



2027 CAMP KWASIND FAMILY HANDBOOK

Camp Kwasind

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WHAT IS THE FAMILY HANDBOOK?

We understand that choosing to send your child to camp is a big decision. You want to know that your child will be safe, cared for, accepted, and encouraged to grow—and that you can feel confident while they are away from home.

For over 80 years, families have entrusted Camp Kwasind with their children. We are honoured to provide an environment where campers can grow socially, physically, emotionally, and spiritually while experiencing the joy, adventure, and community that make camp so special.

This handbook is designed to help you get to know Camp Kwasind and feel comfortable and confident as you prepare your child for their time at camp. We have gathered important information about our programs, procedures, policies, and what you can expect, all in one convenient resource.

Most importantly, this handbook is about **you and your child**. Our goal is to give you the information you need to feel prepared and confident in our ability to care for, support, and nurture your child throughout their Camp Kwasind experience.

We look forward to welcoming your family to your child's **Home Away from Home!**

If you would like more information after reading this booklet, or if you would like to talk to a Camp Kwasind staff member, please feel free to contact our Office (905-294-6360 / register@kwasind.com)

WHO WE ARE

Camp Kwasind exists to provide a **high-quality, creative, safe, and memorable experience** through meaningful relationships that helps all campers **move one step closer to Jesus**, while developing confidence, character, and leadership.

Camp Kwasind has been part of the camping community since 1944 and is owned and operated by the Canadian Baptists of Ontario & Quebec (CBOQ). We are led by a full-time team, including Matt Wilkinson – *Executive Director*, Rod Vis – *Director of Operations*, Ally Baggley – *Office Manager*, Emily Neal – *Communications and Leadership Program Specialist*, Will Kahler – *Facilities & Site Manager*, and Nathan Craig – *Year-Round Ministry and Guest Services Manager*, along with a 60+ member summer staff team.

We seek to be a **Champion** for the importance of children and youth experiencing high-quality Christian camping, a **Catalyst** for developing young leaders, and a **Bridge** connecting the next generation with the grace and love found in Jesus.

In addition to our mission and vision, it is our goal that your child has the **best time of their summer** at camp. We want Camp Kwasind to be a place where campers can try new activities, foster friendships, explore faith, and have a ton of fun, all while enjoying our beautiful natural surroundings and private waterfront in a secluded and safe bay.

While we love seeing campers move closer to Jesus, it is important to recognize that, year over year, approximately **35% of our campers do not attend church**. Some come from different faith backgrounds, while others come from different Christian denominations. We take this diversity into consideration as we plan and lead our summer programs.

No camper will ever be forced to make a decision about their faith at Camp Kwasind. We do our best to create an environment where no camper feels that their choices or their family's beliefs are less than those of others. Instead, we openly teach what we believe, with a focus on the major unifying beliefs of the Christian faith, and seek to show every camper the love, grace, and acceptance that Jesus has for them.

ACCREDITATION

Camp Kwasind is a member in good standing of the Ontario Camping Association, Christian Camping International and the Life Saving Society. We are assessed annually by the Simcoe Muskoka Public Health department. We also engage multiple licensing and accreditation agencies, consultants, partners, and vendors as related to our equipment, food services, emergency procedures and staff training.

INVESTMENT INTO CAMPERS

Campers are at the heart of everything we do. Every aspect of Camp Kwasind is intentionally designed to maximize each camper's experience and help them get the most out of their time at camp.

Our programming is thoughtfully and creatively designed to respond to the wide variety of ages, interests, abilities, and personalities that campers bring with them. From activities and cabin life to games, worship, and daily routines, we consider the individual needs of our campers as we create an experience that is meaningful, engaging, and fun.

At the centre of the Kwasind experience are **relationships and community**. Our cabin groups provide a place for campers to build friendships, feel a sense of belonging, and be known and cared for by their Cabin Leaders. These relationships allow our leaders to better understand each camper's developmental needs, encourage their strengths, and appropriately challenge them as they grow in confidence, character, and leadership.

We want every camper to feel that they belong at Kwasind—and to leave camp knowing they are **valued, capable, and loved**.

INVESTMENT INTO STAFF

Our staff are committed to providing a safe, caring, and meaningful experience for every camper. Each member of our summer team receives detailed and specific training designed to equip them to meet the diverse behavioural, spiritual, developmental, and activity needs of our campers.

The primary role of a **Cabin Leader** is to build meaningful relationships with campers and foster their holistic growth. Cabin Leaders encourage teamwork, safety, respect, and inclusion while creating a strong sense of community within their cabin. They spend the full camp session with their cabin group, allowing them to know their campers well, provide consistent support, and be attentive to their individual needs.

Camp Kwasind maintains a **1:3 staff-to-camper ratio**, providing campers with a high level of supervision, support, and personal connection throughout their time at camp.

Safety is a key part of our staff preparation. All staff receive in-depth training in working with children and facilitating camp activities, along with all required government training. Staff also participate in an additional week of camp-specific skill development and receive either basic medical training from our healthcare specialist or have a **Standard First Aid and CPR certification**.

We invest significantly in preparing our staff because we believe that well-trained, caring leaders are essential to creating the **safe, high-quality, and memorable experience** that every Camp Kwasind camper deserves.

IMPLEMENTATION OF THE S.O.D.O I.T. EH!

To ensure a high quality and consistently meaningful experience for all campers, we have equipped out staff on how to live out our 6 Pillars as we shape Camp Kwasind:

S:	Service at Every Opportunity
O:	Over and Above Experiences
D:	Due Diligence (attention to detail)
O:	Outright Christ focused
I:	Innovation (permission to be creative)
T:	Teamwork
Eh:	Our Canadian way of saying that we “Encourage Honestly”

SAFETY

The safety and well-being of our campers is one of our highest priorities. Camp Kwasind has detailed safety procedures and risk management plans in place for all areas and elements of camp. These procedures are regularly reviewed and are designed to help our staff identify, prevent, and respond appropriately to potential risks.

We also have a comprehensive Child Protection and Anti-Abuse Policy & Procedure that outlines our commitment to protecting every camper from all forms of abuse and inappropriate behaviour. This policy is available to parents upon request.

As part of our commitment to child protection, all staff members complete appropriate screening, including required police checks, interviews, and training. Staff are specifically trained in appropriate interactions with campers, maintaining healthy boundaries, recognizing concerns, and safeguarding children from all forms of abuse.

We take our responsibility to care for children seriously and work to create an environment where every camper feels safe, respected, valued, and cared for throughout their time at Camp Kwasind.

IN CASE OF AN EMERGENCY

We take emergency preparedness seriously. All Camp Kwasind staff are trained in our Emergency Action Plan, which outlines procedures for situations such as severe weather, fire, missing campers, and medical emergencies. In every situation, our primary focus is on **accounting for, protecting, and caring for our campers.**

Our lead staff are connected by radio throughout the day, allowing for quick communication and coordination when needed. Our Health Care Team is prepared to respond to medical emergencies 24/7, and many members of our staff team hold current CPR and First Aid certifications. If additional medical care is required, hospitals in **Bracebridge and Huntsville are approximately 25 minutes from camp.**

We also practice our emergency procedures with campers. Each week, campers participate in drills for situations such as a fire or missing person so they understand what to do and where to go should an emergency occur.

Weather is monitored regularly by our staff, including the use of weather radar. We have established procedures for responding to severe weather and will adjust or relocate programs as necessary to ensure campers and staff are in a safe environment.

Our goal is to be **prepared, proactive, and calm** in an emergency, ensuring that our campers are cared for and that our staff know exactly how to respond.

HEALTH

Your child's health and well-being are an important part of our care at Camp Kwasind. We have a fully equipped Health Centre onsite, affectionately known as **Club Med**, with a Registered Nurse (RN) living at camp each week to support campers and staff.

Our Healthcare Coordinator is a Registered Nurse who works at a recognized children's hospital and provides overall direction and oversight for our health management. Our onsite nurse is available to assess campers who are feeling unwell, have an injury, or need medical attention. Regular medications can be administered before breakfast, in the evening, or at other appropriate times as needed. Campers are encouraged to visit Club Med whenever they are not feeling well or simply need something checked.

We have detailed medical protocols and procedures in place, including a comprehensive **concussion policy**. Any camper or staff member who experiences a head injury will be assessed by our RN and, when required under our protocol, taken to a local hospital for further medical assessment.

When Will We Contact You?

For most minor illnesses and injuries, you will not receive a call from our medical team. Our healthcare staff regularly care for things such as minor cuts and scrapes, headaches, minor colds, and short-term illnesses without needing to contact parents.

