



**CAMPER AND PARENT HANDBOOK**



## What Parents and Camper Say...

"We wanted our son to be able to come to camp and feel successful, supported, understood, to have fun, 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 needed. We will be wanting to come every year and participate in other activities all year. It is a life line."

"My son has benefited from Camp Amicus because this was the start of our ADHD/LD journey and supportive, professional and caring people, as a mother of 2 for the first time didn't feel alone, 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

745 37 Street NW  
Calgary, AB

Tel: 403 270 9400 ext. 217

Fax: 403 205 2754

e-mail: [intake@foothillsacademy.org](mailto:intake@foothillsacademy.org)

website: <http://www.foothillsacademy.org/camp-amicus/>

### Camp Amicus – Nordegg Site

Goldeye Center  
Nordegg, AB

Tel: (587)774 -8762

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## Welcome!

Hey Camper and Family!

Welcome to the Camp Amicus Camper and Parent Handbook!

In here we will help you learn all about Amicus camper, and an Amicus parent or guardian. Whether you are a long time camper, or it is your first time coming to our program, we would like you to take a flip through our handbook, and see what programs we offer during the summer and year round. A lot of your questions will be answered by this handbook, and you can always flip back to it, if you need to check what to pack, what sort of food you will be eating at overnight camp, when and where pick up are, or any other questions you have.

Whether you are coming to overnight camp, day camp, or a year round program, we are excited for you to experience the fun, friendship and growth of Camp Amicus!



Kathleen Gurski  
Manager, 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 effect 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.

### Philosophy

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

Our programs offers both day and overnight opportunities, with a structured social skill lesson each day, and social skill coaching in a 1:3 ratio, integrated through traditional camp activities. This supports our campers 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 of having either a Learning Disability or ADHD diagnosis, or both. Our campers can come from all over Canada, but mainly they come from the Calgary area and within Alberta.

At camp, we have 36 campers in our program at a time. In our recreation programs we have around 8 -15 campers. In our POLARIS program we have 6- 10 participants. In our CIT program we have 3-6 Participants. In our Teen Day Camp Program

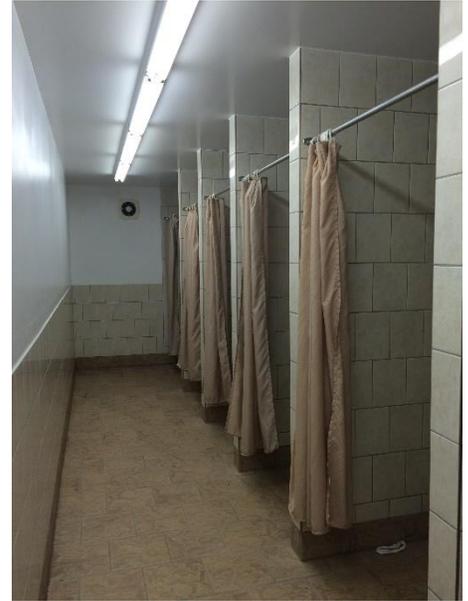
### Staff

Amicus employs around 30 people a year, counsellors, coordinators, a health coordinator, a photographer and our Manager.



## Accommodations

At camp, our campers stay in communal cabins with their counsellors, and comfy foam mattresses. We have separate wash houses with private showers and toilets.



## Food Service

We have 3 meals a day, as well as three snack times, and a fresh fruit bowl available all of the time. This may seem like a lot of food, but we know that our campers appetites can change pretty quickly, and we can always get something healthy and yummy as a snack.

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> <li>• Pancakes with strawberries and blueberries</li> <li>• Scrambled eggs with sausage patties and hash browns</li> <li>• Buttermilk waffles with pork sausages</li> <li>• Egg Sandwiches with cheese and bacon on English muffins</li> <li>• French toast and bacon</li> </ul> <p>Always available: Cereal and milk, toast, fruit and juice</p>	<ul style="list-style-type: none"> <li>• Grilled cheese, tomato soup and French fries</li> <li>• Pizza (cheese, pepperoni and veggie) and veggies with dip</li> <li>• Beef tacos with lettuce, tomato, sour cream, cheese and salsa</li> <li>• Chicken fingers, assorted dips and French fries.</li> <li>• Macaroni and cheese, and hot dogs with all the fixin's</li> </ul> <p>Always available: Soup, veggies and dip, fruit and juice</p>	<ul style="list-style-type: none"> <li>• Oven roasted chicken, potato wedges, and veggies</li> <li>• Four cheese lasagna, Caesar salad and garlic bread</li> <li>• Chicken stir-fry, spring rolls, chicken balls, and ginger beef</li> <li>• Sheppard's pie, bread rolls and salad</li> <li>• Pork chops and apple sauce, veggies and bread rolls</li> </ul> <p>Always available: Salad, bread rolls, fruit and juice</p>

