included in the discussion to find reasonable and equitable solutions.

## Independence Policy

The child must be able to participate within small and large group situations that do not require significant and consistent 1:1 support on an ongoing basis. All Amicus programs have qualified, trained staff and provide a 3:1 child to adult ratio.

When an instance occurs the following steps will be taken by the Amicus Manager;

1. Discuss the situation at hand with the participant, and any staff who have been working with the child who is in need of 1:1 support.
2. Communicate with the family, and depending on the situation inform the family whether they will pick up their child at the end of the day, or if they have to pick up their child immediately from the program - this is dependent on the program (overnight camp, day camp, POLARIS, recreation) as well as the level of support needed (consistent 1:1 support that is moderate or severe in the Behaviour Management Policy).
3. The participant's family and the Amicus Manager will discuss the situation and look for alternative programs that are able to support the participant's current needs. It is at the sole discretion of the Amicus Manager to assess the participants' need for support within the scope of Amicus programs.
4. If the participant's need for support is deemed beyond the scope of our program, the participant will **not be allowed to return to the program and no refund will be given**. To return to the program, the participant would need to be reassessed through the Amicus Intake Process (Parent Intake Form, copy of your child's most recent psycho-educational assessment (if you have one), a copy of your child's IPP (if you have one), current teacher's contact information).

## **Medication Policy**

Amicus programs require that participants who take medications during the school year must remain on medications while at camp.

If your child is taking a medication vacation for summer, they must still be medicated during their time at Amicus programs. The reason for this is that Camp Amicus is a learning environment and to best teach and reinforce new social skills, participants need to be able to focus and maintain attention to the best of their ability.

If your child is being seen by the Complex ADHD Treatment Team (CATT) or similar specialized team and cannot be medicated at the time of their attendance of Amicus programs, we will require medical documentation to confirm this by June 1 before camp begins, or 4 weeks before recreation programs begin. If your child is not signed in with their medication, they may be immediately dismissed from Amicus programs.

If your child has a cannabis prescription, we need a copy of the prescription with administration instructions from the doctor as these prescriptions do not have a typical DIN number or prescription bottle with administration instructions.



## Refund Policy

All Amicus refunds are for the program fee and do not include the deposit (typically \$25 for recreation programs, and \$100 for camp programs). All program fees, including before and after care are included within this policy.

Below is a breakdown of our refund structure.

Full refund - minus the deposit:

- For withdrawals more than three weeks before the start date.

No refund:

- Withdrawals less than 3 weeks prior to the first day of the program.
- If a child has to leave an Amicus Program in relation to the Behaviour or Independence Policy.
- **Failure to communicate all current diagnosis information or provide medication(s) as outlined in our Medication policy.**
- The program has begun and the family has elected to withdraw their child.

Partial refund - minus the deposit:

- Withdrawals less than 3 weeks prior to the start of the program due to a medical reason and a doctor's note is provided.
- Refunds based on Covid-19 exposure or confirmed diagnosis may be allotted on a case by case basis (i.e., a child with proof of a positive covid-19 test will be allotted a full refund, a child with a suspected exposure who does not attend camp while awaiting test results may be given a prorated refund for days missed).

Refunds and Reprocessing

- In the event that families request a refund and reprocessing of payment on a program, the processing fee will be deducted from the refund and an additional processing fee will be added in the event of reprocessing any additional payments.

## Contacting Amicus Participants or Families Outside of Amicus Program

Amicus Staff cannot contact Amicus participants or families outside of the program while working for Amicus without making the Amicus Manager aware and then awaiting a multi-stepped process to ensure the Amicus family is aware and has responded in agreement to the stipulations below.

The steps that will be taken by the staff and Amicus Manager are:

1. Make the Amicus Manager aware that a participant or family has requested to contact the staff member outside of our program and that the staff member is interested in continuing the relationship beyond Amicus programs.
2. The Amicus Manager will then reach out to the family with the following template:
  - a. While at camp (*participants name*) made a strong connection with one of our staff (*staff legal and camp name*) who your child has requested to contact outside of camp/you have requested their information for respite/babysitting.

Our staff member is happy to connect with your child/family outside of camp. However, before we send a connecting email between all of the adults in an email we need to ensure that you are aware that this is not a part of Amicus Programs or Foothills Academy Society programs.

We also wanted to ensure you are aware that we are not, and cannot endorse any of our current or former staff for any interactions with families outside of our programs, and we always recommend parents to be in contact with the adult involved - in this case (*staff legal names*).

Let me know if you would like to connect with this staff member, and a connecting email will be sent.

3. If the family responds in agreement then a connecting email is sent by the Amicus Manager.

# Day Camp

## Location and Contact Information

Address: Foothills Academy Society - 745 37th Street NW, Calgary, AB

Phone Number: 403 270 9400

Ext 726 - Amicus Admin - Absences

Ext 252 - Mariann Bierman - Registration, Payment and FSCD needs

Ext 217 - Kathleen Gurski - Camper needs

## Transportation

Camp Amicus provides transportation to campers for field trips during camp. Transportation to and from camp is the responsibility of families.

## Before and After Care – Day Camp

We offer before and after care for \$25 each, per week.

Before care hours are 8:00 AM - 9:00 AM.

After care hours are 4:00 PM – 5:00 PM.

Camp Amicus cannot provide care for campers before 8:00 AM or after 5:00 PM at Day Camp, and fees apply for these campers.

If your camper has permission to sign themselves in or out of camp, they cannot stay on the property or join before or after care. Any camper who is at camp before 8:50 AM or after 4:10 PM will be invoiced for before or after care.

**If you have selected before and/or after care at registration our intake coordinator will contact you 3-4 weeks before your child's camp program begins to confirm their before/after care attendance, and provide you with a separate invoice for that cost.**

There is a cost of \$15 for every 10 minute block that a parent is late.

If you are unsure if you selected before/after care for your camper, please contact our intake coordinator. We cannot accommodate before/after care requests with less than 1 weeks notice, to ensure a staff ratio is maintained.

To contact the camp office, please get a hold of our intake coordinator or admin staff:

Mariann Biermann  
[intake@foothillsacademy.org](mailto:intake@foothillsacademy.org)  
403-270-9400 ext. 252

Amicus Admin  
[amicusadmin@foothillsacademy.org](mailto:amicusadmin@foothillsacademy.org)  
403-270-9400 ext. 726

## What to Bring to Camp – Day Camp

### What to Wear

Campers are best to wear clothing they can be active in, and are okay to possibly get dirty. We ask that campers have closed toed shoes for games at camp. We also recommend packing extra clothes for campers, particularly younger campers, in case of incontinence. We will send out reminder emails for any water play days, to remind families to pack bathing suits and towels.

### Food

Pack a lunch and snacks for your campers at Day Camp. We recommend packing extra snacks as our campers can be hungrier than usual at camp. **Camp Amicus is a nut free camp.** Please respect the allergies of staff and campers by refraining from sending any nut products to camp.

Camp has some back up snacks and meals in case campers forget their lunch or are super hungry. These snacks are nut free and allergen aware.

### Labels

Please label **ALL** items coming to Camp. A permanent laundry marker works well. Each year we have lots of items that are left behind. Many campers do not recognize their own things (especially towels and socks) – so please help us send everything home with your camper by clearly labeling each item. Camp Amicus is not responsible for any lost or stolen items.

### Lost and Found

If you do find that your camper has forgotten something, please call the camp office as soon as possible to arrange to pick it up. We hold lost and found items for two weeks at the end of summer, before the items are donated to charity.

### Laundry

Our day camp has a small laundry facility, to wash and dry campers' soiled clothing. Typically this is only used when a camper's items are dirty with bodily fluid, or the mess is significant. It is always best to pack an extra set of shorts or shirt for the week, if you know your camper can get into a good mess.

### Clothes and Sun Protection

As camp is a very active place, we recommend that campers dress for the weather. Please send your camper with sunscreen, additional clothing, bathing suits and towels (we will remind you about water play days), closed toed shoes and hats!

