

## Vegetarian Eco Camp Welcome Package

# Welcome Back Parents/Guardians & Campers!!



We have missed you all so much! The last two years have been a challenge for everyone. We hope your family and loved ones have stayed safe and healthy during this time.

We are excited to welcome both new and old faces at Veg Eco Camp 2022! Some things will be different this year because of Covid related safety restrictions. But those restrictions won't hold us back from having an awesome time!

This package is meant to help you get ready for camp. Please read through the information carefully. This letter includes:

1. What to bring to camp
2. What NOT to bring to camp
3. Drop-off / Pick-Up Information
4. Phone Policy
5. Required Forms:
  - YMCA Guest Self-Screening
  - YMCA Covid-19 Attestation
  - Vegetarian Eco Camp Waiver and Consent Form

Please do not hesitate to email if you have any additional questions.

Sincerely,

Veg Eco Camp Team

## I. What to Bring to Camp: Travelling light makes organizing easy for your camper.

Campers are limited to bring one larger bag, or two smaller bags (sleeping bag can be separate). Below is our suggested packing list with the mandatory items in **red**:

### Clothing

- 4 shorts / capris
- 3 long pants (jeans/sweatpants)
- 6 rough use short-sleeve shirts
- 3 long-sleeve shirts
- 2 hoodies / sweatshirts
- 7 undergarments
- 7 pairs of socks
- 1 set of pajamas
- 1 bathing suit
- 1 summer hat
- 1 **rain jacket**
- 1 **thin towel for bathing**
- 1 thin yoga mat/towel

### Sleeping Gear (pack separately)

- 1 **sleeping bag**
- 1 **pillow**
- 1 extra thin fleece blanket

Many of our activities are designed to be outdoor experiences and will continue rain or shine.

Please bring clothing appropriate for the activities and that you don't mind getting dirty and wet.

**NOTE: To participate in activities, such as high ropes, campers must be wearing running shoes or shoes with a closed toe and a closed heel.**

### Toiletries

- Toothbrush
- Small toothpaste
- Soap & Shampoo
- Comb / Hairbrush
- Sunscreen / Sun Protective Clothing
- Insect repellent that they can apply without assistance**

### Footwear

- 1 pair of sandals
- 1 **pair of running shoes**
- 1 pair of rain boots if sandals are not waterproof or quick drying

### Additional

- Water Bottle**
- Flashlight
- Bag for dirty laundry
- Medication (eg. asthma puffer, Epi Pen, allergy medication) **In a clear bag clearly labeled with the camper's name. Be sure to inform the camp doctor of this upon drop-off.**



## 2. What NOT to Bring to Camp:

Camp does not allow for the following items to be brought to camp:

**No hand-held electronic devices.** Electronic devices are not permitted on the camp site. Camp promotes learning new skills, meeting new friends, and enjoying the outdoors away from electronic distractions. Any electronic devices found at camp will be collected and returned to parents the end of camp.

**No cell phones.** Cell phones found at camp will be collected and returned to parents at the end of camp.

**No food products.** The camp site does not permit campers to bring ANY food products onto the camp site. Outside food is not allowed at camp because of the number of allergies amongst campers and food in cabins attracts animals. Any outside food items found will be discarded. All meals and snacks will be provided at camp.

**No valuables.** Campers are highly discouraged from bringing money, jewelry, or expensive clothing/shoes. There is no opportunity to buy things at camp.

**No chewing gum.**

**No products with strong scents or perfumes.**

Please note that campers are responsible for all of their belongings while attending Veg Eco Camp.

The YMCA Cedar Glen or Veg Eco Camp staff are not responsible for any loss or damage to items.



**3. Drop-Off / Pick-Up:** We remind parents that the drop-off and pick-up time are set in order to account for safety, staffing, and scheduled programming. Please read the late fee information below, which will be applied if your child is picked up after the designated time.

Address: YMCA Cedar Glen,  
13300 11th Concession Road, Schomberg, ON L0G 1N0.

Drop-off time: Sunday, July 3th, 2022 between 3:00-3:45pm. Camp kicks off at 4:00 pm.

Pick-up time: Saturday, July 9th, 2022 between 2:00-2:45 pm

*Releasing your child: If someone other than the parent or guardian noted on the registration form will be picking up your child, note them on the form below and advise us at drop off. EVERYONE will have to produce a government form of I.D. prior before we will release their child. Please have this ready upon pick up.*

*Late pick-up: Please note late fees will apply if campers are not picked up by the designated time. A late fee will be applied at a rate of \$15 every 30 minutes past the pick up time payable to the organization.*

#### **4. Phone Policy**

We understand how some parents and campers will want to contact one another during camp. However, we strongly advise parents and campers do not call each other.

Calling home or parents calling to speak to their child interrupts camp programming, encourages home sickness and harms the child's ability to integrate with their counsellors and other campers while at camp.

We will help your child develop self- confidence, but note that we will absolutely not hesitate to call you if there is anything wrong, or if we feel your child would benefit from speaking with you.

**Emergency Contact Numbers will be emailed closer to camp.**

Please keep the numbers on file. These are for emergencies ONLY. These are not to be used to check up on your child.