## Snacks

We have a lot of snack available every day at camp, but some of our campers' favorites are:

Welches fruit snacks, Quakers chocolate chip granola bars, Goldfish crackers, Ritz cheese sandwiches, Fruit To-Go's, Pretzels, Veggie Sticks, Rice Crispy Squares, Fruit Cups, Cookies, Smartfood (cheesy popcorn), bears paws, s'mores and more!



## Activities

We do a ton of activities at overnight 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
- Kayaking
- Canoeing
- SUP-ing
- Archery
- Hiking
- Fire Building
- High Ropes
- Giant Swing
- Screen Printing
- Tie Dye
- Art
- Music
- Sports
- and More



## Activities (cont.)

At day camp we have a lot of different activities, and we go on field trips all over Calgary! 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 sport and more.



### DAY CAMP

Field Trips  
(Trampoline Park,  
Swimming,  
Calaway Park)  
Water Play Days  
Gardening  
Baking  
Screen Printing  
Tie Dye  
Art  
Music  
Sports  
Horse  
Programming  
and More

## A Day at Camp – Overnight Camp

### Rise and Shine!

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

What better way to start your day than jumping in the lake! 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.

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

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

### Morning

#### **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 try out an activity on the side lines, if you are still a bit tired.

#### **10:20 Goals and Snack**

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

#### **10:45 Social Skills**

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

#### **11:45 Free Time**

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

### Afternoon

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

Time to refuel for an afternoon full of fun!

#### **1:30 Afternoon Program**

Archery, rock climbing, the giant swing, fire building, horseback riding and more.

#### **3:45 Snack**

#### **4:00 Choice Activities**

Our counsellors will plan different, fun and sometimes outrageous activities for you to try out. You will get to choose 2 activities that are offered.

#### **6:00 Free Time**

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

### Evening

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

It's time for the whole camp to come together, whether it's 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 before bed.

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

## A Day at Camp – 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 try out an activity on the side lines, if you are still a bit tired.

#### **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 Afternoon Program**

Maybe it's time for a field trip, or we will stay at camp for a choice activities. Our counsellors will plan different, fun and sometimes outrageous activities for you to try out. You will get to choose 2 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 camper have done.

#### **3:30 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 free daily from 8:30 am - 9:00 am, and 4:00 pm - 4:30 pm. Please ensure that the office is aware if your child is staying for before and after care, to ensure proper staff ratios.

## Communicating with Your Family While at Camp

Whether you are at day camp or overnight camp, we are happy to support our campers and their families to stay in touch, and we know that you may want to know what is happening at camp while your camper is there. We have a few different ways for you to stay in touch with your camper while they are at camp.

### The Daily Blog

Camp families can check out our daily blog from camp at (<http://foothillscampamicus.blogspot.com/>). The blog is updated daily, when our internet permits. It is a great way to keep in the know about what is happening every day at camp.

### Camper Letters

Parents are encouraged to pre write letters for their camper while at camp. These are collected by the Camp Health Care Provider at drop off. Please ensure that your campers name, and what evening you would like the letter dropped off with your camper. You are welcome to send puzzles, cards, and small items for your camper, we just ask that you do not send food or snacks. We have TONS of snacks at camp, and campers are always welcome to grab something extra if they need it.

Campers are encouraged to write letters home, and we have daily outgoing digital mail - we take photos of the letter, and e-mail them home during the day. You are welcome to e-mail your camper a letter, which will be printed off, and delivered to campers at bed time.

### 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. Cell phones take away from this. Cell phones cannot be used as cameras, we even 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.

### Calling Home

Campers are welcome to call home, up to 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. We do not keep campers at camp against their will, and we support campers through homesickness, with one of the steps being checking in with their parents and guardians.