### Medications

Please ensure your child's medications are in an easily accessible place so that they can be handed into our camp staff and health care staff for appropriate distribution.

Camp Amicus is a dry, and non-smoking camp. Campers found using tobacco or cannabis products, smoking, drinking, or with knives/weapons will be asked to leave. Parents/guardians will be responsible for picking their children up and taking them home. Any camper cell phones found by counsellors will be taken away from campers for the duration of camp, and returned to their parents at pick up.

## Daily Schedule - Day Camp

### Morning

#### **9:00 Arrive at Camp**

#### **9:15 Zones Check In and Schedule for the Day**

Your counsellor will lead a group check in, and let you know what to expect for the day.

#### **9:30 Camp Wide Game**

A chance to start your day running, playing, laughing and more. Or if you are still a bit tired, try out an activity on the side lines.

#### **10:00 Goals and Snack**

What goals do you want to set today? Have a snack with your group and decide.

#### **10:15 Social Skills**

Work on some fun, exciting team activities with your group.

#### **11:15 Clubs**

Sign up for a club - sports, art, music, board games and more. Explore something you are interested in while at camp

#### **12:00 Free Time**

Before we sit down to eat, it's time to do whatever works for you. Have some quiet time, or go play.

### Afternoon

#### **12:30 Lunch**

An uninterrupted lunch, after we already had free time. Take your time and enjoy!

#### **1:00 Choice Activities**

It's CHOICE time! Our counsellors will plan different, fun and sometimes outrageous activities for you to try out. You will get to choose 2 of three activities that are offered.

#### **3:15 Steps in the Right Direction**

A very special time of day at camp, where we get to celebrate all of the awesome things our campers have done, throughout the day.

#### **3:30 Zones Check In and Schedule for Tomorrow**

Finish off your day with your group by talking about how awesome today was, and how great tomorrow will be.

#### **4:00 Head Home**

We have before and aftercare for \$25 per week, for each from 8:00 AM - 9:00 AM for before care and 4:00 PM - 5:00 PM for after care.

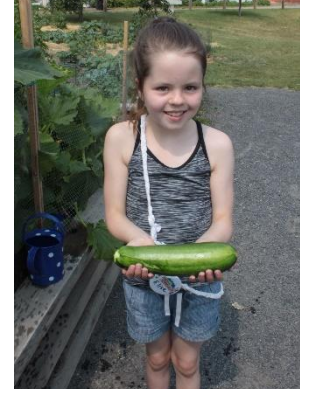
## Session Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 9:00	Before Care	Before Care	Before Care	Before Care	Before Care
9:00 - 9:10	Camper Arrival	Camper Arrival	Camper Arrival	Camper Arrival	Camper Arrival
9:10 - 9:30	Announcements	Announcements	Announcements	Announcements	Announcements
9:30 - 10:15	Camp Wide Game	Camp Wide Game	Camp Wide Game	Camp Wide Game	Camp Wide Game
10:15 - 10:30	2:6 Time Group Contract Snack	Zones, Goals and Snack	Zones, Goals and Snack	Zones, Goals and Snack	Zones, Goals and Snack
10:30 - 11:30		<b>Social Skill</b>	<b>Social Skill</b>	<b>Social Skill</b>	<b>Social Skill</b>
11:30- 12:15		Clubs	Clubs	Clubs	Clubs
12:15 - 1:00	Lunch/Free time	Lunch/Free time	Lunch/Free time	Lunch/Free time	Lunch/Free time
1:00 - 2:00	Choice	Choice	Choice	Choice	Swimming - Village Square
2:00 - 2:15	Transition/Snack	Transition	Transition	Transition	
2:15 - 3:15	Choice	Choice	Choice	Choice	
3:15 - 3:30	Transition/Snack and Check-In	Transition/Snack and Check-In	Transition/Snack and Check-In	Transition/Snack and Check-In	Transition/Snack and Check-In
3:30 - 4:00	Steps	Steps	Steps	Steps	Steps
4:00 - 5:00	After Care	After Care	After Care	After Care	After Care

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
8:00 - 9:00	Before Care	Before Care	Before Care	Before Care	Before Care	
9:00 - 9:10	Camper Arrival	Camper Arrival	Camper Arrival	Camper Arrival	Camper Arrival	
9:10 - 9:30	Announcements	Announcements	Announcements	Announcements	Announcements	
9:30 - 10:15	Camp Wide Game	Camp Wide Game	Camp Wide Game	Calaway Park	Camp Wide Game	
10:15 - 10:30	Zones, Goals and Snack	Zones, Goals and Snack	Zones, Goals and Snack		Zones, Goals and Snack	
10:30 - 11:30	<b>Social Skill</b>	<b>Social Skill</b>	<b>Social Skill</b>		<b>Social Skill</b>	
11:30- 12:15	Clubs	Clubs	Clubs		Clubs	
12:15 - 1:00	Lunch/Free time	Lunch/Free time	Lunch/Free time		Lunch/Free time	
1:00 - 2:00	Choice	Choice	Choice		Choice	
2:00 - 2:15	Transition/Snack	Transition	Transition		Kangaroo Court/ Awards	
2:15 - 3:15	Choice	Choice	Choice			
3:15 - 3:30	Transition/Snack and Check-In	Transition/Snack and Check-In	Transition/Snack and Check-In			Transition/Snack and Check-In
3:30 - 4:00	Steps	Steps	Steps			Steps
4:00 - 5:00	After Care	After Care	After Care	After Care	After Care	

## Activities - Day Camp

At day camp we have a lot of different activities, and we go on field trips all over Calgary (For 2022 this is COVID dependent). While we are at camp, we visit the garden and try to eat some new things, set up water play days (our favourite is slip and slide bowling), do 3D printing, play sports and more.



### DAY CAMP

Field Trips  
Water Play Days  
Gardening  
Archery  
Screen Printing  
Tie Dye  
Art  
Music  
Sports  
Engineering  
And More

# Horsemanship Camps

## Location and Contact Information

Address: Foothills Academy Society - 745 37th Street NW, Calgary, AB  
Homeplace Ranch, Priddis

Phone Number: 403 270 9400

Ext 726 - Amicus Admin - Absences

Ext 252 - Mariann Bierman - Registration, Payment and FSCD needs

Ext 217 - Kathleen Gurski - Camper needs

## Transportation

Camp Amicus provides transportation to campers for field trips during camp. Transportation to and from camp is the responsibility of families.

## Before and After Care – Day Camp

We offer before and after care for \$25 each, per week.

Before care hours are 8:00 AM - 9:00 AM.

After care hours are 4:00 PM – 5:00 PM.

Camp Amicus cannot provide care for campers before 8:00 AM or after 5:00 PM at Day Camp, and fees apply for these campers.

If your camper has permission to sign themselves in or out of camp, they cannot stay on the property or join before or after care. Any camper who is at camp before 8:50 AM or after 4:10 PM will be invoiced for before or after care.

**If you have selected before an/or after care at registration our intake coordinator will contact you 3-4 weeks before your child's camp program begins to confirm their before/after care attendance, and provide you with a separate invoice for that cost.**

There is a cost of \$15 for every 10 minute block that a parent is late.

If you are unsure if you selected before/after care for your camper, please contact our intake coordinator. We cannot accommodate before/after care requests with less than 1 weeks notice, to ensure a staff ratio is maintained.

To contact the camp office, please get a hold of our intake coordinator or admin staff:

Mariann Biermann  
[intake@foothillsacademy.org](mailto:intake@foothillsacademy.org)  
403-270-9400 ext. 252

Amicus Admin  
[amicusadmin@foothillsacademy.org](mailto:amicusadmin@foothillsacademy.org)  
403-270-9400 ext. 726



## What to Bring to Camp – Horsemanship Camp

### What to Wear

For riding, campers are best to wear long pants and shoes with a heel. For the rest of the day campers are best to wear clothing they can be active in, and are okay to possibly get dirty. We ask that campers have closed toed shoes for games at camp. We also recommend packing extra clothes for campers, particularly younger campers, in case of incontinence. We will send out reminder emails for any water play days, to remind families to pack bathing suits and towels.

