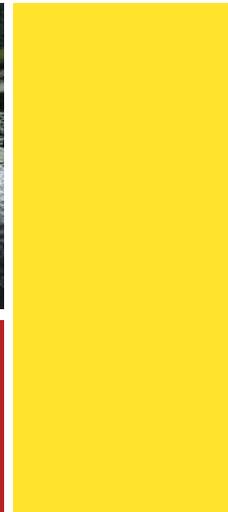




Camp  Tournesol™

2019 PARENT HANDBOOK

French Overnight Camp
Bracebridge



Welcome to the ***French Overnight Camps*** organized by Camp Tournesol. Campers are sure to come back with enhanced French verbal skills, a greater sense of autonomy and independence, new friends and fantastic memories. This document is meant to be a tool to help each family prepare for these trips. Please take the time to review it carefully and discuss the content with your child. You will also receive additional forms to be completed and returned before camp. Please submit these forms as soon as possible to facilitate the organization of the trip. Campers will NOT be allowed to leave without having submitted all of their forms. **IF YOUR CHILD HAS DIETARY RESTRICTIONS OR ALLERGIES, WE MUST BE NOTIFIED at least 45 days in advance.**

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Accommodations Overview

Camp Tamarack

Once again, Camp Tournesol will be spending their week-long overnight camps in Bracebridge at beautiful Camp Tamarack.

Camp Tamarack's private 1000 acre property is in the heart of Muskoka and surrounds a pristine private lake.

The site offers a unique and challenging high ropes circuit with elements such as the Quick Drop, Vertical Playground and Flying Squirrel, a 40ft climbing tower, a fleet of over 20 canoes and kayak, 9 half-court tennis courts and a large archery range.

In addition to the outdoor facilities, there are numerous indoor facilities for use during rainy day activities including a dance studio and a state-of-the-art theatre.

Meals are served family style in the 4000 square foot dining hall lined with inscriptions and plaques featuring campers from over 35 years ago. Each meal features a balanced and plentiful hot meal option as well as salad bars, breakfast bars and fresh fruit.

Onsite, students will stay in wood cabins with electricity, containing bunk beds and private shelving for each camper.

Staff live in an adjacent and accessible private cubicle. While a good number of cabins have washroom facilities, those that do not have lovely facilities very close by to their cabins. The camp has also built shower facilities over the past few years and each camper has a beautiful private shower area.





2019 Parent handbook - *French Overnight Camps*

Itinerary

The itinerary is provided as an example and a tool to track our movements during the trip. It is also meant as a preparation document for the campers. It is possible that some activities be changed / cancelled or rescheduled because of unforeseen events.

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|--|---|---|----------------------------------|----------------------------------|---|
| 7:45am | | Wake-up | Wake-up | Wake-up | Wake-up | Wake-up |
| 8:15am | | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| 8:45am | | Warm-up activities | Warm-up activities | Warm-up activities | Warm-up activities | Cabin Cleanup |
| 9:45am | | Tubing / Beach games | Tubing / Beach games | Canoeing or kayaking / Sailing | Canoeing or kayaking / Sailing | Show presentation! |
| 10:45am | | Tournesol Leadership and team building activity | Tournesol Leadership and team building activity | Archery / High ropes | Archery / High ropes | Group games to debrief the week |
| 11:45am | | Roundup + hand washing | Roundup + hand washing | Roundup + hand washing | Roundup + hand washing | Roundup + hand washing |
| 12:15pm | | Lunch | Lunch | Lunch | Lunch | Early Lunch |
| 1:00pm | | Free Time + Board games | Free Time + Board games | Free Time + Board games | Free Time + Board games | 11:45 camper pick-up 12:30 pm bus departure |
| 2:15pm | | Swimming | Swimming | Swimming | Swimming | Language-rich large group games include: Treasure Hunt Animal Survival Running Pictionary and more! |
| 3:15pm | | Crafts or ball games | Soccer baseball | Crafts or ball games | Quidditch | |
| 4:15pm | 5:00 camper arrival, cabins, and site tour | Fishing / Rock Wall | Fishing / Rock Wall | Fire building / Shelter building | Fire building / Shelter building | |
| 5:15pm | | Build a show | Build a show | Build a show | Build a show | |
| 6:15pm | Dinner | Dinner | Dinner | Dinner | Dinner | |
| 7:15pm | Ice-breakers | Language-rich large group game | Language-rich large group games | Language-rich large group games | Language-rich large group games | |
| 8:00pm | Site Tour/ Swim test | Camp Fire | Movie Night | Board Game Night | Camp Fire | |
| 9:15pm | Wash up for bed | Wash up for bed | Wash up for bed | Wash up for bed | Wash up for bed | |