Calls home will start with a call from the Camp Manager, ensuring that the campers family is available, and giving an update as to some of the positives the camper has had at camp, as well as any challenges. Then the camper will be given the phone and time to chat with their family.

## 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 for the week?” and “What’s something you can do if you miss home?” are great conversations to have.

It is helpful to encourage your camper to think of strategies for if 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 for your camper, if they feel homesick while at camp.

- Checking in 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. 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 allow campers to call home once a day, if nothing else has worked, to check in with parents. We do not keep campers at camp against their will, and do not withhold camper communication from their families.



## Packing Guidelines - Overnight Camp

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.

### Labels

Please label ALL items coming to Camp. A permanent laundry marker works well. Each year we have many 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 everything. 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.

### Food

Please DO NOT bring any non-medical 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.

### For the Bus Ride

Campers can bring a bag or knapsack on the bus if they like, and can pack some books or games for the bus ride. We will be showing a movie, and having lunch on the bus.

### Bedding

Campers need to bring a sleeping bag or bedding for a single bed to Overnight Camp.

### 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 WHEN POSSIBLE**



## What to Pack for Camp Amicus!

### **Clothing**

- Underwear (7)
- Socks (7)
- Pyjamas
- Shorts (2-3)
- Long pants (2)
- T-shirts (7)
- Sweatshirts (2-3)
- Warm Jacket (1)
- Rain/Wind Jacket (1)
- Hat and or/ toque
- Horseback riding outfit (only worn once due to camper allergies, long pants required)

### **Footwear**

- Running shoes (2, **closed toes**)
- Rubber boots (optional)
- Sandals (optional)
- Water shoes/flip flops (optional)

### **Toiletries**

- Bath towel & Face cloth
- Shampoo & Conditioner
- Soap
- Tooth brush & Tooth paste
- Brush or comb
- Sunscreen
- Bug Spray

### **Bedding**

- Sleeping Bag
- Pillow w/ pillow case
- Blanket (Optional for extra warmth)
- Twin fitted sheet to cover mattress (optional)

### **Swim**

- Bathing suit (2)
- Swimming towel
- Water shoes/flip flops (Optional)

### **Other**

- Prescription Medication\*\*\*(Check in with nurse at sign in)**
- Water bottle
- Day pack
- Sun glasses
- Flashlight
- Plastic bag (for dirty/wet items etc.)
- Camera (optional)
- Favourite stuffed animal (1 max. optional)
- Books (3 max. optional)

### **What not to bring...**

- Money
- Cell phones/electronics
- Knives/violent toys
- Alcohol or non-prescription drugs
- Curling irons/hair dryers etc.

\*Please label everything you send to camp with your child\*

\*While we try to ensure your child's belonging go home with them, we are not responsible for any lost or broken items\*

## Transportation to/from Overnight Camp

### Drop Off/Pick up info Calgary:

Calgary drop off at Foothills Academy - 745 37 Street NW

Drop off is on Sunday, promptly at 12:30 PM, the bus will depart at 1:30 PM.

LUNCH IS NOT PROVIDED FOR CAMPER, SNACKS ARE AVAILABLE AND DISTRIBUTED TO CAMPER

(There will be no early sign in if you are looking for something to pass the time please use the nearby feature on Google maps to locate the Tim Hortons on 16th Ave NW otherwise there is Edworthy Park near the river or our own school playground to enjoy.)

Please make sure to follow these instructions:

- Drop off your luggage in the designated luggage area (packing list attached)
- Sign your child in with our intake coordinator 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 her all medications in one clear plastic bag (LABEL EVERYTHING).
- When these steps are complete our leadership team will help you and your camper find their counselors, play on the playground, use the washroom and say goodbye!
- The bus will depart at 1:30 PM

Calgary pick up is on Fridays of the same week at Foothills Academy at 1:00 PM – LUNCH IS PROVIDED TO THOSE COMING TO CALGARY

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

### Drop off/Pick Up Info Red Deer:

Red Deer drop off at the Alberta Sports Hall of Fame and Museum.

Drop off is on Sunday, between 3:30 PM and 3:45 PM at the south end of the parking lot.

The same instructions apply, except that your camper will be boarding the bus and be departing as soon as the sign in is complete.