However, we believe parents should be kept informed when there is a more significant concern. A Camp Kwasind Director will contact you if:

- Your child remains in the Health Centre for **more than 24 hours**.
- There is a concern about a **potential infectious disease**.
- Your child requires a **hospital visit**.
- There is another significant medical concern where we believe parent/guardian communication is appropriate.

When a call home is needed, you can be assured that we will make every effort to contact you and keep you informed.

Medical Consent

Our medical team **does not administer vaccinations** at camp. We also do not proceed with major medical procedures or treatments without first making reasonable efforts to obtain parent/guardian consent.

In the event of a serious or life-threatening medical situation, we will make every effort to reach you. If, after multiple attempts, we are unable to contact you and a physician or Registered Nurse determines that immediate medication or medical treatment is necessary, we may need to proceed without your consent in order to act in the **best interest of your child**.

Our goal is to provide thoughtful, professional, and compassionate healthcare while keeping you informed whenever your child's health requires more significant attention.

BEHAVIOUR MANAGEMENT

Our goal is to provide a positive experience for every camper. An important part of this is creating a camp environment that is safe physically, mentally, emotionally, and spiritually. To support this, Camp Kwasind has clear behavioural expectations for both campers and staff that help our community function safely, respectfully, and fairly.

We have a comprehensive **Behavioural Intervention Plan** designed to keep campers safe, prevent behavioural concerns whenever possible, provide practical tools for staff, and outline a clear response when behavioural incidents occur. All staff are trained in our **Behaviour Management and Anti-Bullying Policy** and are equipped to respond to concerns with consistency, compassion, and appropriate boundaries.

Whenever possible, we work **with the camper** to understand what is happening and find a solution that works for everyone. We believe in offering grace, teaching appropriate behaviour, and using consequences when necessary. Our approach is intended to be supportive and restorative while also ensuring the safety and well-being of the entire camp community.

Our Four- Level Approach

Camp Kwasind uses a **four-level behavioural intervention process** for addressing ongoing or significant behavioural concerns. The process allows us to respond appropriately to the situation while involving additional leadership and parents/guardians when necessary.

Level 1 – Conversation & Support

Most behavioural concerns begin with a conversation. A Cabin Leader will pull the camper aside for a caring and private conversation about the behaviour or concern. The goal is to help the camper understand what happened, why a change is needed, and how they can make a better choice moving forward. In many cases, this conversation is all that is needed and the concern does not continue.

Level 2 – Additional Support & Family Communication

If a concern continues or becomes more significant, additional leadership will become involved, including the Section Coordinator. Staff will work with the camper to develop a plan for improvement and provide additional support and accountability. At this stage, parents/guardians will also be informed by email so that we can work together to support the camper.

Level 3 – Director Involvement

If the behaviour continues despite the support provided, the camper may move to Level 3. A Director will meet with the camper to discuss the recurring concern and establish clear expectations moving forward. At this stage, **parents/guardians will be contacted directly** and informed of the situation. We value the partnership of families and may ask for their insight or advice about what strategies work well for their child.

Level 4 – Serious or Unmanageable Behaviour

Level 4 is reserved for situations where behavioural difficulties, significant disruption to other campers, or refusal to cooperate with camp leadership have reached a point where our staff are unable to manage the situation appropriately within the camp setting. At this level, the Executive Director or Director of Operations will be involved, and parents/guardians will be contacted. Depending on the circumstances, parents may be asked to come and pick up their child from camp.

Even in these circumstances, our hope is to approach the situation restoratively whenever possible. Depending on the nature of the incident, we may work toward a plan that could allow the camper to return later in the summer or participate in future years.

Situations Requiring Immediate Escalation

While our four-level process provides a general framework, **not every situation will begin at Level 1**. Certain serious or exceptional circumstances may require immediate escalation to Level 3 or Level 4.

These may include situations involving **physical harm or threats of physical harm, weapons, racist or hate-based behaviour or language, harassment, or other actions that pose a serious risk to the safety or well-being of others**.

Our priority in every situation is to protect the safety and dignity of all campers and staff while responding with wisdom, compassion, consistency, and appropriate accountability.

We believe that behaviour management is an opportunity to teach, restore, and help campers grow. Our desire is not simply to respond to difficult behaviour, but to partner with campers and families to help each camper develop the confidence, character, and skills they need to thrive.

Camp Kwasind's detailed ***Behaviour Intervention Plan*** is found at:



[Behaviour Management Policy](#)

STAFFING

HIRING PROCESS

We work hard to find caring, capable, and committed staff members to care for your child. We look for individuals who demonstrate spiritual, mental, and emotional maturity, along with a genuine desire to work with children and contribute to a positive camp community.

We take the responsibility of choosing our summer staff very seriously. **Every staff member is personally interviewed, reference checked, and required to complete a police background check** (if 18 or over) before joining our summer team.

Our goal is to ensure that your child is surrounded by leaders who are not only well-equipped to lead camp activities, but who will also care for them with **kindness, patience, respect, and genuine compassion** throughout their time at Camp Kwasind.

SELECTION

We have a rigorous staff selection process designed to help us find the very best people to serve at Camp Kwasind. We recognize the significant responsibility that comes with caring for children, and we are intentional about selecting staff who are equipped to lead, serve, and build meaningful relationships with campers.

Our application, interview, and reference-check process explores a variety of areas, including an applicant's **spiritual journey and maturity of faith, experience working with children, ability to build healthy and meaningful relationships, personal maturity, and overall skills and competencies** required for their role.

We look beyond a candidate's experience or qualifications alone. We want to understand who they are, how they relate to others, and whether they have the character and maturity needed to contribute positively to our camp community. Through this process, we strive to build a summer team of **caring, capable, and Christ-centred leaders** who are prepared to make a meaningful difference in the lives of our campers.

STAFF TRAINING

Our staff and volunteers receive comprehensive training to prepare them to care for, lead, and support campers throughout their time at Camp Kwasind. Training covers camper care and community building, safety protocols, child protection and anti-abuse, spiritual foundations, customer service, and first aid awareness.

Camper Care & Community Building

This training focuses on **camper behaviour management, group dynamics, bullying prevention and response, homesickness, and ensuring that every camper receives individual attention.** Staff learn to recognize that every camper is different, with their own personality, learning style, strengths, and needs. They are equipped with practical tools to build meaningful relationships, foster friendships, and create a strong sense of belonging within their cabin.

Safety Protocols

Staff are trained in our **Emergency Action and Crisis Management Plans**, including procedures for severe weather, fire, missing campers, medical emergencies, and unauthorized personnel onsite. Training also includes **Sexual Harassment, Workplace Violence and Harassment, WHMIS, AODA, and Workplace Health & Safety** requirements.

Child Protection & Anti-Abuse

Child protection training focuses on both **prevention and reporting.** Staff learn what appropriate and inappropriate interactions with campers look like, how to maintain healthy boundaries, and what to do if they have concerns about a camper's safety or well-being.

Spiritual Foundations

Cabin Leaders are equipped to understand where campers are in their spiritual journey and to **meet them where they are while encouraging appropriate opportunities for growth**. All staff receive training on how to share the Gospel and Good News with campers in age-appropriate and meaningful ways.

Staff are also trained in how to facilitate healthy conversations about faith, including what topics are appropriate to discuss at camp and what matters should be left to parents and guardians. We emphasize sensitivity and respect for campers from different Christian denominations, other faith backgrounds, and those who do not have a Christian faith background.

Customer Service

Our staff are taught that every camper and family is an important part of the Camp Kwasind community. Customer service training focuses on how to warmly **welcome, greet, communicate with, and care for campers and parents**, with the goal of creating an exceptional experience for every guest. We encourage our staff to adopt a simple philosophy: **“Make our campers’ camp dreams come true.”**

First Aid Awareness

Key staff members and our Health Care Team hold **Standard First Aid with CPR** certification. All staff also receive first aid awareness training that covers common camp situations such as bee stings, stomach aches, minor injuries, and responding to bed-wetting in a discreet and compassionate way.

Staff learn how to work appropriately with our Health Care Team regarding daily medications and how to respond when a camper requires medical attention or additional support.

Understanding Camp Kwasind

Staff receive additional training on **Camp Kwasind and CBOQ beliefs**, including who we are, why we teach what we teach, and how to appropriately share their own faith journey with campers. We emphasize the importance of being respectful and sensitive toward campers from different denominations, faith backgrounds, and family experiences.

Approximately **75% of our staff have previously been part of Camp Kwasind**, either as campers, participants in our leadership programs, or returning staff members. This experience provides our team with a strong understanding of our culture, values, and commitment to campers.