### Food

Pack a lunch and snacks for your campers at Horsemanship Camp. We recommend packing extra snacks as our campers can be hungrier than usual at camp.

Camp has some back up snacks and meals in case campers forget their lunch or are super hungry. These snacks are nut free and allergen aware.

### Labels

Please label **ALL** items coming to Camp. A permanent laundry marker works well. Each year we have lots of items that are left behind. Many campers do not recognize their own things (especially towels and socks) – so please help us send everything home with your camper by clearly labeling each item. Camp Amicus is not responsible for any lost or stolen items.

### Lost and Found

If you do find that your camper has forgotten something, please call the camp office as soon as possible to arrange to pick it up. We hold lost and found items for two weeks at the end of summer, before the items are donated to charity.

### Laundry

Our day camp has a small laundry facility, to wash and dry campers' soiled clothing. Typically this is only used when a camper's items are dirty with bodily fluid, or the mess is significant. It is always best to pack an extra set of shorts or shirt for the week, if you know your camper can get into a good mess.

### Clothes and Sun Protection

As camp is a very active place, we recommend that campers dress for the weather. Please send your camper with sunscreen, additional clothing, bathing suits and towels (we will remind you about water play days), closed toed shoes and hats!

### Medications

Please ensure your child's medications are in an easily accessible place so that they can be handed into our camp staff and health care staff for appropriate distribution.

Camp Amicus is a dry, and non-smoking camp. Campers found using tobacco or cannabis products, smoking, drinking, or with knives/weapons will be asked to leave. Parents/guardians will be responsible for picking their children up and taking them home. Any camper cell phones found by counsellors will be taken away from campers for the duration of camp, and returned to their parents at pick up.

## Daily Schedule - Horsemanship

### Morning

#### **9:00 Arrive at Camp**

#### **9:15 Zones Check In and Schedule for the Day**

Your counsellor will lead a group check in, and let you know what to expect for the day.

#### **9:30 Head to the Ranch**

Load into our camp van, and get ready for some great games, songs and chats while we head to the Ranch. We have a nice small group, and there is space to distance on the drive.

#### **10:00 Horsemanship Program**

It is time to bond and connect with your horse! Learn about how and why horses are a great partner for you and what you can learn from horses to help you in your life at home and at school. Rancher Mac is our lead instructor and excited to have our Amicus campers back at the ranch.

We always have time for a snack, so feel free to eat your snack when you want.

#### **12:00 Free Time/Flex Time**

Before we sit down to eat, it's time to do whatever works for you. Have some quiet time, or go play.

### Afternoon

#### **12:30 Lunch**

An uninterrupted lunch, after we already had free time. Take your time and enjoy!

#### **1:00 Head back to Foothills**

Load into the van and head back to Foothills.

#### **1:40 Change out of Horse Clothing**

#### **2:00 Choice Activities with Day Camp**

It's CHOICE time! Our counsellors will plan different, fun and sometimes outrageous activities for you to try out. You will get to choose 2 of three activities that are offered.

#### **3:30 Steps in the Right Direction**

A very special time of day at camp, where we get to celebrate all of the awesome things our campers have done.

#### **3:45 Zones Check In and Schedule for Tomorrow**

Finish off your day with your group, talking about how awesome today was, and how great tomorrow will be.

#### **4:00 Head Home**

We have before and aftercare for \$25 per week, for each from 8:00 AM - 9:00 AM for before care and 4:00 PM - 5:00 PM for after care.

## Session Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 9:00	Before Care	Before Care	Before Care	Before Care	Before Care
9:00 - 9:10	Camper Arrival	Camper Arrival	Camper Arrival	Camper Arrival	Camper Arrival
9:10 - 9:30	Leave for the Ranch	Leave for the Ranch	Leave for the Ranch	Leave for the Ranch	Leave for the Ranch
9:30 - 10:15	Horsemanship Program	Horsemanship Program	Horsemanship Program	Horsemanship Program	Horsemanship Program
10:15 - 10:30					
10:30 - 11:30					
11:30 - 12:15					
12:15 - 1:00	Lunch/Free time	Lunch/Free time	Lunch/Free time	Lunch/Free time	Lunch/Free time
1:00 - 2:00	Head back to Foothills	Head back to Foothills	Head back to Foothills	Head back to Foothills	Choice
2:00 - 2:15	Transition/Snack	Transition	Transition	Transition	Kangaroo Court/ Awards
2:15 - 3:15	Choice	Choice	Choice	Choice	
3:15 - 3:30	Transition/Snack and Check-In	Transition/Snack and Check-In	Transition/Snack and Check-In	Transition/Snack and Check-In	
3:30 - 4:00	Steps	Steps	Steps	Steps	
4:00 - 5:00	After Care	After Care	After Care	After Care	After Care

# Overnight Camp

## Location and Contact Information

Address: Camp BB Riback, Township Road 361, Pine Lake

Phone Number: 403 270 9400

Ext 726 - Amicus Admin - Absences

Ext 252 - Mariann Bierman - Registration, Payment and FSCD needs

Ext 217 - Kathleen Gurski - Camper needs

## Transportation - Overnight Camp

**Drop Off/Pick up info Calgary:** Calgary drop off at Foothills Academy - 745 37 Street NW

Drop off is on Sunday and the bus will leave at 2:00 PM, we will be doing arrival COVID 19 rapid testing for all campers and staff. This will start at 12:30 PM, and your time slot will be sent to you in your "Here We Go" email.

What will happen at drop off:

- An Amicus Staff member will arrive at your car window to rapidly test your child. Once their test is complete and negative, someone will come back to let you know that you can come to sign in.
- Drop off your luggage in the designated luggage area.
- Sign your child in at the sign in table, then proceed to the Camp Health Care Provider to drop off medication and camp letters.
- Sign your child in with the Camp Health Care Provider and give them all medications which we will put into **one clear plastic bag** (LABEL EVERYTHING YOU BRING). They will review what medications they are expecting to receive, dosages and times.
- When these steps are complete, our leadership team will help you and your camper find their counsellors, play on the playground, use the washroom and say goodbye!
- The bus will depart at 2:15 PM

Calgary pick up is at Foothills Academy at 12:00 PM on Friday

Please remember to gather all of your camper's belongings; the medication will be packed in their overnight bags.

### **Drop off/Pick up Camp BB Riback**

If you have already arranged to drop off or pick up your child at Camp BB Riback, you must remain with your camper in your car until they have received their COVID-19 Rapid test and then signed in with a staff member and health care provider.

The bus will arrive at Camp BB Riback at approximately 3:30 PM on Sunday. We ask families who are dropping off their campers at Camp BB Riback to keep this in mind, as families and campers will have to stay in their cars. The bus will depart Camp BB Riback at 10:30 AM on Friday, please arrive at 10:00 AM to pick up before the bus has to leave.

## Packing Guidelines – Overnight Camp

**PLEASE PACK IN A SOFT DUFFEL BAG, NOT A HARD SUITCASE**

Camp Amicus is a dry and non-smoking camp. Campers found using tobacco products, smoking, drinking, using weapons/illegal drugs will be asked to leave. Parents/Guardians will be responsible for picking their children up and taking them home. Any camper cellphones found by counsellors will be taken away from campers for the duration of camp and returned to their parents at pick up.

### Labels

Please label **ALL** items coming to Camp. A permanent laundry marker works well. Each year we have lots of items that are left behind. Many campers do not recognize their own things (especially towels and socks) – so please help us send everything home with your camper by clearly labeling each item. Camp Amicus is not responsible for any lost or stolen items.

### Medications

Please **DO NOT** pack your campers medications in their bag. They will be signed in with our health care provider when you drop off your camper. At the end of camp, we ensure your campers medications are in their bag heading home. You will most likely find them at the top of the bag, or in a side pocket upon return.

### Lost and Found

If you find that your camper has forgotten something, please call the camp office as soon as possible to arrange for pick up. We hold lost and found items for two weeks at the end of summer before the items are donated to charity.