Red Deer pick up is on Friday of the same week, at the Husky Gas Station, beside the Tim Hortons Gasoline Alley parking lot. Please arrive at the location at 11:30 AM, the bus will arrive between 11:30 and 11:45 AM.

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

### Drop off/Pick up Goldeye:

If you have already arranged to drop off or pick up your child at Goldeye you must remain with your camper until signing them in with the camp coordinator as well as sign them out before they depart, also please be aware of the following times:

- The bus will arrive at Goldeye at approximately 5:15 PM on Sunday
- The bus will depart Goldeye AT 9:00 AM on Friday, please arrive to pick up before the bus has to leave.

## Packing Guidelines – Day Camp

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.

### Labels

Please label ALL items coming to Camp. A permanent laundry marker works well. Each year we have many 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 everything. 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.

### Food

For Day Camp, campers will have a packed lunch and snacks, provided by their parents/guardians. Sometimes, while at day camp, we have the option for campers to sign up to bake items. Typically, we will make two batches of food – one that is the traditional recipe, and one that is for specific diets (gluten free, no dairy, etc.). If you would like to bring special snacks for an occasion at Day Camp, please connect with our Camp manager.

### Laundry

Our day camp has a small laundry facility, to wash and try campers soiled clothing. Typically this is only used when a camper's items are dirty with a 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

We recommend that campers dress for the weather, with clothes toed shoes, as camp is a very active place. Please send your camper with sunscreen and bug spray, we have a camp supply (minimum SPF 30, and maximum DEET 5%) to lend out to campers.

## Before and After Care – Day Camp

Camp Amicus cannot provide after care for campers after 5:00 PM at Day Camp, and fees apply for campers after 5:00 PM.

Camp Amicus cannot provide before care for campers before 8:00 AM at Day Camp.

Before or after care is available for \$25 per week, and is charged on a weekly basis. Campers may be in both before and after care for a cost of \$50 per week.

Parents/guardians who call the office before 4:30, can receive a 15 minute grace period with no charge. If there is no call and/or over 15 minutes, the late charge is \$10.00 at the beginning of each ten-minute block of late time.

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

Anna Mason

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

403-270-9400 ext 252

## Camp Policies and Behaviour Expectations

### IMPORTANT:

We now require FULL DISCLOSURE of ALL current diagnoses (especially those beyond ADHD and Learning Disabilities). This is necessary due to a small number of families withholding or misrepresenting information in previous years. Unfortunately, failure to communicate all current diagnosis information can result in your child's dismissal from the program without refund.

### Registration

A child is not guaranteed a placement in the program until all registration forms are returned and payment is made or arrangements to pay are made. After paying the non-refundable deposit, you have the option of giving a post-dated cheque, authorize a charge to a credit card, arrange for a payment plan or inquire about financial assistance for the balance of the fees.

### Refunds

- A) For withdrawals more than three weeks before the start date, all fees paid except the deposit will be returned.
- B) Withdrawals less than 3 weeks prior to the first day of the program, no refund will be given.
- C) Withdrawals less than 3 weeks prior to the start of the program due to a medical reason and have a doctor's note is provided, payment made will be carried forward as payment for a future camp or program.
- D) If a child has to leave an Amicus Program because of unacceptable behavior or illness or they require continual one-on-one assistance, no refund is given.
- E) Failure to communicate all current diagnosis information or provide medication(s) can result in your child's dismissal from the program without refund.

### Independence

Participants must be able to function within a 3:1 participant to counsellor ratio both for small group activities and large group activities most of the time. If your child requires a significant amount of one-on-one support, it takes away from the others' experience and he or she may be asked to leave the program. This should be considered especially if you are considering sending your child to overnight programs.

### Behaviour – please see Behaviour Support in the next section as well

We realize that children are not perfect. Mistakes are made and we are prepared to work with each participant to help them be as successful as possible. However, behaviour that puts your child, any other child, staff member or property at risk cannot be tolerated. If it is determined to be significant enough, we will ask you to pick up your child from the program and he or she may not be allowed to return.

### Illness

Children can become sick or injured while at Amicus Programs. Minor conditions can be treated on site but if a health care practitioner determines that it is necessary that your child return home, we need you to pick him/her up from the program site as soon as possible.