All-Staff Training Week

Before campers arrive, our staff participate in a dedicated **All-Staff Training Week**. This intensive training period allows staff to develop and refresh their cabin-leading, teaching, safety, and camper-care skills.

It also ensures that our entire team is working toward the same goal: **supporting every child as a valued and important member of their cabin and helping them have a safe, successful, and memorable week at camp**.

Activity staff receive additional training specific to their program area, with an emphasis on **safety, proper equipment use, engaging every camper, and effective activity debriefs**. For certain higher-risk activities, staff are also required to hold appropriate certifications through recognized industry associations.

We invest significant time and energy into staff training because we believe that **great camp experiences begin with great leaders**. Our hope is that every staff member arrives prepared not only to lead activities, but to care deeply for the campers entrusted to them.

CAMPER CODE OF CONDUCT

We want Camp Kwasind to be a fun and safe environment for everyone. To help us achieve this, it is important that both you and your camper read and understand the Camper Code of Conduct and agree to the following rules:

- I will show respect to other campers and treat them as well as I would like to be treated.
- I will show respect to staff and cooperate with their instructions.
- I will be sensitive to the needs of others and not discriminate based on age, race, gender, ethnicity, body type or religion.
- I will not verbally abuse others by using inappropriate language, gossip, threats, teasing, exclusion, or harassment. Furthermore, I will avoid any conversations or use of language that are overtly sexual, sexual referencing or violent in nature.
- I will listen to my cabin leaders and other staff and respect their privacy and personal space.
- I will not deliberately cause bodily harm or engage in any form of sexual activity/interactions with other campers or staff. I understand that kicking, punching, biting, hitting, fighting, kissing, uninvited or inappropriate touching, and sexual interactions are not acceptable forms of behaviour and will not be tolerated in a camp setting.
- I will follow the rules that camp staff share with me.
- I will respect the property of other campers and staff and not be touching others' property without permission.
- I will be a positive contributor to and participant in all Camp programs and activities.
- I understand that any form of tobacco product, controlled substance, illegal substance, cannabis, or alcoholic beverage is strictly forbidden at Camp.
- I understand and agree that Kwasind seeks to be a personal "screen-free or limited-screen" environment as much as possible, which would include avoiding use of devices for playing games, watching shows, uploading/downloading data, calling or for texting.
 - There might be appropriate times to be able to use a smartphone or digital device – however, they are to be given to the director and will be given out for use at appropriate/necessary times and on my return home.
- I understand that these rules and guidelines are for the safety and the protection of myself and all campers and staff

REGISTRATION

HOW TO REGISTER

You can access our online registration at www.kwasind.com. Registration goes live in early November.

REQUEST A CABINMATE

We understand how important friendships are to the camp experience. We do our best to honour cabin mate requests and consider them carefully when creating cabin groups.

When making your requests, please keep the following guidelines in mind:

- Requested cabin mates should be **within one year of your child's age**, as our cabins are generally organized with a maximum one-year age span.
- Please submit a **maximum of two cabin mate requests**.
- Requests are considered alongside a variety of factors, including age, gender, cabin capacity, program needs, and the overall dynamics of the cabin group.

While we cannot guarantee that every request will be accommodated, we make every effort to prioritize these requests because we know how meaningful friendships can be to both campers and parents.

On arrival day, you can **confirm during the check-in process** whether we were able to place your child with their requested friend(s). Regardless of cabin placement, our Cabin Leaders work hard to help campers build new friendships and create a welcoming, inclusive cabin community from the very beginning of the week.

ELECTIVE SELECTION

Electives give campers the opportunity to explore activities that interest them and try something new. During the registration process, each camper will select **three elective options** from the choices available for their session.

Of the three electives selected, campers will be assigned to **two electives**, which they will participate in each morning throughout the week. This gives campers the opportunity to spend the week developing their skills, trying new things, and enjoying an activity they are excited about.

At check-in, campers will be able to review the electives they selected during registration. If they would like to make a change, they will have the opportunity to do so **if space is available** in another elective.

Campers who are signing up for archery, nature survival or challenge course will need closed toe shoes to participate. (Crocs DO NOT count)

ACCESSING CAMBERSHIP FUND

We believe that every child should have the opportunity to experience Camp Kwasind, regardless of their family's financial circumstances. We do our best to honour every request for financial assistance through our Campership Fund. We ask families to contribute as much as they are reasonably able to toward the cost of camp, while recognizing that every family's circumstances are different.

To apply for assistance through the **Campership Fund**, register for a space and then request an application by emailing register@kwasind.com.

Once you have completed the application, please submit it as directed. Our team will review your request and contact

you regarding the outcome of your application and the level of assistance available.

STAYOVER & LAUNDRY

Staying for two sessions? We can help make the transition easy!

For campers registered in **two consecutive sessions**, Camp Kwasind offers an optional **Stayover Program** between sessions, running from Saturday afternoon to Sunday afternoon.

For an additional fee, campers can remain at camp for the weekend rather than travelling home between sessions. Our staff provide a fun and engaging weekend experience specifically for stayover campers, giving them a chance to relax, recharge, and enjoy camp while making the transition between sessions smooth and enjoyable.

Campers staying for two consecutive sessions can also choose to add our **optional laundry service** for an additional fee. Clothing is washed by a third party on the Sunday and returned on the Monday so campers can begin their next session with clean clothes and be ready for another great week at camp.

CANCELLATION POLICY

PRIOR TO ARRIVAL AT CAMP

- Cancellations made before May 1, 2027, will receive a full refund minus the non-refundable deposit of \$100.00 per camper/ per week
*Exception: **First-Time Families** (meaning never had a child go to Camp Kwasind before) \$100 deposit will be **fully refundable** up until May 1, 2027.
- Cancellations made between May 1st and 2 weeks prior to the start of camp will receive a full refund of summer camp fees & transportation fees if applicable less the \$100.00 deposit and a \$25/week administrative fee.
- Cancellations made with less than 2 weeks prior to the start of camp will not receive a refund (includes camp fees and transportation fees if applicable), unless there is a medical reason with support from a doctor, in which case you will receive a full refund minus a \$25/week administrative fee.

DURING CAMP

We understand that sometimes a camper may need to leave camp earlier than expected. Our approach depends on the reason for the early departure and whether the decision is made by Camp Kwasind or by the camper and/or their parent or guardian.

If Camp Kwasind Sends a Camper Home:

If we determine that a camper needs to go home due to **illness or injury**, we will provide a credit toward the following summer's camp fees based on the number of days the camper was able to attend. Where possible, we will also explore whether there is space available in another camper week during the same summer so that the camper can return to camp.

If a Family Chooses to Send a Camper Home:

If the camper and/or parent or guardian decides that the camper should leave camp, there is **no refund or credit** for the unused portion of the session.

Homesickness & Behavioural Concerns:

There is **no refund or credit** when a camper leaves camp due to homesickness or behavioural/disciplinary concerns. Our goal is always to work with campers and families to find the best possible solution and, whenever appropriate, help campers successfully remain at camp and enjoy their experience.

ILLNESS POLICY

Keeping our campers and staff healthy is an important part of creating a safe camp community. Because campers live, eat, and participate in activities together, communicable illnesses can spread quickly. We ask families to help us reduce the risk by keeping campers home when they are unwell.

If your child has a **fever, vomiting, or diarrhea**, please do not send them to camp until they have been **symptom-free for at least 48 hours**.

If your child develops any of these symptoms while at camp, our Health Care Team will assess them and a parent or guardian will be contacted. In order to protect the health of the broader camp community, your child will need to go home until they have recovered and meet the 48-hour symptom-free requirement.

If your child is unable to attend their session because of illness, we will make every effort to **move their registration to another week during the same summer**, where space is available, or provide a refund in accordance with our refund policy.

We understand that having to miss camp can be disappointing, but keeping an unwell camper home helps protect **your child, other campers, and our staff team**. Thank you for partnering with us to keep Camp Kwasind a healthy and safe community.

INFECTIOUS DISEASE OUTBREAK SITUATIONS

If Camp Kwasind is required to close due to an infectious disease outbreak determined by Public Health, all families will receive a 100% no-hassle full refund of all summer camp fees.

ARRIVAL/DEPARTURE AT CAMP

REVIEW 2027 PREP FOR CAMP KWASIND CHECK LIST

We will provide all registered camp families with a “PREP FOR CAMP KWASIND” checklist in your registration email. This will be sent out **2 weeks before your arrival**.

PRIOR TO YOUR ARRIVAL

Health Check

Helping keep Camp Kwasind healthy starts before campers arrive. We ask that all campers arrive at camp free from infectious diseases and symptoms that could put other campers or staff at risk.