### Food

Please **DO NOT** bring any food, candy or drink. We will have plenty of food and snacks available. If you require a specialized diet please note this on your medical form (which you have filled out within your registration forms).

### For the Bus Ride

Campers can bring a bag or knapsack if they like that holds some books or games for the bus ride. We will be showing a movie on our way to camp - all appropriately rated for the age of the camper group.

### Laundry

Camp Amicus does not provide laundry services for camper's clothing. We ask that all campers have enough clothing to get through one active, outdoor week. The nights and mornings can be chilly so please pack some warm clothing including long sleeved shirts and long pants. Please read the packing list carefully.

## Packing List - Overnight Camp

**PLEASE PACK IN A SOFT DUFFEL BAG, NOT A HARD SUITCASE**

Quantity	Item	Quantity	Item
7	Underwear	1	Rain Jacket
7	Socks	1	Warm Jacket/Wind Jacket
2	Pajamas	2	Running Shoes (closed toe)
1-2	Baseball Hat/Sun Hat	1	Boots with heels (for horseback riding)
2-3	Shorts	1	Flip Flops
2	Long Pants	1	Rain Boots (optional)
5	T-Shirt	1	Toque
2	Sweatshirt	1	Bedding for Single Bed/Sleeping Bag/ Stuffed Animal
2	Bathing Suits	1	Pillow
1	Shampoo/Conditioner	1	Sunscreen
1	Soap/Body Wash	1	Bug Spray
1	Toothbrush/Toothpaste	1	Flashlight with Fresh Batteries
2	Towel	1	Backpack
1	Outfit for horseback riding (long pants)	1	Large reusable water bottle

## Meals

Camp Amicus provides healthy and balanced meals that are camper friendly and nutritious. We offer snack times 3 times a day, to support campers changing appetites due to medication ebbs and flows.

Our overnight camp kitchen is able to accommodate dietary restrictions including vegetarian, halal, allergies and gluten free meals. Our camp kitchen is peanut free. While we do our best to accommodate sensitives such as colouring or refined sugar, we cannot guarantee no cross contamination.

### Sample Overnight Camp Meals

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> <li>● Scrambled egg, hash browns, and sausage links</li> <li>● Pancakes and syrup</li> <li>● Breakfast burritos</li> <li>● French toast</li> <li>● Egg and cheese english muffins</li> </ul> <p>Every breakfast is served with a selection of cereal, oatmeal, and cut fruit alongside the main portion of the meal.</p>	<ul style="list-style-type: none"> <li>● Cheese and veggie Pizza buns</li> <li>● Falafel and Hummus served with Pita bread</li> <li>● Grilled cheese and tomato soup</li> <li>● Baked Mac and Cheese</li> <li>● Chicken Caesar wraps</li> </ul> <p>Each lunch and dinner will include a salad and/or roasted vegetables.</p>	<ul style="list-style-type: none"> <li>● Chicken vegetable stir fry with rice</li> <li>● Shepherd's pie</li> <li>● Burrito bowls and rice</li> <li>● Teriyaki Chicken and potatoes</li> </ul> <p>Each lunch and dinner will include a salad and/or roasted vegetables.</p>

## Before and After Care

Camp Amicus does not provide before or after care for Overnight Camp. There is a cost of \$15 for every 10 minute block that a parent is late.

To contact the camp office, please get a hold of our intake coordinator or admin staff:

Mariann Biermann  
[intake@foothillsacademy.org](mailto:intake@foothillsacademy.org)  
 403-270-9400 ext. 252

Amicus Admin  
[amicusadmin@foothillsacademy.org](mailto:amicusadmin@foothillsacademy.org)  
 403-270-9400 ext. 726

## Daily Schedule - Overnight Camp

### Rise and Shine

#### **7:30 Polar Bear Dip**

What better way to start your day than jumping in the pool! If you go every day, you can earn your Polar Bear Dip Award!

#### **8:00 Wake Up and Get Ready**

If you didn't head to Polar Bear Dip it is time to wake up and get ready for the day. Our Polar Bear Dippers can have a warm shower to get ready for the day before making their way to breakfast.

#### **8:30 Breakfast**

Head to the dining hall for some great warm and cold options for breakfast.

Campers will find out the choices offered at breakfast every day to sign up for 2 of the 3 activities they would like to try in the afternoon.

#### **9:15 Zones Check in and Schedule for the Day**

Your counsellor will lead a group check in and let you know what to expect for the day.

#### **10:00 Camp Wide Game**

A chance to start your day running, playing, laughing and more. Or if you are still a bit tired, try out an activity on the side lines.

#### **10:45 Social Skills and Snack**

Work on some fun, exciting team activities with your group.

#### **12:00 Lunch**

Time to refuel for an afternoon full of fun!

### Afternoon

#### **1:00 Rest Hour**

All campers and staff head back to their bunks for some quiet time. Whether that is reading, napping or writing a letter home, this is a great time recoup for a fun afternoon of activities

#### **2:00 Afternoon Choice 1**

Rock climbing, horseback riding, arts, swimming, canoeing and whatever wacky activities our counsellors have made up!

#### **3:30 Snack**

#### **3:45 Afternoon Choice 2**

#### **5:15 Counsellor Group Time**

Touch base with your counsellor and folks in our counsellor group after all of our afternoon fun.

#### **5:45 Free Time**

Kick back and relax, go play sports or have a shower. It's FREE TIME!

#### **6:30 Dinner**

#### **7:30 Evening Program**

Capture the flag, a camp fire or a camp dance and board game café, it's always a great time.

#### **8:30 Shower House**

Get ready for bed with a shower, and brushing your teeth.

#### **9:00 Story and Bedtime**

Recap the day with your cabin mates, then your counsellors will read you a story or chat about the day.

#### **9:30 Lights Out**



## Session Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 - 8:00		Polar Bear Dip	Polar Bear Dip	Polar Bear Dip	Polar Bear Dip	Wake Up
8:00 - 8:30		Wake Up	Wake Up	Wake Up	Wake Up	
8:30 - 9:30		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:30 - 10:00		2:6 Time - goals, zones, prep for day	2:6 Time - goals, zones, prep for day	2:6 Time - goals, zones, prep for day	2:6 Time - goals, zones, prep for day	Clean Up
10:00 - 10:30		Camp Wide Game	Camp Wide Game	Camp Wide Game	Camp Wide Game	Bus Arrives and Load
10:30 - 10:45						Bus Depart
11:45 - 12:00		Snack/Social Skills	Snack/Social Skills	Snack/Social Skills	Snack/Social Skills	Drive to Foothills
12:00 - 12:15		Transition	Transition	Transition	Transition	Bus Arrival at Foothills
12:15 - 1:00		Lunch	Lunch	Lunch	Lunch	
1:00 - 1:30		Rest Hour	Rest Hour	Rest Hour	Rest Hour	
1:30 - 2:00	Camper Sign In					
2:00 - 2:15	Bus Departure	Choice 1 - Rock Climbing, Canoeing	Choice 1 - Swimming, Horseback Riding	Choice 1 - High Ropes, Swimming	Choice 1 - Kayaking, Zip Line	
2:15 - 3:30	Drive to BB					
3:30 - 3:45	Arrive at BB	Snack	Snack	Snack	Snack	
3:45 - 4:15	Snack and Community Meeting	Choice 2 - Rock Climbing, Canoeing	Choice 2 - Swimming, Horseback Riding	Choice 2 - High Ropes, Swimming	Choice 2 - Kayaking, Zip Line	
4:15 - 4:45	Camp Wide Get to Know You's					
4:45 - 5:15	Tour					
5:15 - 5:45	Set Up Cabins	2:6 Time	2:6 Time	2:6 Time	2:6 Time	
5:45 - 6:00	2:6 Time (Group Contract)	Free Time	Free Time	Free Time	Free Time	
6:00 - 7:00	Supper	Supper	Supper	Supper	Supper	
7:00 - 8:00	Opening Campfire	Capture the Flag	Hydro Pyro	Dance	Closing Camp Fire and Awards	
8:00 - 8:30	Steps in the Right Direction	Steps in the Right Direction	Steps in the Right Direction	Steps in the Right Direction	Steps in the Right Direction	
8:30 - 9:00	Shower House	Shower House	Shower House	Shower House	Shower House	
9:00 - 9:30	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	

## Activities - Overnight Camp

We do a lot of activities at camp, and we always have a few options for you to choose from. If an activity doesn't match with your energy level, there is always another activity with other campers and counsellors for you to try out that is just as fun.