### Electronics

It is the intention of the programs to help with the social development of each participant. To help this process, participants will not have access to electronic devices during the programs. We understand that with day programs, sometimes cell phones are necessary to arrange transportation details. We will ask participants to leave their phones in their backpacks or bags for the entire length of a programs. If a cell

phone/iPad/iPod/gaming device is brought out by a participant, it will be held by the Amicus staff and returned directly to the parents/guardians at pick up.

#### Medication Policy

We require that if a child takes medication(s) during the school year for attention or behaviour issues, that the child stays on their medication(s) throughout their time at an Amicus program. If your child is taking a medication vacation for summer, THEY MUST STILL BE MEDICATED WHILE AT CAMP. 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 ADHD treatment resistant clinic and cannot be medicated at this time, we will require medical documentation to confirm this by JUNE 1, 2020. IF YOUR CHILD IS NOT SIGNED IN WITH THEIR MEDICATION, THEY WILL BE IMMEDIATELY DISMISSED FROM CAMP PROGRAMMING.

#### Sign in/out

Parent/Guardian must sign in/out their child at each program. There is no supervision before a program starts unless otherwise specified. For pick-up, we allow for a 15 minute grace period, without charge if the parent has notified staff through the program phone number (to be provided). If there is no phone call or the grace period has elapsed, there is a \$10.00 charge at the beginning of every 10 minute block that the parent is late.

## Behaviour Support

At Camp Amicus, we understand that our campers come with a spectrum of social and emotional needs, and our goal is for all campers to have a successful and complete time at camp. If a campers behaviour becomes increasingly challenging, there are a few steps that our team follows:

1. Explore our resources and include the camper – our team works tirelessly to find strategies that can help to support campers and any challenging behaviour that comes up. We include campers in these conversations to find out what our staff can do to help.
2. Calling home – we connect with parents to gather more information about strategies work for this camper at home or school, and integrate these strategies for each camper.
3. A Behaviour Contact – working with the camper, and making the parents/guardians aware, we work with the camper to come up with appropriate signals, and strategies. The camper also contributes to the contract by coming up with what a consequence would be if they DO NOT TRY their strategies. If a camper is trying their strategies – even if they aren't working at that time – there is no consequence.
4. Safe Person/Safe Place Contract – working with the camper, and making the parents/guardians aware, we work with the camper to find what places and people they find safe at camp. Working together, we encourage campers to step away from escalating situations and find their safe person or go to their safe place. Staff help support campers in their decisions after the camper has accessed a safe person or safe place.

If you would like a copy of any of these contracts please contact the camp office.

Camp Amicus a supportive place, however, we cannot keep campers at camp in a few situations:

1. Physical aggression – if a camper interacts physically with another camper or staff member, they will not be able to finish their camp session, but we know that campers change and grow all of the time, and will work to have that camper return to camp next year, or recreation in the following season.
2. Sexual interactions – if a camper initiates any unwanted sexual interactions with another camper, they will not be able to finish their camp session, and not be invited back to camp.

Parents/guardians are responsible for picking up their child immediately from camp, if the child is being asked to leave.

## New Programs for 2020

### Mindful Moments YWCA

We are excited to be working with the Mindful Moments program from the YWCA of Calgary for our Day Camp program. This program has a child and parent component – the parent component will be on Fridays of Day Camp.

For families who do not want to participate for personal or religious reasons, please let us know by responding to your Here We Go e-mail, or in person at sign in/out. Alternative and equal programming will be provided for those campers.

### CIT

This program was created with our oldest campers in mind (and by their specific request). The three week program happens during ON1, 2 and 3. Our CIT's are Counsellors in Training, being mentored and taught by a senior staff member. They will have opportunities to run programs for campers, as well as be involved in daily camp life.

CIT's are still campers and therefore have separate housing, wash house and rest hour areas. They are never left alone to supervise our campers, and are supervised consistently by our CIT Coordinator and frontline staff.

### Teen Day Camp

This program was created with our Teen Campers who are not ready for Overnight Camp quite yet. This 2 week program specializes in the social skills our young teens need, with opportunities to try new things with a peer group.

### Horsemanship Programming

We initially started our horsemanship program when we tried out a new overnight location in 2019. What we didn't expect was for our campers and staff to fall so in love with the horses, the ranch and our amazing rancher Mac. This program is 2 hours long, and works with campers to learn social skills with the horses as a mode for watching, observing, learning and practicing.