Before arriving at camp, please complete a quick **head-lice check**. If your camper is found to have lice, they will need to be picked up from camp and treated for at least **24 hours before returning**. This helps prevent the spread of lice within the camp community.

We also encourage families to **limit their camper's exposure to illness for the 14 days (approximately two weeks) before arriving at camp**, to the greatest extent reasonably possible. This includes reducing unnecessary contact with individuals outside of their immediate household and taking reasonable precautions to reduce the chance of becoming ill before their session.

We appreciate your partnership in helping us create a **healthy, safe, and enjoyable environment for every camper and staff member**.

Medical Form Updates

If any health situations or information has changed for your child since you have submitted the camper's medical form, please contact register@kwasind.com to send the latest medical information.

HOW ARRIVAL AT CAMP WORKS

Arrival by Car – Check-In Procedure

Welcome to Camp Kwasind! We have designed our arrival and check-in process to be welcoming, quick, and efficient, so that your camper can get settled, meet their cabinmates, and begin their week of camp.

Check-in takes place from 1:00–3:00 p.m. on arrival day.

1. Welcome & Health Check

When you arrive, you will be greeted by our **Head of Program**, who will confirm that everyone in your vehicle is feeling healthy and ready for camp.

You will then be directed to our lower parking lot, where one of our **GAME CHANGERS** (summer staff) will greet you and help bring your camper's luggage to the basketball court area, where the check-in process takes place.

2. Check-In Process

You will move through three simple check-in stations:

Stage 1 – Administration Team

Our Admin Team will confirm:

- Cabinmate requests
- Tuck Shop account information
- Pick-up arrangements
- Other important logistical details

Stage 2 – Electives

You will meet with our Head of Logistics to confirm your camper's **three elective choices**.

During registration, campers select three electives, of which they will participate in two throughout their week at camp. If your camper would like to change any of their selections, they can do so at this station, provided there is space available in another elective.

Stage 3 – Health Centre

You will meet with our **Registered Nurse** if:

- You have any health concerns you would like to discuss
- Your camper has medication to hand in

- The nurse needs to speak with or assess your camper

3. Head to the Cabin

Once check-in is complete, a Kwasind staff member will take you and your camper to their cabin and help with their luggage. At the cabin, you will meet one of your camper's Cabin Leaders. Once you have helped your camper get settled, the Cabin Leader will take over supervision and begin helping your camper connect with their cabin community.

4. Explore Camp

After your camper is settled, you are welcome to explore Camp Kwasind together at your leisure.

Your camper will remain under direct supervision at their cabin or in other designated, supervised areas, such as the basketball court.

As you explore, please remember:

- Please **do not enter any other cabins**.
- Please be mindful of campers and staff who are getting settled.
- We ask that families leave in a timely manner so that we can make room in the parking area for the families still arriving.

At **3:00 p.m.**, campers will gather with their cabin groups and head to the waterfront for their **swim and head checks**.

5. Let the Fun Begin!

And then... **camp begins!** 🎉

Parents and guardians, enjoy your week!

While your camper is at Camp Kwasind, our team will work hard to make sure they are cared for, supported, safe, and having an **AWESOME** time making new friends and creating memories.

So once you've said your goodbyes, take a deep breath and enjoy **YOUR** week too! We've got your camper from here. ❤️

Arrival by Bus – Check in procedure

For families using the Camp Kwasind bus from the Toronto area, please arrive at the **Toronto Area Bus Pick-Up location** by **12:00 p.m.** We aim to depart promptly at **12:30 p.m.**

Before your camper boards the bus, please check in with the **Bus Monitor** and ensure that the following have been completed:

- A **copy of your camper's health card** is on file.
- Your camper's **camp account is paid in full**.
- **Tuck Shop money** has been deposited through the online process.
- You have confirmed **who will be picking up your camper** at the end of the session.

Once check-in is complete, our staff will help your camper get settled and ready for the trip to Camp Kwasind. Then it's time to start the adventure!

DEPARTURE FROM CAMP

Picking Up From Camp

If you are picking up your camper directly from Camp Kwasind, pick-up will begin at **10:00 a.m.**, and all campers must be picked up by **11:00 a.m.**

When you arrive:

- You will be directed where to park.
- You will then be able to meet your camper at their cabin and help them collect their belongings.
- Before leaving, you will need to **sign your camper out in front of the Tuck Shop**.
- Your camper will receive their **camp photo** when they are signed out.

If someone other than the person who dropped off your camper will be picking them up, please make sure this is noted during the **arrival/check-in process** or by emailing register@kwasind.com with the name of the authorized pickup (See: PICK UP AUTHORIZATION) Please ensure the authorized pickup **has identification with them**.

Picking Up From the Bus

For campers travelling home by bus, the bus is expected to leave Camp Kwasind at approximately **10:00 a.m.** and arrive at the **Toronto Area Bus Pick-Up location** at approximately **12:00 p.m.**

Please ensure you are checking your child(ren) out with our bus monitor and collecting their cabin photos and any medication they had at camp.

Please **check your email on departure day** for updates. We will use email to communicate any delays or changes to the bus schedule.

Tuck Shop Refunds

Any money remaining in your camper's **Tuck Shop account** at the end of their session will be refunded to the **credit card on file** after pick-up.



MAP OF CAMP KWASIND

WHAT YOU NEED TO KNOW ABOUT CAMP KWASIND

ACCOMMODATIONS FOR CAMPERS

Cabin life is at the heart of the Camp Kwasind experience. Cabins provide campers with a place to build friendships, develop community, and feel a sense of belonging throughout their week.

Cabin groups are made up of campers of the **same assigned sex who are close in age**. Cabins typically have **6–14 campers**, along with **1–2 Cabin Leaders** who live in the cabin with the campers.

Campers sleep in bunk beds. Cabins do not have designated storage areas for personal belongings, so we recommend that campers **store their luggage underneath their bunk**. A small personal bag for toiletries and items they may want to access throughout the day is also helpful.

Cabin Leaders sleep in the same room as the campers, allowing them to be readily available to support campers and respond to their needs throughout the night.

Each Kwasind cabin has its own character. Some cabins have been renovated and offer a more updated feel, while others have a more **rustic Muskoka camp atmosphere**. Regardless of the cabin, all sleeping accommodations are enclosed spaces with **electricity, lighting, windows, and fans** to help keep campers comfortable throughout their stay.

ALLERGIES & SPECIALTY DIETS

We want every camper to feel comfortable, cared for, and confident when it comes to meals at Camp Kwasind. **All allergies and special dietary needs should be included on your child's original online application and medical form. *Dietary needs to be submitted 2 weeks prior to campers' arrival in order for the kitchen to make the accommodation.**

If your child develops a new allergy, dietary restriction, or other food-related need after submitting their forms, please contact the Camp Office Manager at register@kwasind.com as soon as possible, and **no later than two weeks before your child's arrival.**

Our kitchen team will carefully review the information provided. If they have questions or need additional details about your child's allergies or dietary restrictions, a member of our team will contact you before your child arrives at camp. In some situations, families may be asked to provide supplementary food items to ensure their child's needs can be met appropriately.

We are delighted to have **GB Catering**, a leader in food service, continuing to operate the Camp Kwasind Kitchen and help provide nutritious and delicious meals throughout the summer.

EpiPens: If your child requires an EpiPen, they **must bring two non-expired EpiPens to camp.** One will remain with your child as appropriate, and the second will be kept securely in the Health Centre.

BIRTHDAYS AT CAMP KWASIND

Celebrating a birthday at Camp Kwasind is something special! If your child will be celebrating their birthday while they are at camp, **our team is happy to help make their day extra special.**

If you would like to send a birthday card or gift from home, we can arrange to have it delivered to your camper. Simply leave the package with our Office Staff during **Check-In on Arrival Day.**

Please clearly write the following on the **outside of the package:**

- Your camper's full name
- **Birthday**

Please Note: To help us maintain a safe and healthy camp environment, we ask that all families respect our **Care Package guidelines** and **Nut Safe Policy**. **Please do not include any food, candy, gum, or snack items** in birthday gifts or care packages.

We'll take care of the rest and help make sure your camper feels celebrated on their special day!

BUNK1 Bunk Notes (Email Campers & Photos)

Staying Connected with Bunk1

We know that staying connected while your camper is at Camp Kwasind can be important for the whole family. **Bunk1 makes it easy for parents and guardians to stay connected and catch glimpses of the AWESOME week their camper is having!**

Camper Emails

Through Bunk1, parents and guardians can purchase an email plan that allows **you** to send messages directly to your camper. Emails are downloaded, printed, and distributed to campers the following day.

It's a great way to send a quick **"We're thinking of you!"** without needing to wait for regular mail delivery.