**OVERNIGHT CAMP**

- Swimming
- Canoeing
- Kayaking
- Rock Climbing
- High Ropes
- Zip Lining
- Horseback Riding
- Sports
- Arts and Crafts
- Campfire
- And more!



## Overnight Accommodations

Our overnight camp takes place at Camp BB Riback at Pine Lake, Alberta. We will provide the exact address in your "Here We Go" email. As they are a Jewish Community Camp and as the world polarizes, it is of utmost priority that this information is kept private to ensure the safety of all who attend camp.



Our campers will stay in cabins with their counsellors sleeping in traditional camp bunks with foam mattresses. These mattresses are not included in the photos as we toured the site during the winter and all mattresses are stored securely to ensure no rodents can access them in the off season.



The new (within the last 5 years) shower houses are designed to accommodate our campers with privacy, while staff are able to ensure adequate supervision simultaneously.



There was a tornado at Pine Lake 22 years ago. As a result there is an emergency space on the property - see below.



The entire bottom floor of this building is able to be made into an emergency shelter for every person on the property.

## Other Facilities

### Arts and Crafts Area



### Sports Courts



### Theater



# POLARIS

## Location and Contact Information

### Address:

Week 1 - Camp BB Riback, Township Road 361, Pine Lake

Week 2 - Foothills Academy Society - 745 37th Street NW, Calgary, AB

Week 3 - Foothills Academy Society - 745 37th Street NW, Calgary, AB and Kananaskis, AB

Phone Number: 403 270 9400

Ext 726 - Amicus Admin - Absences

Ext 252 - Mariann Bierman - Registration, Payment and FSCD needs

Ext 217 - Kathleen Gurski - Camper needs

## Transportation - POLARIS

### WEEK 1

**Drop Off/Pick up info Calgary:** Calgary drop off at Foothills Academy - 745 37 Street NW

Drop off is on Sunday and the bus will leave at 2:00 PM, we will be doing arrival COVID 19 rapid testing for all campers and staff. This will start at 12:30 PM, and your time slot will be sent to you in your "Here We Go" email.

What will happen at drop off:

- An Amicus Staff member will arrive at your car window to rapidly test your child. Once their test is complete and negative, someone will come back to let you know that you can come to sign in.
- Drop off your luggage in the designated luggage area.
- Sign your child in at the sign in table, then proceed to the Camp Health Care Provider to drop off medication and camp letters.
- Sign your child in with the Camp Health Care Provider and give them all medications which we will put into **one clear plastic bag** (LABEL EVERYTHING YOU BRING). They will review what medications they are expecting to receive, dosages and times.
- When these steps are complete, our leadership team will help you and your camper find their counsellors, play on the playground, use the washroom and say goodbye!
- The bus will depart at 2:15 PM

Calgary pick up is at Foothills Academy at 12:00 PM on Friday

Please remember to gather all of your camper's belongings; the medication will be packed in their overnight bags.

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The bus will arrive at Camp BB Riback at approximately 3:30 PM on Sunday. We ask families who are dropping off their campers at Camp BB Riback to keep this in mind, as families and campers will have to stay in their cars. The bus will depart Camp BB Riback at 10:30 AM on Friday, please arrive at 10:00 AM to pick up before the bus has to leave.

## **WEEK 2 and 3**

### Transportation

Camp Amicus provides transportation to campers for field trips during camp. Transportation to and from camp is the responsibility of families.

### Before and After Care – Day Camp

We offer before and after care for \$25 each, per week.

Before care hours are 8:00 AM - 9:00 AM.

After care hours are 4:00 PM – 5:00 PM.

Camp Amicus cannot provide care for campers before 8:00 AM or after 5:00 PM at Day Camp, and fees apply for these campers.

If your camper has permission to sign themselves in or out of camp, they cannot stay on the property or join before or after care. Any camper who is at camp before 8:50 AM or after 4:10 PM will be invoiced for before or after care.

**If you have selected before and/or after care at registration our intake coordinator will contact you 3-4 weeks before your child's camp program begins to confirm their before/after care attendance, and provide you with a separate invoice for that cost.**

There is a cost of \$15 for every 10 minute block that a parent is late.

If you are unsure if you selected before/after care for your camper, please contact our intake coordinator. We cannot accommodate before/after care requests with less than 1 weeks notice, to ensure a staff ratio is maintained.

To contact the camp office, please get a hold of our intake coordinator or admin staff:

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403-270-9400 ext. 726

## Meals

Camp Amicus provides healthy and balanced meals that are camper friendly and nutritious. We offer snack times 3 times a day, to support campers changing appetites due to medication ebbs and flows.

Our overnight camp kitchen is able to accommodate dietary restrictions including vegetarian, halal, allergies and gluten free meals. Our camp kitchen is peanut free. While we do our best to accommodate sensitives such as colouring or refined sugar, we cannot guarantee no cross contamination.

### Sample Overnight Camp Meals

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> <li>● Scrambled egg, hash browns, and sausage links</li> <li>● Pancakes and syrup</li> <li>● Breakfast burritos</li> <li>● French toast</li> <li>● Egg and cheese english muffins</li> </ul> <p>Every breakfast is served with a selection of cereal, oatmeal, and cut fruit alongside the main portion of the meal.</p>	<ul style="list-style-type: none"> <li>● Cheese and veggie Pizza buns</li> <li>● Falafel and Hummus served with Pita bread</li> <li>● Grilled cheese and tomato soup</li> <li>● Baked Mac and Cheese</li> <li>● Chicken Caesar wraps</li> </ul> <p>Each lunch and dinner will include a salad and/or roasted vegetables.</p>	<ul style="list-style-type: none"> <li>● Chicken vegetable stir fry with rice</li> <li>● Shepherd's pie</li> <li>● Burrito bowls and rice</li> <li>● Teriyaki Chicken and potatoes</li> </ul> <p>Each lunch and dinner will include a salad and/or roasted vegetables.</p>

**POLARIS** - POLARIS participants will be eating camp food for the first week while at overnight camp. In the second week of the program, and when POLARIS participants are not on OVERNIGHT camping trips, families are responsible for packing daily lunches and snacks.

For our POLARIS program overnight camping trips, all meals are provided, and dietary restrictions are accommodated. Below is a sample menu for overnight camp food.

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> <li>● Pancakes with fruit and bacon</li> <li>● Oatmeal with fruit, chocolate chips and more</li> </ul>	<ul style="list-style-type: none"> <li>● Grilled cheese and soup, fruit and veggies</li> <li>● Sandwiches and granola bars</li> <li>● Hummus and salami wraps</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken stir-fry, and rice</li> <li>● Quesadilla's and chips</li> <li>● Tortilla Pizzas and Salad</li> </ul>



## Packing Guidelines – Overnight Camp

**PLEASE PACK IN A SOFT DUFFEL BAG, NOT A HARD SUITCASE**

Camp Amicus is a dry and non-smoking camp. Campers found using tobacco products, smoking, drinking, using weapons/illegal drugs will be asked to leave. Parents/Guardians will be responsible for picking their children up and taking them home. Any camper cellphones found by counsellors will be taken away from campers for the duration of camp and returned to their parents at pick up.

### Labels

Please label **ALL** items coming to Camp. A permanent laundry marker works well. Each year we have lots of items that are left behind. Many campers do not recognize their own things (especially towels and socks) – so please help us send everything home with your camper by clearly labeling each item. Camp Amicus is not responsible for any lost or stolen items.