| | | | | | | |
|---------|------------|------------|------------|------------|------------|--|
| 10:00pm | Lights Out | |
|---------|------------|------------|------------|------------|------------|--|

Important documents

Prior to attending your overnight trip, it's important that all necessary documents are completed. The information you provide is used to create cabin assignments, prepare meals and snacks that fit any dietary restrictions necessary and let our counsellors know a little bit about your child!

All campers MUST submit a recent photo of themselves as well as a photocopy of their OHIP card in advance of the trip. In addition, you MUST complete our Overnight Information Form.

Your camper's Overnight Information Form which is accessed via your online account. Log in here <https://register.camptournesol.ca/reg/login.php> and follow the following steps:

- Click on My Campers at the top of the page
- Scroll to the bottom of the Camper Information page and click on Overnight Information Form
- Fill in the required information and your name in the electronic signature box at the bottom.
- You must also upload your child's photo and OHIP card on this form.
***Once you click submit, the form is complete.

These documents and forms MUST be submitted as soon as possible. Anyone missing documents will not be allowed on the trip. If you have already submitted, then no action is required. Thank you!

Medication

At Camp Tamarack, the host camp where we are staying, there is a doctor and full medical team on site. Should a medical emergency arrive, it will be this medical staff that will treat your child, and they will charge your child's OHIP card.

Camp Tournesol counsellors will assist campers requiring medication if this form is fully completed with parent/guardian consent. Otherwise, your child will not be authorized to have medication onsite or while away on a trip or take medication. Please help us keep everyone safe by respecting this procedure.

You can find the form here: <https://www.camptournesol.ca/wp-content/uploads/Medication-Form.pdf>. This is to be completed and given to your child's counsellor on the first day of camp.

Please complete this form for each medication you would like your child to have onsite or for us to assist your child with. When you send medication to camp, please follow the following requirements:

- Over-the-counter medication:
 - Must have camper's name, parent's name, and contact phone number on it
 - This must be sent in original packaging with only the intended number of doses to be used (i.e. don't send an entire bottle if you don't anticipate it all to be used)
- Prescription medication:
 - Must have camper's name, parent's name, and contact phone number on it
 - This must be sent in original packaging with only the intended number of doses to be used (i.e. don't send an entire bottle if you don't anticipate it all to be used). The number of doses, what it is, and what it treats must be well identified.

Please ensure that the medication is handed in to your child's counsellor accompanied by the Medication Form. Please remind your child that they are not to take any medication without consulting their counsellor.

Epi-Pens

If your child requires an EpiPen, you must send two EpiPens. EpiPens MUST be carried by the camper in a pouch around his or her waist or in a backpack at all times (their counsellor will wear the other one in a pouch as well). Please make sure that your child's profile is up to date and indicates that your child requires an EpiPen, the allergy that triggers the EpiPen, and the EpiPen information. You can find their profile here: https://register.camptournesol.ca/reg/child_info.php

Campers requiring an EpiPen must also complete an Epinephrine Action Plan form, which must be submitted to waivers@campt.ca. Anyone who has indicated they require an EpiPen will be contacted in advance with a reminder that the form needs to be completed.

The Epinephrine Action Plan form is found here:
<https://www.camptournesol.ca/wp-content/uploads/Epinephrine-Action-Plan.pdf>.

What to bring

Packing for a week-long camp can be challenging but please be practical, travel light and dress comfortably. Make sure ALL your children's clothing is **labeled**. Please remember that the children must carry their luggage to and from the buses.

We have partnered with **Mabel's Labels**, a company with all types of labels that are colourful, indestructible and fun! With a special 'Camp Pack' available and also a larger "Big Combo", your camper can label absolutely everything! Go to <https://mabelslabels.com/c/?a=tournesol> and then place your order! We look forward to sending campers home with ALL their belongings this summer!