At this time, Bunk1 is a one-way service where parents and guardians can send messages to their campers, but campers cannot reply back.

Online Photo Galleries

Bunk1 also provides **free online photo galleries** for Camp Kwasind families. Photos are updated throughout the week as our photographers capture cabin life, activities, special moments, and plenty of Kwasind fun!

To access the photo galleries:

1. Create an account at www.bunk1.com.
2. Use the **KWASIND CODE** provided in the Bunk1 information email.
3. Select a paid package if you would like to send emails to your camper, or the **free** photo gallery option at the bottom of the page

Please be sure to complete **all required fields** when creating your account. Because the gallery contains photos of children, **access is reviewed and approved** to help keep our campers' photos secure.

Where's My Camper?

We do our best to make sure every camper gets their moment in front of the camera! However, with so many activities happening throughout the week, it may take some time before your camper appears in the gallery.

If you don't see your camper right away—or you spot them in a photo that is more **“good” than “great”**—don't worry! Our photographers are continually capturing cabin groups, activities, and individual photos throughout the week. **Your camper will likely be online looking AWESOME before you know it!**

Most importantly, don't spend the whole week searching for photos. Your camper is busy making memories, building friendships, trying new things, and enjoying their **Home Away from Home!**

CABIN ASSIGNMENT

Cabin assignments are finalized in the days leading up to your camper's arrival. We carefully consider cabin mate requests while also looking at the overall needs and dynamics of each cabin.

We understand that **being at camp with friends can be an important part of the Camp Kwasind experience**. At the same time, camp is a wonderful opportunity to meet new people, build new friendships, and become part of a community beyond your camper's usual circle of friends.

Our goal is to create cabin groups where every camper has the opportunity to feel **included, supported, and set up for success**. We intentionally work to prevent cliques, exclusion, or situations where campers may feel left out of an established group.

A significant amount of time and care goes into creating each cabin group. When making assignments, we consider a variety of factors, including:

- Cabinmate requests
- Age and grade
- Assigned sex
- Time of enrollment
- Individual camper needs and well-being
- Overall cabin dynamics and compatibility

While we do our best to honour requests, **we cannot guarantee that every request will be accommodated**. Creating balanced cabin groups is a thoughtful process, and sometimes the best placement for a camper may not be the one that was originally requested.

We appreciate your trust as we put time, prayer, and care into creating the best possible cabin groups for **all of our campers**. Our hope is that every camper arrives ready to have an AWESOME week, make new friends, and experience the welcoming community of Camp Kwasind.

CALL TO AND FROM CAMP

Communication During Camp

When camp is in session, our days are full of activities, camper care, and making sure your child is having an **AWESOME** experience. Because of this, there may be times when our phone message service is on. **Please don't panic if you reach our voicemail!**

A Director and Administrative Team are on site throughout the summer, and our messages are checked regularly throughout the day. If you need to reach us, please **leave a detailed message in the general mailbox**, including your camper's name and the reason for your call. We will return your call as soon as we are able.

We ask for your patience and understanding as we prioritize return calls based on urgency. While we make every effort to respond within a reasonable timeframe, our first priority is always the **safety, care, and well-being of our campers**.

If Camp Kwasind Calls You

Please don't be alarmed if you see a call from Camp Kwasind while your camper is at camp. Sometimes we simply need to clarify an administrative detail, ask a question, or follow up on information. **If we leave a message, our staff will provide details about why we are calling.**

If there is an emergency or significant concern involving your camper, we will make every effort to contact you at the phone numbers provided on your child's application as soon as the situation permits. If we are unable to reach you, we will then contact the alternate emergency contacts you provided.

Emergency Contact

For an **emergency situation that requires immediate contact with Camp Kwasind**, please contact our Director of Operations: **Rod Vis (647-871-6597)**

Thank you for trusting us with your camper and for giving our team the time and space to care for them well. We know it can be difficult not to hear from your child during the week, but rest assured that **our team is here, our staff are caring for your camper, and we will be in touch when you need to hear from us.**

CARE PACKAGES

For campers staying for **one or two weeks**, we generally discourage parents and guardians from sending or leaving care packages. Campers have full days of activities, friendships, and AWESOME adventures, and receiving a package can sometimes make them feel more homesick.

For campers staying for longer periods, if you choose to send or leave a care package, we encourage items that can be enjoyed throughout their time at camp, such as:

- Stuffed animals
- Books or magazines
- Cards or letters
- Small games or activities

Please Keep Camp Nut Safe

PLEASE DO NOT SEND OR BRING OUTSIDE FOOD, CANDY, GUM, OR SNACKS.

We take great care to maintain a **healthy, Nut Safe environment** for all campers, and we need everyone's help to do this well. Campers are not permitted to store food in their cabins or tents, so please do not include any food items in care packages.

Food stored in cabins or tents can attract unwanted visitors—including flies, ants, raccoons, and other wildlife—and can create additional health and cleanliness concerns. **Clean accommodations are essential to keeping camp safe and comfortable for everyone.**

Our kitchen provides campers with the meals and snacks they need throughout their stay, so **extra snacks from home are not necessary.**

Thank you for helping us keep Camp Kwasind **clean, healthy, and Nut Safe for everyone!**

CAMERAS

We love when campers capture memories from their time at Camp Kwasind! Campers are welcome to bring a **disposable or digital camera** to take pictures and share their favourite moments with family and friends when they return home.

To help prevent lost items, we **strongly recommend labeling all cameras with your camper's full name (first and last).** For the privacy, safety, and comfort of all campers, **cameras may not be used in cabins, bathrooms, changing areas, or any other private spaces.** Any camera found being used in these areas will be confiscated and held by camp staff.

No Phones or Multi-Purpose Devices

To help campers unplug, be present, and fully engage in camp life, **phones and multi-purpose electronic devices are not permitted.** This includes devices such as phones, iPods, smart devices, or other electronics with built-in cameras, gaming capabilities, Wi-Fi, or cellular network access.

Camp Kwasind is a place to put the screens away, try something new, build friendships, and enjoy being outside. We encourage campers to be **Kwasind Ready**—ready for adventure, community, and an AWESOME week at camp!

CASH

Please do not send your camper with cash, as it is not needed.

CELL PHONES & HANDHELD ELECTRONIC DEVICES

Electronic devices are NOT PERMITTED for campers at Camp Kwasind.

Camp is a social environment where campers are encouraged to connect with one another, build friendships, try new things, and be fully present in the experience. We want every camper to have the opportunity to enjoy their time at Kwasind **unplugged and distraction-free.**

This policy applies to **all electronic devices**, including phones, iPods, gaming devices, smart devices, tablets, and other multi-purpose electronics with Wi-Fi or cellular capabilities.

If an electronic device is brought to camp, it will be collected and securely stored in the **Main Office** until the end of the session, when it will be returned to the camper.

Please note that **Camp Kwasind cannot accept responsibility for electronic devices that are lost, stolen, damaged, or broken.**

For this reason, we strongly recommend leaving valuable electronics at home. Instead, encourage your camper to unplug, get outside, meet new friends, and make memories that they'll be excited to share when they get home!

CLUB MED (Health Centre)

Club Med is Camp Kwasind's onsite Health Centre and the home base for our caring Healthcare Team.

Our Health Centre is staffed by a **Registered Nurse** and is available throughout the day to support the health and well-being of our campers and staff. Our Healthcare Team can dispense medications, provide first aid, assess illness and injuries, perform minor medical procedures, and respond to health concerns as they arise.

Club Med is equipped to support our camp community **24 hours a day, 7 days a week throughout the summer**. Our Healthcare Team works closely with camp leadership to ensure campers receive appropriate care and that families are contacted when necessary.

Camp Kwasind is also approximately **20 minutes from emergency medical services (EMS)** and approximately a **25-minute drive from South Muskoka Memorial Hospital in Bracebridge**, providing additional support should a camper require medical attention beyond what can be provided onsite.

Families will meet our Club Med Team on Arrival Day, and you are welcome to speak with our healthcare staff about any questions or concerns regarding your camper's health needs before they begin their AWESOME week at camp.

CURFEW

A good night's sleep is an important part of a great week at camp! **Bedtime at Camp Kwasind varies by age group and evening programming, but generally falls between 8:45 and 10:30 p.m.**

Once curfew begins, campers are expected to remain in their cabins with their Cabin Leaders. Campers may leave their cabin after curfew only when necessary to use the washroom or as part of a **pre-planned camp program**. Campers found outside their cabin after curfew without permission may be subject to our **Behaviour Management process**.