### Medications

Please **DO NOT** pack your campers medications in their bag. They will be signed in with our health care provider when you drop off your camper. At the end of camp, we ensure your campers medications are in their bag heading home. You will most likely find them at the top of the bag, or in a side pocket upon return.

### Lost and Found

If you find that your camper has forgotten something, please call the camp office as soon as possible to arrange for pick up. We hold lost and found items for two weeks at the end of summer before the items are donated to charity.

### Food

Please **DO NOT** bring any food, candy or drink. We will have plenty of food and snacks available. If you require a specialized diet please note this on your medical form (which you have filled out within your registration forms).

### For the Bus Ride

Campers can bring a bag or knapsack if they like that holds some books or games for the bus ride. We will be showing a movie on our way to camp - all appropriately rated for the age of the camper group.

### Laundry

Camp Amicus does not provide laundry services for camper's clothing. We ask that all campers have enough clothing to get through one active, outdoor week. The nights and mornings can be chilly so please pack some warm clothing including long sleeved shirts and long pants. Please read the packing list carefully.

## Packing List - Overnight Camp Week 1

**PLEASE PACK IN A SOFT DUFFEL BAG, NOT A HARD SUITCASE**

Quantity	Item	Quantity	Item
7	Underwear	1	Rain Jacket
7	Socks	1	Warm Jacket/Wind Jacket
2	Pajamas	2	Running Shoes (closed toe)
1-2	Baseball Hat/Sun Hat	1	Boots with heels (for horseback riding)
2-3	Shorts	1	Flip Flops
2	Long Pants	1	Rain Boots (optional)
5	T-Shirt	1	Toque
2	Sweatshirt	1	Bedding for Single Bed/Sleeping Bag/ Stuffed Animal
2	Bathing Suits	1	Pillow
1	Shampoo/Conditioner	1	Sunscreen
1	Soap/Body Wash	1	Bug Spray
1	Toothbrush/Toothpaste	1	Flashlight with Fresh Batteries
2	Towel	1	Backpack
1	Outfit for horseback riding (long pants)	1	Large reusable water bottle

## Packing List - POLARIS Trips (DAY)

For our hiking trip there are two things to consider:

1. Is this thing new?

New shoes or hiking boots give blisters, and new gear hasn't been tested yet. So make sure you are breaking things in before the trip with lots of walks around the neighbourhood or standing in the shower with your rain gear on to make sure that it works!

2. Is this made of cotton in any way, shape or form?

Cotton is more dangerous than you think. Once wet it does not dry and cannot keep you warm. Affordable options for tops and bottoms made of polyester at Walmart, which will be far better than any sweater or jeans on trail.

Quantity	Item
1	Day Pack
	Lunch and Snacks
1	Large reusable water bottle (1L Minimum)
1	Hiking Clothing - NO COTTON
1	Athletic Shoes/Hiking boots
1	Rain Jacket

## Packing List - POLARIS Trips (OVERNIGHT)

For our hiking trip there are two things to consider:

3. Is this thing new?

New shoes or hiking boots give blisters, and new gear hasn't been tested yet. So make sure you are breaking things in before the trip with lots of walks around the neighbourhood or standing in the shower with your rain gear on to make sure that it works!

4. Is this made of cotton in any way, shape or form?

Cotton is more dangerous than you think. Once wet it does not dry and cannot keep you warm. Affordable options for tops and bottoms made of polyester at Walmart, which will be far better than any sweater or jeans on trail.

**PLEASE PACK IN A SOFT DUFFEL BAG, NOT A HARD SUITCASE**

Quantity	Item	Quantity	Item
3	Underwear	1	Rain Jacket
3	Socks - NO COTTON	1	Rain Pants
1	Pajamas	1	Hiking Boots/Sturdy Running Shoes
1	Baseball Hat/Sun Hat	1	Campsite Shoes (optional) - old or flopping running shoes.
1	Shorts - NO COTTON	1	Toque
2	Long Pants - NO COTTON OR JEANS	1	Sunscreen
2	T-Shirt - NO COTTON	1	Bug Spray
2	Sweatshirt - NO COTTON	1	Flashlight with Fresh Batteries
1	Bathing Suit	1	Large reusable water bottle (1L Minimum)

## A Day at POLARIS - Overnight Camp - Week 1

### Rise and Shine

#### **7:30 Polar Bear Dip**

What better way to start your day than jumping in the pool! If you go every day, you can earn your Polar Bear Dip Award!

#### **8:00 Wake Up and Get Ready**

If you didn't head to Polar Bear Dip it is time to wake up and get ready for the day. Our Polar Bear Dippers can have a warm shower to get ready for the day before making their way to breakfast.

#### **8:30 Breakfast**

Head to the dining hall for some great warm and cold options for breakfast.

#### **9:15 Skill Development**

Whether we are working on our physical skills by hiking, learning about wilderness skills, Leave No Trace principles, or how to filter our water, we spend the morning learning essential skills for our upcoming hiking trips.

#### **12:00 Lunch**

Time to refuel for an afternoon full of fun!

### Afternoon

#### **1:00 Rest Hour**

All campers and staff head back to their bunks for some quiet time. Whether that is reading, napping or writing a letter home, this is a great time recoup for a fun afternoon of activities

#### **2:00 Team Development**

Working together to do high ropes activities while working on communication and team building, we spend the afternoons preparing ourselves as a group to work together efficiently on trails while hiking.



#### **5:45 Free Time**

Kick back and relax, go play sports or have a shower. It's FREE TIME!

#### **6:30 Dinner**

#### **7:30 Fire Building and Cooking**

It's time to learn to build fires and then cook over them! We hope you are ready for the best evening snacks ever.

#### **8:30 Shower House**

Get ready for bed with a shower and brushing your teeth.



#### **9:00 Story and Bedtime**

Recap the day with your cabin mates, then your counsellors will read you a story or chat about the day.



#### **9:30 Lights Out**

We know it seems early, but remember you are getting up early the next day for even more activities!

## A Day at POLARIS – Day Camp - Week 2

 <b>Morning</b> <b>9:00 Arrive at Camp</b> <b>9:15 Zones Check In and Schedule for the Day</b> Your counsellor will lead a group check in, and let you know what to expect for the day. <b>9:30 Depart for Hiking</b> We hop into the vans early to get out to the mountains with plenty of time to hike, and don't forget we are going RAIN OR SHINE! So make sure you have a rain jacket packed no matter what! <b>12:00 Lunch</b> Teens and their families are responsible for their daily lunches during week 2 of POLARIS	 <b>Afternoon</b> <b>1:00 Hiking</b> Time to wrap up our hike and head back to the vans for pick up, so we get back on time. <b>3:30 Steps in the Right Direction</b> A very special time of day at camp, where we get to celebrate all of the awesome things our campers have done, throughout the day. <b>3:45 Zones Check In and Schedule for Tomorrow</b> Finish off your day with your group, talking about how awesome the day was, and how great tomorrow will be. <b>4:00 Head Home</b>
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## A Day at POLARIS – Day Camp - Week 3 (Overnight Hiking Trip)