MEDICATION

Please review the Medication section below for all information regarding medication, if your child will be bringing prescription or over-the-counter medication.

BEDDING

Sleeping bags and pillows MUST be brought. No bedding is provided on-site.

TOILETRIES

- Toothbrush, toothpaste, soap, shampoo, facecloth, deodorant, feminine hygiene products etc...(please leave scented products at home)
- MEDICATION in the original packaging
- Contacts and eyeglasses if you wear them.
- Bath towel and facecloth
- Hat to protect from the sun during our walks/hikes
- Lip balm
- Sunscreen SPF 15 or higher, VERY IMPORTANT and MANDATORY
- Sunglasses (optional)
- Bug repellent (non-aerosol, no spray and no disposable wipes), MANDATORY



CLOTHING

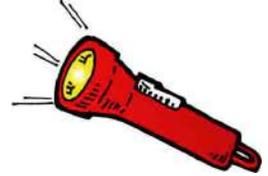
- 2 pair of long pants (1 jean or tracksuit pants)
- 1-2 sweatshirts or warmer top with a windbreaker



- Underwear and socks
- 2-3 pairs of shorts (or Capri) for daytime and 5-6 t-shirts or tops for day wear
- Flip flops, slippers, or other INDOOR footwear for the evening.
- One pair of good walking shoes for outdoors. They can be running shoes in good condition and tied up.
- Waterproof raincoat and footwear (we will continue our visits rain or shine)
- Bathing suit and a towel
- Pajamas

OTHER

- Reusable water bottle
- Card games or other small games.
- Binoculars (optional)
- Umbrella (optional)
- Flashlight and spare batteries.
- Inexpensive watch (optional)
- Camera with batteries (optional)
- Reading books or magazines (mainly for the bus ride and free time).
- Notebook, pens or pencils
- Musical instruments are welcome and encouraged for campfires or just hanging out
- You may send some snacks with the children for the bus ride but please refrain from sending large quantities of candies and fatty snacks. **ABSOLUTELY NO PEANUT OR NUT PRODUCTS**. The campers are NOT allowed to have food in their rooms. **Whatever is left once we arrive will be thrown out.**



A Note on Valuables

If you choose to send digital cameras, iPod/MP3, handheld video games or any other electronic valuables with your child, they will be their responsibility. Camp Tournesol cannot be responsible for any lost or stolen items. In addition, any devices with wi-fi capability such as handheld video games or iPods will be forbidden during our trip and will be confiscated.

Please do not send any valuable/expensive jewelry or watches etc. with your child.

PLEASE DO NOT SEND CELL PHONES, THEY WILL BE CONFISCATED

Lice Policy

In preparation for the overnight trip there are certain lice and nit policies we must inform you of that will be in place during your child's trip. Upon arrival, your child may be checked for lice. To ensure that this check goes smoothly, we ask that you check your child's head for lice or nits a few days before leaving for the trip. By sending your child on the overnight trips, you understand that if your child does have lice that one of the following two actions will take place:

- 1) If the case is mild, the camper will be treated immediately on-site, and expenses will be billed to you.
- 2) If the case is extreme, you will be asked to come and pick up your child.

We want to make sure that no one has to get treated or sent home. By checking your child's head a few days prior to the excursion and treating your child if they have lice or nits, you are helping to maintain a happy and healthy trip for all participants!

Swim Test at Camp Tamarack

Before swim periods, all campers will be subject to a swim test by Camp Tamarack's lifeguarding staff, to ensure they are safe and comfortable during all water periods. Campers can take the test as many times as they would like. Should a camper not pass the test, they are still able to participate in canoeing and sailing activities. However, campers who do not pass the test are not permitted to participate in the water skiing or inflatables activities even with a life jacket, as these take place much further from shore and as such there is more risk involved.

Photos and Blog

Our counsellors will take pictures and videos during the trip that will be uploaded from time to time on our social media networks. Unless you have selected to NOT allow us to take pictures, your child may be included in these clips and photos. At no time will we identify or name the children in the pictures. If you do NOT allow us to take pictures, please take the time to prepare your child so that she or he understands why they are asked to step aside when pictures are being taken.