Our Cabin Leaders work hard to create a calm and comfortable bedtime routine so campers can get the rest they need to be ready for another **AWESOME day!**

DIETARY NEEDS

Meals, Snacks & Nut Safe Policy

We want mealtimes at Camp Kwasind to be something campers look forward to! Our kitchen team provides a **wide variety of well-balanced meals and snacks**, with menus adapted as appropriate for different age groups. Meals and snacks regularly include fresh fruit and vegetables to help keep campers fueled for their busy days of activities and adventure. If your child has **food allergies or special dietary needs**, please let us know when completing their registration and medical forms. Any updates should be communicated to the Camp Office Manager **prior to two weeks before camp**. We will work closely with our kitchen team to understand your child's needs and determine how best to accommodate them.

As a busy summer camp kitchen, there are some limitations to what we can provide. **We will always do our best to make things work**, but in some circumstances, we may ask families to provide specific supplementary food items to help meet their child's dietary needs.

Nut Safe Environment

Camp Kwasind is committed to providing a safe camping environment for campers with nut allergies. We maintain a **Nut Safe Policy**, which means:

- **No peanut or tree nut products are served by the Camp Kwasind Kitchen.**
- **No peanut or tree nut products are sold in the Tuck Shop.**
- Campers are **not permitted to bring their own food, snacks, candy, or other food items to camp.**

These guidelines help reduce the risk of accidental exposure and require the cooperation of our entire camp community.

For campers with **severe or life-threatening nut allergies**, we ask families to carefully consider the camp environment and speak with our Healthcare Team and Camp Office before arrival. While we take significant precautions, no environment can be completely free from the risk of accidental exposure.

Thank you for helping us keep Camp Kwasind a **safe, healthy, and welcoming place for everyone!**

DRESS CODE

At Camp Kwasind, we want every camper to feel **comfortable, safe, and ready for adventure**. Campers spend their days outdoors, participating in active programs, getting messy, and trying new things, so clothing should be practical and appropriate for the camp environment.

We encourage families to pack **comfortable, activity-friendly clothing** that can handle an active week at camp. Please leave expensive, delicate, or treasured clothing at home. Despite our best efforts, clothing and other belongings can occasionally be lost, stained, or damaged. At Camp Kwasind, the quality of the experience matters much more than keeping clothes looking perfect!

Camp Clothing Guidelines

To help campers stay comfortable, safe, and ready to participate fully in camp activities:

- **Sun protection:** Shoulders and heads should be covered during the day whenever appropriate to help protect campers from sun exposure. Hats and lightweight shirts are recommended.
- **Respectful messaging:** Clothing with slogans or images should not contain divisive, derogatory, hateful, sexual, or otherwise inappropriate or critical messaging that could make others feel unsafe or uncomfortable.
- **Insect protection:** Light-coloured, loose-fitting clothing is recommended to help with insect protection and to keep campers comfortable outdoors.
- **Swimwear:** Swimsuits should be practical and secure for swimming and other waterfront activities. We recommend a one piece bathing suit with a rash guard or sun shirt.
- **Footwear:** Closed-toe shoes and socks are required for most camp activities. Runners are a great everyday option. Campers should also bring appropriate footwear for waterfront and rainy-day activities.
- **Shorts and tops:** Clothing should provide appropriate coverage and allow campers to move comfortably and participate safely in active programs.

If clothing is deemed unsafe, inappropriate for an activity, or likely to make others feel uncomfortable, a camper may be asked to change at the discretion of Camp Leadership.

When in doubt, choose comfortable, practical, activity-friendly clothing that your camper can get wet, dirty, and AWESOME in!

EMAIL TO CAMPERS (SEE NOTE: BUNK1)

We know it can be reassuring to send your camper a quick message while they are away at Camp Kwasind. Through **Bunk1**, families have the option to purchase an email plan and send emails directly to their camper.

This is a **ONE-WAY service**. Campers do not have the ability to respond to emails.

Emails are printed and distributed to campers once each day along with regular mail, typically during the lunch hour.

Email delivery schedule:

- Emails received **before 10:00 a.m.** will be delivered to campers that same day at lunch.
- Emails received **after 10:00 a.m.** will be delivered the following day at lunch.

Please note that emails for campers can **only be sent through Bunk1**. Campers do not have access to personal email accounts or other electronic communication while at camp.

Getting Started with Bunk1

To send emails to your camper:

1. Visit www.bunk1.com and create an account.
2. Use the **Camp Kwasind CODE** provided in a separate Bunk1 information email sent before your child's week at camp.
3. Purchase an email plan and send your camper some encouragement, a funny story from home, or a simple **"We love you and can't wait to hear about your AWESOME week!"**

HEAD LICE "NO NIT" POLICY

As part of our **"No Nit" Policy**, we ask families to help us prevent the spread of head lice by checking their camper carefully before arriving at Camp Kwasind. We recommend completing a head-lice check as part of your child's pre-camp preparation. A routine visit to your family doctor for a general health check is also encouraged, but is not required.

Because head lice can spread quickly in a communal living environment, **every camper is screened for head lice when they arrive at camp** as part of our arrival and swim-check process. Taking these steps before camp helps us protect the health and comfort of the entire camp community.

If Head Lice Are Found

If a camper is found to have head lice, they will remain **supervised and separated from the general camp population** while we contact the Director and their parent or guardian.

Families will then have two options:

1. Arrange treatment through Camp Kwasind or a designated service

Parents may choose to have Camp Kwasind or a designated third-party service arrange treatment at the family's expense. The cost will depend on the service required and severity of the infestation, plus applicable taxes. If we are unable to arrange treatment, a parent or guardian will need to pick up the camper.

2. Take your camper home for treatment

Parents may choose to take their camper home and complete the treatment themselves. Families should follow appropriate head-lice treatment guidance and thoroughly remove lice and nits, including using a fine-toothed nit comb as recommended.

Returning to Camp

For the health and well-being of all campers, **campers may only return to Camp Kwasind once their hair and scalp have been completely cleared of live lice and nits.**

Depending on how much time remains in the camper's session, it may not be possible for them to return that week. When possible, we will work with the family to arrange an **alternate camp session**, based on availability.

For campers arriving by bus, parents or guardians will be contacted **immediately** if head lice are identified during the arrival screening. We will work with the family to determine the next steps for treatment and returning to camp.

Thank you for helping us maintain a **healthy, comfortable, and welcoming environment for everyone at Camp Kwasind!**

HOMESICKNESS

Homesickness & Settling In

One of the AWESOME parts of the Camp Kwasind experience is helping campers grow in **independence, confidence, and resilience**. Camp gives children the opportunity to learn how to be away from home, make new friends, try new things, and have FUN in a new environment. **Parent and camper cooperation is an important part of making this experience a success.**

Homesickness Is Normal

Children of any age can experience homesickness—even campers who have been away from home many times before. Missing home is a normal part of growing and becoming more independent.

When campers are homesick, they may sometimes describe how they are feeling in very dramatic terms. They may even complain of physical symptoms such as a stomach ache or headache. This can be difficult for parents to hear, but it is important to remember that **homesickness usually comes in waves rather than lasting all day**.

Campers may be having an AWESOME time one moment and missing home the next. Homesickness often surfaces during quieter moments, at bedtime, or when a camper has time to think about home. Our experienced staff are prepared to recognize these moments and support campers through them.

How You Can Help Prepare Your Camper

You can help set your camper up for success by keeping conversations about camp **positive, exciting, and encouraging**.

Focus on the FUN and the new experiences waiting for them:

- “I heard the food at camp is really good!”
- “I’m so excited for you!”
- “What activity are you looking forward to the most?”
- “You’re going to have such an AWESOME time!”
- “I can’t wait to hear all about your adventures when you get home!”

We recommend avoiding questions such as “**Do you think you’ll be homesick?**” or “**Are you going to miss me?**” While these questions come from a place of love, they can unintentionally plant the idea that being away from home is something to worry about.

We also encourage parents not to tell their camper, “**If you’re homesick, we’ll come get you.**” Knowing that going home is an immediate option can sometimes make it harder for a camper to work through the first bump in the road. Instead, help your camper understand that it is okay to miss home and that **they can get through those feelings with the support of their Kwasind team**.

How You Can Stay Connected

If you are concerned that your camper may miss home, consider leaving a “**Happy Letter**” with our staff at the Check-In Station on Arrival Day. You can also send a one-way email through **Bunk1** during their week.

Keep messages positive and encouraging. A simple note reminding your camper that you are proud of them and excited to hear about their adventures can make a BIG difference!

How We Support Homesick Campers

If a camper experiences homesickness, our staff respond with patience, empathy, and encouragement. We help campers understand that **what they are feeling is completely normal**, while encouraging them to stay involved in camp life.