 <b>Morning</b> <b>8:00 Wake Up</b> <b>8:30 Breakfast and Pack Up</b> Rotating through different roles in the team, every teen will be responsible at some point in the trip for cooking meals for the group. They will be working with other teens to do this and be supported by a counsellor.  Other campers will be responsible for packing up camp and getting ready to either hike to a new campsite (POLARIS 2) or pack lunches and daypacks for a day hike (POLARIS 1) <b>10:00 Depart for Hiking</b> <b>12:00 Lunch</b> All lunches are provided by Amicus while on overnight hiking trips. We accommodate dietary restrictions.	 <b>Afternoon</b> <b>1:00 Hiking</b> Continue the hike for the afternoon and take in some amazing views. <b>3:00 - 4:00 Unpack</b> Depending on the day, we arrive at the campsite around this time and have time to change, get dry, have a snack or set up our new site. <b>4:00 Free Time</b> Whether that means hanging out with your friends, or reading it's time to unwind a bit. <b>5:30 Dinner Time</b> If you are on the cooking team, you may have ended your free time a bit early, but you will have free time after. <b>7:00 Steps in the Right Direction</b> <b>9:30 Lights Out</b>
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## Session Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 9:00	Before Care	Before Care	Before Care	Before Care	Before Care
9:00 - 9:10	Camper Arrival	Camper Arrival	Camper Arrival	Camper Arrival	Camper Arrival
9:10 - 9:30	Leave for the Ranch	Leave for the Ranch	Leave for the Ranch	Leave for the Ranch	Leave for the Ranch
9:30 - 10:15	Horsemanship Program	Horsemanship Program	Horsemanship Program	Horsemanship Program	Horsemanship Program
10:15 - 10:30					
10:30 - 11:30					
11:30 - 12:15					
12:15 - 1:00	Lunch/Free time	Lunch/Free time	Lunch/Free time	Lunch/Free time	Lunch/Free time
1:00 - 2:00	Head back to Foothills	Head back to Foothills	Head back to Foothills	Head back to Foothills	Choice
2:00 - 2:15	Transition/Snack	Transition	Transition	Transition	Kangaroo Court/ Awards
2:15 - 3:15	Choice	Choice	Choice	Choice	
3:15 - 3:30	Transition/Snack and Check-In	Transition/Snack and Check-In	Transition/Snack and Check-In	Transition/Snack and Check-In	
3:30 - 4:00	Steps	Steps	Steps	Steps	
4:00 - 5:00	After Care	After Care	After Care	After Care	After Care

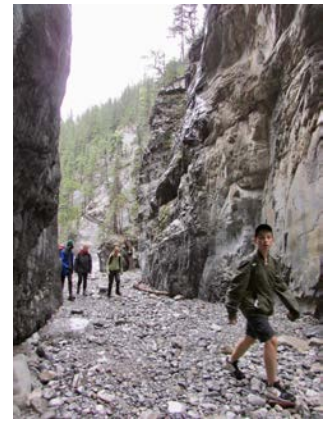
Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 9:00	Before Care	Before Care	Before Care	Before Care	Before Care
9:00 - 9:10	Camper Arrival	Camper Arrival	Camper Arrival	Camper Arrival	Camper Arrival
9:10 - 9:30	Leave for the Ranch	Leave for the Ranch	Leave for the Ranch	Leave for the Ranch	Leave for the Ranch
9:30 - 10:15	Horsemanship Program	Horsemanship Program	Horsemanship Program	Horsemanship Program	Horsemanship Program
10:15 - 10:30					
10:30 - 11:30					
11:30 - 12:15					
12:15 - 1:00	Lunch/Free time	Lunch/Free time	Lunch/Free time	Lunch/Free time	Lunch/Free time
1:00 - 2:00	Head back to Foothills	Head back to Foothills	Head back to Foothills	Head back to Foothills	Choice
2:00 - 2:15	Transition/Snack	Transition	Transition	Transition	Kangaroo Court/ Awards
2:15 - 3:15	Choice	Choice	Choice	Choice	
3:15 - 3:30	Transition/Snack and Check-In	Transition/Snack and Check-In	Transition/Snack and Check-In	Transition/Snack and Check-In	
3:30 - 4:00	Steps	Steps	Steps	Steps	
4:00 - 5:00	After Care	After Care	After Care	After Care	After Care

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
8:00 - 9:00	Before Care	Before Care	Before Care	Before Care	Before Care
9:00 - 9:10	Camper Arrival	Camper Arrival	Camper Arrival	Camper Arrival	Camper Arrival
9:10 - 9:30	Leave for the Ranch	Leave for the Ranch	Leave for the Ranch	Leave for the Ranch	Leave for the Ranch
9:30 - 10:15	Horsemanship Program	Horsemanship Program	Horsemanship Program	Horsemanship Program	Horsemanship Program
10:15 - 10:30					
10:30 - 11:30					
11:30- 12:15					
12:15 - 1:00	Lunch/Free time	Lunch/Free time	Lunch/Free time	Lunch/Free time	Lunch/Free time
1:00 - 2:00	Head back to Foothills	Head back to Foothills	Head back to Foothills	Head back to Foothills	Choice
2:00 - 2:15	Transition/Snack	Transition	Transition	Transition	Kangaroo Court/ Awards
2:15 - 3:15	Choice	Choice	Choice	Choice	
3:15 - 3:30	Transition/Snack and Check-In	Transition/Snack and Check-In	Transition/Snack and Check-In	Transition/Snack and Check-In	
3:30 - 4:00	Steps	Steps	Steps	Steps	
4:00 - 5:00	After Care	After Care	After Care	After Care	After Care



## Activities - POLARIS

At POLARIS, our teens are challenged to learn social skills, independence and responsibility through group activities and hiking programs - both day and overnight.



### POLARIS

- Hiking
- Team Building
- Fire Building
- Cooking Skills
- Cleaning Skills
- Setting up Tarps and Tents
- How to pack a Backpack
- And More

## Location and Contact Information

Address: Foothills Academy Society - 745 37th Street NW, Calgary, AB

Phone Number: 403 270 9400

Ext 726 - Amicus Admin - Absences

Ext 252 - Mariann Bierman - Registration, Payment and FSCD needs

Ext 217 - Kathleen Gurski - Camper needs

## Transportation

### CIT Overnight Camp

**Drop Off/Pick up info Calgary:** Calgary drop off at Foothills Academy - 745 37 Street NW

Drop off is on Sunday and the bus will leave at 2:00 PM, we will be doing arrival COVID 19 rapid testing for all campers and staff. This will start at 12:30 PM, and your time slot will be sent to you in your "Here We Go" email.

What will happen at drop off:

- An Amicus Staff member will arrive at your car window to rapidly test your child. Once their test is complete and negative, someone will come back to let you know that you can come to sign in.
- Drop off your luggage in the designated luggage area.
- Sign your child in at the sign in table, then proceed to the Camp Health Care Provider to drop off medication and camp letters.
- Sign your child in with the Camp Health Care Provider and give them all medications which we will put into **one clear plastic bag** (LABEL EVERYTHING YOU BRING). They will review what medications they are expecting to receive, dosages and times.
- When these steps are complete, our leadership team will help you and your camper find their counsellors, play on the playground, use the washroom and say goodbye!
- The bus will depart at 2:15 PM

Calgary pick up is at Foothills Academy at 12:00 PM on Friday

Please remember to gather all of your camper's belongings; the medication will be packed in their overnight bags.

### Drop off/Pick up Camp BB Riback

If you have already arranged to drop off or pick up your child at Camp BB Riback, you must remain with your camper in your car until they have received their COVID-19 Rapid test and then signed in with a staff member and health care provider.

The bus will arrive at Camp BB Riback at approximately 3:30 PM on Sunday. We ask families who are dropping off their campers at Camp BB Riback to keep this in mind, as families and campers will have to stay in their

cars. The bus will depart Camp BB Riback at 10:30 AM on Friday, please arrive at 10:00 AM to pick up before the bus has to leave.

## **CIT Day Camp**

Camp Amicus provides transportation to campers for field trips during camp. Transportation to and from camp is the responsibility of families.

## **Before and After Care – Day Camp**

We offer before and after care for \$25 each, per week.

Before care hours are 8:00 AM - 9:00 AM.

After care hours are 4:00 PM – 5:00 PM.

Camp Amicus cannot provide care for campers before 8:00 AM or after 5:00 PM at Day Camp, and fees apply for these campers.

If your camper has permission to sign themselves in or out of camp, they cannot stay on the property or join before or after care. Any camper who is at camp before 8:50 AM or after 4:10 PM will be invoiced for before or after care.

**If you have selected before and/or after care at registration our intake coordinator will contact you 3-4 weeks before your child's camp program begins to confirm their before/after care attendance, and provide you with a separate invoice for that cost.**

There is a cost of \$15 for every 10 minute block that a parent is late.