You are more than welcome to request a copy of the pictures that you see on our sites. Our staff are NOT allowed to send you the pictures themselves. The request must be sent to the office.

Facebook: there will be a special album created on our Facebook page for each week of camp, called

- IER 2019 - Bracebridge July 29th
- IER 2019 - Bracebridge August 18th

If you "like" the album, you will see the pictures on your feed as they are uploaded. You can find our Facebook page here: <https://www.facebook.com/camptournesol/>

Instagram and Twitter: we will also use the hashtag #IER2019 on our Instagram and Twitter posts, so you can also find the pictures that way. Feel free to use this hashtag to post feedback and pictures after you pick up your child from the trip!! Our Twitter and Instagram accounts are @CampTournesol.

Blog: The staff will update our blog as often as possible but not more than once a day with a short anecdote or description of the day. You can read the posts at Camp Tournesol daily recap (<http://www.camptournesol.ca/tripsdailyrecap/>) and choose the category Bracebridge 2019.

Emergency Contact Information

During regular working hours, if you need to reach your child in case of an emergency, please contact the Camp Tournesol office at 1-888-892-1889 or send an email to info@campt.ca. For an after-hours emergency, please contact Martine Brouillet, of Camp Tournesol, on her cell at 647-998-5728. Please remember that this is an emergency number. Alternatively, please contact the Camp Tamarack office at 705-645-4881.

Behaviour Expectations

Code of Conduct

At Camp Tournesol, we want all children to have fun and have an opportunity to learn. In order to achieve that, it is important that each camper conduct himself or herself in a respectful and appropriate way. Parents and campers should review our guidelines together and ensure that your child understands them. Our code of conduct is based on the following 3 principles:

1. Don't physically endanger anybody.
2. Don't tease/put people down, even a little bit.
3. Don't do anything illegal, or that would horrify your parents.

More specifically, at Camp Tournesol safe, respectful and appropriate behavior does NOT include:

- Leaving an area without permission AND without a buddy.
- Standing on tables or chairs.
- Climbing trees or breaking branches.
- Carrying or throwing sticks, stones or sand.
- Being disrespectful to counselors or other campers.
- Disregarding counselor's instructions.
- Water fights or throwing water (unless planned!).
- Hitting, kicking, biting, wrestling moves or violence.
- Swearing or explicit and violent language.
- Stealing.
- Consistent use of English / no efforts made to use French

Here are the behaviors that ARE acceptable:

- Making efforts to express yourself in French all day and try to use English as rarely as possible.
- Obtain permission prior to leaving an area where your group is
- Always use proper language (no swear words or violent words)
- Follow instructions as given by counselors
- Participate in the activities with enthusiasm.
- Be respectful towards all the counselors and your peers.

Any person found violating this code will be dealt with according to the following procedure:

1. Warning/discussion by their teacher/lead counselor and appropriate consequences depending on the gravity of the behavior (sitting out an activity etc.).
2. Meet with the teacher and a phone call to parent to identify a potentially successful strategy to improve the situation.
3. Expulsion from the trip.

French expectations

Please kindly remind your children that there are two goals to our overnight trips: to have fun, and to speak French. One of the best benefits of attending our French overnight camps is the 24/7 French immersion, and while our counsellors can provide that atmosphere, remind campers to be speaking in French, and be applauding those who make the effort to speak in French, no child can be *forced* to speak in French. That said, please remind your child the purpose of the trip is to practice their French, and ensure that they understand that this is the behaviour expectation.

Anti-Bullying Contract

In ensuring the campers understand the behaviour that is expected of them at camp, all campers will sign an Anti-Bullying contract upon their arrival at camp. You may want to discuss some of the expectations (see below) with your child before leaving for the trip.

- I will be inclusive with my language and my actions.
- I will respect all members of our group, including the leaders.
- I will be aware of and respect the diverse needs of each individual.
- I will speak about people the way you would like to be spoken about.
- I will not spread rumours or gossip.
- I will be kind.
- I will not compromise anyone's physical or emotional safety.
- I will talk to the appropriate people about my problems.
- I will care for and respect all members of the camp community including staff and campers
- I will report any bullying that I witness to the appropriate staff member.
- I will not allow others to be bullied.
- Instead, I will actively stop others from lowering my peers' self-esteem.