Our team may:

- Spend some extra one-on-one time with the camper
- Encourage them to participate in activities
- Help them connect with cabin mates and make new friends
- Keep them engaged and busy during more difficult moments
- Check that they are eating well and maintaining personal hygiene
- Provide extra encouragement at bedtime or during quiet times

Our Healthcare Team is also experienced in recognizing and supporting campers who may be struggling with homesickness and will monitor their overall well-being.

Our goal is never to dismiss a camper's feelings. We want them to know that it is okay to miss home while also helping them discover that they are capable of having an AWESOME time, building new friendships, and thriving at Camp Kwasind.

INSECTS

Mosquitoes, black flies, and other insects are simply part of spending time in the great outdoors at Camp Kwasind! While we can't control the bugs, there are a few simple ways you can help your camper stay comfortable.

Please pack **enough bug repellent for your camper's entire stay**. We also recommend:

- Packing **light-coloured clothing**, which can help make insects less noticeable and may reduce attraction.
- Choosing **loose-fitting clothing** that provides good coverage when spending time outdoors.
- Packing **unscented or non-perfumed toiletries**, including shampoo, soap, and other personal-care products, as strong scents can attract insects.
- Encouraging your camper to use bug repellent as directed, particularly during times when insects are most active.

With the right preparation, campers can spend less time worrying about the bugs and more time enjoying the **AWESOME outdoor adventures** that make Camp Kwasind so special!

LAUNDRY

Laundry service is available **once a week for campers staying two or more consecutive weeks** at Camp Kwasind. This service is available for the additional fee noted during the registration process.

Campers using the laundry service will be provided with their own **laundry bag** to collect their clothing. Laundry is sent out to be **washed, dried, folded, on Sunday and returned** the following day.

Please keep in mind that this is a commercial laundry service. To avoid disappointment, **do not send clothing that requires delicate care, special washing instructions, or cannot withstand commercial laundering**. We recommend labeling your camper's clothing clearly with their first and last name to help keep belongings together throughout their stay.

LOST & FOUND

With busy schedules filled with friends, activities, and AWESOME adventures, it's easy for campers to misplace a few things along the way! **Lost & Found can feel like a full-time job at Camp Kwasind**, and we appreciate your help in making it easier for us to reunite campers with their belongings.

The best way to prevent lost items is to **clearly label your camper's belongings with their first and last name**. Labeled clothing and personal items are much easier for our team to identify and return to the right camper.

At the end of each week, our Lost & Found items are displayed near the **Tuck Shop** so campers and families have one final opportunity to look for missing belongings. We strongly encourage families to check the Lost & Found before leaving camp.

After Departure

If an item is left behind, we will make every reasonable effort to identify the owner and contact the family. When possible, arrangements can be made to return unclaimed belongings by mail. **Canada Post shipping costs will be charged to the family.**

Please note:

- **Socks and underwear will be discarded** for health and hygiene reasons.
- Items that are **not claimed within 7 days of your camper's departure will be donated to a charitable organization.**

Thank you for labeling your camper's belongings and helping us keep Lost & Found manageable. And remember—**the less you pack, the less you have to lose!**

MEDICATION

Please have **all medications easily accessible and ready to hand in to our Club Med Healthcare Team at Check-In on Arrival Day.** Do not pack medications inside your camper's luggage.

To help our Healthcare Team safely and efficiently manage medications, please ensure that:

- All medications are packed in a **sealed, transparent bag.**
- All medications remain in their **original pharmacy or manufacturer packaging.**
- Each medication is clearly labeled with your **camper's full name.**
- Prescription medications include the **prescription label and dosage instructions.**
- Over-the-counter medications are also in their **original packaging.**

Medications that are not in their original packaging WILL NOT BE DISPENSED.

If you arrive with medication that does not meet these requirements, our Healthcare Team will work with you to determine the best solution. For prescription medication, this may involve obtaining a new prescription that can be filled in **Bracebridge** or arranging for the medication to be delivered to Camp Kwasind.

If an over-the-counter medication is not properly packaged or labeled, a new package may need to be purchased in town and brought back to the Club Med Healthcare Team before it can be dispensed.

Thank you for taking the time to prepare your camper's medications before arrival. Having everything properly packaged and labeled helps our Healthcare Team provide **safe, efficient, and excellent care** throughout your camper's stay.

NUT SAFE & SENSITIVE POLICY

Camp Kwasind is committed to maintaining a **Peanut & Nut Safe environment** for our campers, guests, and staff. Throughout the year, we welcome individuals who live with life-threatening peanut and nut allergies, and we take their safety very seriously.

Our kitchen team plans and prepares meals with this policy in mind. We also ask every camper and family to do their part by **not bringing or sending any food, snacks, candy, or gum to camp.** This includes food items sent in care packages or brought in personal luggage. Please also check personal-care items such as lotions and other products for nut-based ingredients.

If a camper is found to have personal food or other items containing peanut or nut products, the item will be **confiscated immediately and removed from the camp property**. Camp Kwasind cannot provide reimbursement for confiscated food, snacks, or other personal items containing nut products.

PLEASE DO NOT SEND OR BRING FOOD PRODUCTS TO CAMP.

Your cooperation is an important part of helping us maintain a **safe and welcoming environment for everyone**. Thank you for helping us protect members of our Camp Kwasind community who live with serious allergies.

PERSONAL PROPERTY

At Camp Kwasind, we work hard to create a **trusting, safe, and respectful environment** where campers can enjoy their week and focus on making friends and AWESOME memories.

Even with everyone's best efforts, belongings can occasionally be **forgotten, misplaced, lost, or left behind**. Campers are responsible for keeping track of their personal belongings and taking care of their property throughout their stay.

Camp Kwasind is not responsible for lost, stolen, or damaged personal property.

The best way to help prevent lost belongings is to **clearly label everything your camper brings to camp with their first and last name**. This includes clothing, shoes, towels, water bottles, bags, cameras, toiletries, and any other personal items. We encourage parents and campers to pack thoughtfully and avoid sending expensive, valuable, or treasured items to camp. **If it would be difficult to replace, it's probably best to leave it at home!**

PICK UP AUTHORIZATION

For the safety of every camper, **written authorization is required for anyone other than the parent or guardian to pick up a camper from Camp Kwasind**.

Please provide the **first and last names** of everyone who is authorized to pick up your camper. You can provide this information:

- On your camper's registration form
- During Check-In on Arrival Day
- By emailing the Camp Office Manager at register@kwasind.com

If your pickup arrangements change after registration, please notify the Camp Office Manager as soon as possible so we can update your camper's file.

For the safety and security of our campers, **anyone picking up a camper—including parents and guardians—may be required to present government-issued photo ID** before the camper can be signed out.

Thank you for your cooperation as we take these extra steps to ensure that campers are released only to authorized individuals.

PROMOTIONAL PICTURES/VIDEOS

Photography & Video at Camp

There are lots of AWESOME moments happening at Camp Kwasind, and our photography and video teams work throughout the summer to capture them! Photos and videos may be used in **commemorative albums and videos, our website, brochures, social media, promotional materials, and Camp Kwasind archives**.

We understand that some families may prefer that their camper not appear in Camp Kwasind photography or video. If you **do not want your child to be photographed or filmed**, please notify the Camp Office Manager in writing at register@kwasind.com before your camper's arrival.

Although media preferences are collected through registration, contacting the Camp Office directly provides an additional check to ensure your request is clearly noted in our system and communicated to our photography and video teams.

This request also applies to:

- Photos uploaded to **Bunk1**
- Photos or video clips included in **session videos**
- Other Camp Kwasind-produced photography and video content

Camper-Taken Photos

Campers may bring approved cameras to capture their own memories and experiences at Camp Kwasind. Please be aware that **Camp Kwasind does not control how photos taken by campers are used, shared, or distributed.**

We remind all campers that photography must always respect the privacy and comfort of others. Cameras may not be used in cabins, bathrooms, changing areas, or other private spaces.

Thank you for helping us balance capturing the AWESOME memories of camp with respecting the privacy and preferences of every camper and family.

SMOKING/DRUGS/ALCOHOL/CONTROLLED SUBSTANCES

Camp Kwasind is committed to providing a **safe, healthy, and positive environment** for all campers, families, guests, and staff. For this reason, Camp Kwasind is a **smoke-free, vape-free, and substance-free property.**

The following are **not permitted anywhere on Camp Kwasind property**, including during Arrival and Departure Days:

- Smoking or vaping
- Smokeless tobacco or nicotine products
- Cannabis
- Alcohol
- Narcotics or controlled substances, except where appropriately prescribed and managed through our Healthcare Team
- Drug paraphernalia or related equipment
- The misuse or abuse of prescription or non-prescription medications

This policy applies to everyone on Camp Kwasind property, including parents and guardians during camper drop-off and pick-up. We ask all families and guests to respect our smoke-, vape-, alcohol-, and substance-free environment. The use, possession, or involvement with prohibited substances by a camper will result in **immediate disciplinary action and may result in the camper being sent home. No refund will be provided.**

Misuse or abuse of prescription or non-prescription medications will be addressed in the same manner.