If you are unsure if you selected before/after care for your camper, please contact our intake coordinator. We cannot accommodate before/after care requests with less than 1 weeks notice, to ensure a staff ratio is maintained.

To contact the camp office, please get a hold of our intake coordinator or admin staff:

Mariann Biermann  
[intake@foothillsacademy.org](mailto:intake@foothillsacademy.org)  
403-270-9400 ext. 252

Amicus Admin  
[amicusadmin@foothillsacademy.org](mailto:amicusadmin@foothillsacademy.org)  
403-270-9400 ext. 726

## Meals

Camp Amicus provides healthy and balanced meals that are camper friendly and nutritious. We offer snack times 3 times a day, to support campers changing appetites due to medication ebbs and flows.

Our overnight camp kitchen is able to accommodate dietary restrictions including vegetarian, halal, allergies and gluten free meals. Our camp kitchen is peanut free. While we do our best to accommodate sensitives such as colouring or refined sugar, we cannot guarantee no cross contamination.

### Sample Overnight Camp Meals

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> <li>● Scrambled egg, hash browns, and sausage links</li> <li>● Pancakes and syrup</li> <li>● Breakfast burritos</li> <li>● French toast</li> <li>● Egg and cheese english muffins</li> </ul> <p>Every breakfast is served with a selection of cereal, oatmeal, and cut fruit alongside the main portion of the meal.</p>	<ul style="list-style-type: none"> <li>● Cheese and veggie Pizza buns</li> <li>● Falafel and Hummus served with Pita bread</li> <li>● Grilled cheese and tomato soup</li> <li>● Baked Mac and Cheese</li> <li>● Chicken Caesar wraps</li> </ul> <p>Each lunch and dinner will include a salad and/or roasted vegetables.</p>	<ul style="list-style-type: none"> <li>● Chicken vegetable stir fry with rice</li> <li>● Shepherd's pie</li> <li>● Burrito bowls and rice</li> <li>● Teriyaki Chicken and potatoes</li> </ul> <p>Each lunch and dinner will include a salad and/or roasted vegetables.</p>

## Packing Guidelines – Overnight Camp

**PLEASE PACK IN A SOFT DUFFEL BAG, NOT A HARD SUITCASE**

Camp Amicus is a dry and non-smoking camp. Campers found using tobacco products, smoking, drinking, using weapons/illegal drugs will be asked to leave. Parents/Guardians will be responsible for picking their children up and taking them home. Any camper cellphones found by counsellors will be taken away from campers for the duration of camp and returned to their parents at pick up.

### Labels

Please label **ALL** items coming to Camp. A permanent laundry marker works well. Each year we have lots of items that are left behind. Many campers do not recognize their own things (especially towels and socks) – so please help us send everything home with your camper by clearly labeling each item. Camp Amicus is not responsible for any lost or stolen items.

### Medications

Please **DO NOT** pack your campers medications in their bag. They will be signed in with our health care provider when you drop off your camper. At the end of camp, we ensure your campers medications are in their bag heading home. You will most likely find them at the top of the bag, or in a side pocket upon return.

### Lost and Found

If you find that your camper has forgotten something, please call the camp office as soon as possible to arrange for pick up. We hold lost and found items for two weeks at the end of summer before the items are donated to charity.

### Food

Please **DO NOT** bring any food, candy or drink. We will have plenty of food and snacks available. If you require a specialized diet please note this on your medical form (which you have filled out within your registration forms).

### For the Bus Ride

Campers can bring a bag or knapsack if they like that holds some books or games for the bus ride. We will be showing a movie on our way to camp - all appropriately rated for the age of the camper group.

### Laundry

Camp Amicus does not provide laundry services for camper's clothing. We ask that all campers have enough clothing to get through one active, outdoor week. The nights and mornings can be chilly so please pack some warm clothing including long sleeved shirts and long pants. Please read the packing list carefully.

## Packing List - Overnight Camp Week 1

**PLEASE PACK IN A SOFT DUFFEL BAG, NOT A HARD SUITCASE**

Quantity	Item	Quantity	Item
7	Underwear	1	Rain Jacket
7	Socks	1	Warm Jacket/Wind Jacket
2	Pajamas	2	Running Shoes (closed toe)
1-2	Baseball Hat/Sun Hat	1	Boots with heels (for horseback riding)
2-3	Shorts	1	Flip Flops
2	Long Pants	1	Rain Boots (optional)
5	T-Shirt	1	Toque
2	Sweatshirt	1	Bedding for Single Bed/Sleeping Bag/ Stuffed Animal
2	Bathing Suits	1	Pillow
1	Shampoo/Conditioner	1	Sunscreen
1	Soap/Body Wash	1	Bug Spray
1	Toothbrush/Toothpaste	1	Flashlight with Fresh Batteries
2	Towel	1	Backpack
1	Outfit for horseback riding (long pants)	1	Large reusable water bottle

### Rise and Shine

#### **7:30 Polar Bear Dip**

What better way to start your day than jumping in the pool! If you go every day, you can earn your Polar Bear Dip Award!

#### **8:00 Wake Up and Get Ready**

If you didn't head to Polar Bear Dip it is time to wake up and get ready for the day. Our Polar Bear Dippers can have a warm shower to get ready for the day before making their way to breakfast.

#### **8:30 Breakfast**

Head to the dining hall for some great warm and cold options for breakfast.

#### **9:15 Counsellor Development Skills**

Our staff spend time working on skills such as communication, de-escalating behaviours, challenging conversation topics, program planning and more to support our CIT's in developing the skills they need to be successful.

#### **12:00 Lunch**

Time to refuel for an afternoon full of fun!

### Afternoon

#### **1:00 Rest Hour**

All campers and staff head back to their bunks for some quiet time. Whether that is reading, napping or writing a letter home, this is a great time to recoup for a fun afternoon of activities!

#### **2:00 Practice Leading/Leading Activities with Campers**

In the afternoon our CIT's spend time practicing teaching activities to other CIT's, or with our campers. Our coordinators are close by to support, coach and give constructive feedback to help the CIT's develop their counsellor skills.

#### **5:45 Free Time**

Kick back and relax, go play sports or have a shower. It's FREE TIME!

#### **6:30 Dinner**

#### **7:30 Fire Building and Cooking**

It's time to learn to build fires, and then cook over them. We hope you are ready for the best evening snacks ever.

#### **8:30 Shower House**

Get ready for bed with a shower and brushing your teeth.

#### **9:00 Story and Bedtime**

Recap the day with your cabin mates, then your counsellors will read you a story before bed. Yes, even for our CIT's!

#### **9:30 Lights Out**

We know it seems early, but remember you are getting up early the next day for even more fun activities!

## A Day at Camp – Day Camp CIT

### Morning

#### **9:00 Arrive at Camp**

#### **9:15 Zones Check In and Schedule for the Day**

Your counsellor will lead a group check in, and let you know what to expect for the day.

#### **9:30 Counsellor Development Skills**

Our staff spend time working on skills such as communication, de-escalating behaviours, challenging conversation topics, program planning and more to support our CIT's in developing the skills they need to be successful.

#### **12:00 Free Time**

This is a great time for our teens to have some unstructured and supervised time together. Whether this is time hanging out under a tree, watching clouds, playing basketball, or making friendship bracelets, our teens have the freedom of choice.

### Afternoon

#### **12:30 Lunch**

#### **1:00 Practice Leading/Leading Activities with Campers**

In the afternoon our CIT's spend time practicing teaching activities to other CIT's, or with our campers. Our coordinators are close by to support, coach and give constructive feedback to help the CIT's develop their counsellor skills.

#### **3:30 Steps in the Right Direction**

A very special time of day at camp, where we get to celebrate all of the awesome things our campers have done throughout the day.

#### **3:45 Zones Check In and Schedule for Tomorrow**

Finish off your day with your group, talking about how awesome today was, and how great tomorrow will be.

#### **4:00 Head Home**

We have before and aftercare for \$25 per week, for each from 8:00 AM - 9:00 AM for pre-care and 4:00 PM – 5:00 PM for post care.