Transportation, pick-up and drop-off

If you are driving your child to and from the trip:

The address for Camp Tamarack is [1391 Stoneleigh Road, RR#2, Bracebridge.](#)

Please drop-off your child between 5:00 pm and 5:30 pm on the first day of camp (Sunday for all weeks), where Jules, our Chef de Mission will greet you. **Staff are not on-site before 5pm and Camp Tamarack is not authorized to accept our campers**, so while we appreciate parents who want to be early, please don't be too early!

Please pick up your child between 11:45 am and 12:00 pm on the Friday, from the main office. *****If your child has not been picked up by the time the bus leaves at 12:30pm on Friday, he or she will have to take the bus and be picked up at one of our bus stops. You will be charged the bus fee.*****

If your child is taking the bus to and from the trip:

Transportation for this trip is provided by the school bus company First Students. Campers who embarked at the first few stops will be allowed to come off and stretch their legs at the last stop before the longer driving stretch and the same on the return trip.



Please ensure that you arrive 10 minutes before the scheduled time to ensure that the bus can stay on-schedule. If the bus is running late, you will be contacted.

| | Sunday Pick-up | Friday drop-off |
|--|-----------------------|------------------------|
| Erin Mills Athletic Field Mississauga | 1:45pm | 4:00pm |
| Yorkdale SS 38 Orfus Road, Toronto | 2:15pm | 3:30pm |
| Julliard PS 61 Julliard Drive, Maple | 2:45pm | 3:00pm |
| Camp Tamarack | 5:00pm | 12:30pm |

Cancellation and Refund

Should you need to cancel your registration for our overnight camp, please send an email to customercare@campt.ca. Cancellations 60 days or more before the first day of camp will incur an \$80.00 administration fee per child. Unfortunately, no refunds are available for cancellations made within 60 days of the first day of camp. Cancellations due to medical reasons and with a note from a doctor will be issued a credit note for next year's registration only. However, only the registration fee will be refunded, subject to our \$80.00 administration fee and subject to the cancellation policy of the host camp. In all cases, we will extend a 10 days grace period, following the day of registration, where the cancellation fee will be waived. Although we benefit from a very high approval rate from the families who choose our camps, we make no guarantees that every child will appreciate our efforts. Therefore, in the unlikely event that a child is unhappy with our Camp Program, a refund will NOT be provided. Please visit our Policy Page (<http://www.camptournesol.ca/about-us/policies/>) for more details.

Our staff

There will be several counselors accompanying the children on this trip. All counsellors have provided a police background check, have extensive experience caring for children and are trained for First Aid and CPR. Here is a brief biography of our counsellors.



Jules Ducau: Chef de mission

Hi! My name is Jules! I currently live and work in Toronto as a French child and youth worker, but originally I'm from France! My hobbies include playing the guitar and participating in many outdoor activities (I'm essentially a big kid at heart!). My favourite camp activities are playing fun games, sports, singing around the campfire, and making wacky dances. I'm very excited for this summer and to meet your child! See you soon!



Sarah Holmes

Sarah has been a counsellor at Camp Tournesol for a wonderful seven years. She has worked with campers of all ages at several different campuses at our day and overnight camps and feels very lucky to have met so many incredible families and staff. In the fall she will be pursuing her Master of education having completed her undergraduate degree at the University of Toronto. Sarah has been educated in French her whole life and is happy to be able to help others develop their French language skills. In her spare time she loves art, sports and is an accomplished ballerina and ballet teacher. She is known for her infectious laugh and smile! She looks forward to creating memorable experiences for your students.



Joanie Lepage

Joannie is new at the camp this summer. Originally from Quebec, French is her mother tongue. She recently graduated with a degree in psychology at the University of Sherbrooke and she now wants to become a speech therapist for children in need. Her creativity, enthusiasm and energy will be felt at any type of activities. She always loved being part of a team, collaborating and supporting people surrounding her. She is also athletic and loves sports. She practiced several sports in high school like cheerleading and basketball which makes her the perfect candidate to entertain and take care of the kids during the summer.



Christine Agudelo

TBD

Pauline Kashtelyan

TBD

David Kalman

TBD

Erika McDonald

TBD

Aidan Therrien Tomas

TBD