Thank you for helping us maintain a **safe, healthy, and welcoming environment for everyone at Camp Kwasind.**

SUN PROTECTION

We take sun safety seriously at Camp Kwasind and encourage campers to build healthy habits while enjoying the outdoors. Our staff regularly remind campers to **wear a hat, choose loose-fitting and light-coloured clothing, and apply and re-apply sunscreen throughout the day.**

Before camp, please talk with your camper about the importance of protecting themselves from the sun and remembering to **wear their hat, use sunscreen regularly, and choose appropriate protective clothing.** These simple habits help your camper stay comfortable, healthy, and ready to enjoy all the AWESOME activities camp has to offer!

SWIMMING CHECKS

For safety reasons, **every camper's swimming ability is assessed at the beginning of each session.** This is not a "pass or fail" test. Instead, it helps our team understand each camper's swimming ability and ensure they are participating in waterfront activities at a level that is safe and appropriate for them, in accordance with **Ontario Camps Association (OCA) safety standards.**

Based on the assessment, some campers may be required to wear a **Personal Flotation Device (PFD)** while at the waterfront. This is an important safety measure and is based on each camper's individual swimming ability.

All campers and staff, regardless of swimming ability, must wear a PFD when:

- Playing on the inflatable water toys
- Swimming outside the marked swimming lanes
- Participating in out-tripping or canoe trips

Our goal is to help every camper feel confident and have an AWESOME time at the waterfront while keeping safety our top priority.

TELEPHONE CALLS

To help campers stay engaged in their experience and make the most of their time at Camp Kwasind, **we do not accept phone calls directly to campers.** If you have a question or concern about your child during their stay, please contact the **Camp Director or Office Manager**, who will be happy to assist you.

If there is a **family emergency or urgent situation**, please contact the Camp Office and clearly communicate the urgency so that our team can respond appropriately.

In rare circumstances, a camper may be permitted to make a phone call home when our leadership team determines that it would be beneficial or necessary. Our goal is to support each camper while also helping them remain present and engaged in their AWESOME Camp Kwasind experience.

THEME EACH WEEK

At Camp Kwasind, we LOVE creating **memorable and AWESOME theme experiences** throughout each week of camp! Each theme gives campers and staff the opportunity to **dress up, get creative, and jump into the adventure together.**

Throughout the week, campers will take part in **theme-inspired games, challenges, activities, and special events**, while characters may appear along the way to help bring the week's storyline to life. At the end of the week there is a banquet meal, where campers are encouraged to dress up according to the week theme!

Themes also help us transform different spaces around camp, create unforgettable moments, and—most importantly—provide plenty of opportunities for **fun, creativity, and good laughs!**

THINGS TO LEAVE AT HOME

Camp Kwasind is not responsible for **lost, stolen, or damaged personal belongings**, so we strongly encourage campers to leave valuables and items that are difficult to replace at home.

Personal electronics, including **cell phones, iPads, and similar devices, are not permitted at camp**. If these items are brought to camp, they will be collected and securely stored in the Camp Office until departure day.

If you are unsure whether an item is permitted, please contact the **Camp Office Manager** before packing it. When in doubt, it is always best to **leave it at home!**

For a complete list of what to bring (and what to leave at home), please refer to the **Camper Packing List**.

TUCK SHOP (CAMP STORE)

“Tuck” is an old English word for delicious food or a special treat, and it has been part of the camping tradition for generations! At Camp Kwasind, our **Tuck Shop** is a favourite stop for campers and is stocked with a variety of treats and camp merchandise, including candy, chips, chocolate, pop, frozen treats, T-shirts, hoodies, and water bottles.

After lunch, Monday through Friday, campers have the opportunity to visit the Tuck Shop and enjoy some of their favourite treats. To help encourage balance and ensure that Tuck Shop remains a fun part of the camp experience, campers are limited to **three food or drink items per day**.

How Much Should I Add to My Camper’s Tuck Account?

If your camper would like to choose three items each day, we recommend adding approximately **\$50 to their Tuck Shop account** for the week. Depending on their choices, campers may spend less than this amount.

How Do I Add Money to My Camper’s Tuck Account?

There are plenty of options to add money to your camper’s tuck account. Parents or guardians can make payment on their online account, email register@kwasind.com and send an E-Transfer, call the Office (905-294-6360), or pay with cash on arrival day.

Any remaining Tuck Shop balance at the end of the week will be refunded to the credit card on file.

We want Tuck Shop to be a fun part of your camper’s week without becoming the focus of their camp experience. There are plenty of AWESOME activities, meals, snacks, and adventures waiting for them beyond the Tuck Shop!

PACKING FOR CAMP

PACKING TIPS

Packing for Camp Kwasind is part of getting **Kwasind Ready!** We encourage families to keep packing simple, practical, and focused on the camp experience. All camper clothing and equipment should be **clearly labelled with your camper’s first and last name**.

To avoid the disappointment of coming home without a favourite (and costly) shirt or pair of jeans, we strongly recommend leaving expensive or treasured clothing at home. Pack clothing and gear that your camper can **get wet, dirty, and AWESOME in!**

When packing, please keep the following in mind:

- **Keep it simple:** Try not to overpack. Campers need less than you might think!
- **Pack together:** Parents/guardians, please pack **with your camper**. This helps them recognize their belongings, reduces lost items, and helps prepare them for their week at camp.
- **Label everything:** Make sure your camper's first and last name is on **all clothing and personal belongings**. Unclaimed items left behind will be donated to charity **one week after your session**.
- **Choose the right luggage:** Luggage is stored underneath bunk beds, so space is limited. **Soft-sided suitcases and duffel bags** work best.
- **Prepare sleeping bags:** If your sleeping bag has been stored away over the winter, placing it in a clothes dryer on **high heat for 30 minutes** can help kill any bugs or eggs that may have made a home there.
- **Sleeping bags are versatile:** When unzipped, a sleeping bag can double as a blanket, making it easy to be **Camp Kwasind Ready for a camp-out!**
- **Keep toiletries organized:** Pack toiletries in a plastic bag or toiletry kit that is easy to carry to and from the showers. This also helps prevent spills inside your luggage.
- **Out-trip gear: LIT, LEAP, and Explorers** campers should remember to pack a **backpack and dry bag** for their out-trip.

WHAT TO PACK FOR REGULAR KIDS CAMP

- | | |
|--|--|
| ✓ sleeping bag & pillow | ✓ clothes for all types of weather – pants, shorts, hoodie, t-shirts, etc. |
| ✓ pajamas | ✓ raincoat, rain pants, umbrella |
| ✓ socks & underclothing for each day of camp | ✓ Bible (if you have one) |
| ✓ running shoes (closed toed) & sandals | ✓ toothbrush, toothpaste |
| ✓ hat with a brim | ✓ brush/comb |
| ✓ water bottle with your name on it | ✓ soap & shampoo/conditioner |
| ✓ sunscreen | ✓ beach towel, shower towel & face cloth |
| ✓ bug spray | ✓ Appropriate bathing suits |
| ✓ lightweight jacket | ✓ Costume or items that may go well with the theme of the week |
| ✓ rubber boots | ✓ optional: camera, stuffed animal, etc. |
| ✓ flashlight | |

****Please remember when packing- this is camp. You are going to play hard, have fun and get dirty, so pack appropriate clothes****

WHAT NOT TO PACK

- electronic toys or handheld electronic games
- cell phones
- portable music devices
- jewelry
- money
- pocketknives or other weapons
- peanut or nut products (as we have campers with serious food allergies)
- alcohol, tobacco, marijuana (all forms) and illegal drugs

Camp Kwasind is not responsible for lost, stolen or damaged, or left behind items

TYPICAL DAY AT CAMP KWASIND

7:30	Wake Up & Optional Morning Dip
8:15	Breakfast
9:00	Chapel
9:45	Cabin Clean Up
10:15	Elective 1
11:20	Elective 2
12:30	Lunch
1:30	Cabin Devo
2:00	CYOA/ Free Swim / Tuck Shop
4:45	Cabin Time
5:30	Dinner
6:30	All Camp Game Time
7:30	Campfire
8:00	Snack
8:15	Vespers
9:15	Primetime (older campers) or Bedtime (younger campers)
10:30	All Camp Lights Out