**5. Required Forms:** The forms below **MUST** be printed, signed and brought to camp.

- YMCA Guest Self-Screening
- YMCA Covid-19 Attestation
- Vegetarian Eco Camp Waiver and Consent Form

# Guest Self-Screening

**ALL PARTICIPANTS** are required to complete a self-screening PRIOR to arriving on site at YMCA Cedar Glen to ensure the safety of our centre for all individuals. This self-screening must be completed on the same day of your visit. Upon arriving to site, participants will also undergo a non-invasive temperature check to complete the health-screening. *Please note: in addition to self-screening, all participants are expected to self-monitor while at Cedar Glen for emerging signs or symptoms of illness, and report it to their group leader immediately.*

Screening Questions	YES	NO
Have you or anyone in your household had close contact with a confirmed or suspected case of COVID-19 within the last 14 days?		
Did you or anyone in your household travel outside Canada within the last 14 days?		
Have you or anyone in your household had close contact with a person with acute respiratory illness (fever, cough, difficulty breathing) within the last 14 days?		
Do you or anyone in your household have a new or worsening cough or shortness of breath/difficulty breathing?		
Do you or anyone in your household have a runny nose, stuffy or congested nose, sore throat or difficulty swallowing (without a known explanation)?		
Do you or anyone in your household have, or feel like you may have a fever or chills? (hot to the touch, a temperature of 38 degrees Celsius or higher)		
Do you or anyone in your household have any digestive issues (nausea, vomiting, diarrhea, stomach pain) without a known explanation?		
Do you or anyone in your household have any muscle aches, headaches that are unusual or long-lasting, extreme tiredness that is unusual?		
Do you or anyone in your household have pink eye (conjunctivitis)?		
Do you or anyone in your household have a lost sense of taste or smell?		

If **YES** was answered for **ANY** of the questions above, the participant is not permitted to enter the premises at YMCA Cedar Glen.

If **NO** was answered for **ALL** of the questions above, the participant is permitted to enter the premises at YMCA Cedar Glen.

First and Last Name (please print):

Phone Number:

Participant Signature:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date Screening Completed  
(**must be the date of visit**):

Parent/Guardian Signature  
(**if participant is under 18**):

\_\_\_\_\_

\_\_\_\_\_

## YMCA CEDAR GLEN STAFF USE ONLY

Temperature	YES	NO
If temperature is 38C or more, consider that a fever is present. Is fever present?		
Record Temperature		
YMCA Cedar Glen Screening Staff Initials		
Date of Temperature Check		



## COVID-19 Attestation

<b>Participant Name</b>	
<b>Group/Organization Name</b> <i>(if applicable)</i>	Vegetarian Eco Camp, Towards Ahimsa Inc.
<b>Arrival Date</b>	July 3, 2022
<b>Departure Date</b>	July 9, 2022

- I confirm that I have / my child has limited their interactions with persons outside of our own household in the 14 days preceding their arrival at YMCA Cedar Glen Outdoor Centre.
- I understand that taking these precautions is a condition of mine / my child's attendance at YMCA Cedar Glen Outdoor Centre.
- I confirm that I have / my child has taken a PCR COVID-19 test within the last 72-hours and have obtained a **negative** result.
- I also acknowledge the importance of following screening guidelines and adhering to the YMCA's check-in recommendations (including physical distancing guidelines) in order to prevent the spread of COVID-19.

<b>Date</b>	
<b>Print Name</b>	
<b>Participant Signature</b>	
<b>Parent/Guardian Name</b> <i>(if participant is under 18)</i>	
<b>Parent/Guardian Signature</b> <i>(if participant is under 18)</i>	



# Vegetarian Eco Camp Waiver and Consent Form

Camper Name: \_\_\_\_\_

Parent(s)/Guardian(s): \_\_\_\_\_

## To be completed by Camper's Legal Guardian

I have made an informed decision for the above-named child to participate in Towards Ahimsa Inc.'s Summer Youth Camp to be held at YMCA Cedar Glen, 13300 11th Concession Road, Schomberg, ON LOG 1N0, Ontario.

Towards Ahimsa Inc. will take all reasonable precautions to ensure the safety and security of my child. I understand, however, that participation in an overnight summer camp carries risks.

I acknowledge that this Waiver and Release of Liability will be used by Towards Ahimsa Inc., its affiliates and the organizers, collaborating organizations, teachers and volunteers of the Camp (the Releasees) and that it will be binding on you (the Releasor) as follows:

1. The Releasor hereby waive, release and forever discharge the Releasees from any and all liability for any death, disability, personal injury, property damage, property theft or loss, expense or actions of any kind which may hereafter accrue to my child during the Camp, for any cause whatsoever, and waive any and all claims, causes or actions or demands against the Releasees.

2. The Releasor agree to indemnify and hold harmless the Releasees from any and all liabilities or claims made by other individuals or entities as a result of my child's actions during the Camp.

I hereby consent for my child to receive medical treatment, which may be deemed advisable in the event of injury, accident and/or illness during the Camp.

I consent to Towards Ahimsa Inc. using my and my child's information for the purposes of maintaining communications with me or my child. To revoke this authorization, I must notify Towards Ahimsa Inc. in writing. Electronic information provided during registration will be stored on Google servers, Formstack and/or the personal computers of our volunteers; written medical information will be summarized and/or shared only with appropriate staff, volunteers, and or licensed practitioners in order to ensure the safety of my child. Your information will not be shared with or sold to any third party except as required by YMCA Cedar Glen policies or as required by law.

I agree to allow photographs or video of Camp activities, which may include images of my child, to be used for online and/or in-print promotional materials, such as website, facebook, brochures, for future Towards Ahimsa Inc. camps.

I understand that dangerous or disruptive behaviour by my child may result in Towards Ahimsa Inc. recommending that my child be removed from Camp early, at my own expense. Such circumstances will be discussed with the parent / guardian in order to ensure safe transfer of care of my child. I understand if I cancel my child's registration greater than 60 days before the start of camp, a \$100 cancellation fee will be applied & the balance will be reimbursed. I understand that the camp fee is fully non-refundable if cancelled less than 60 days before the start of camp.

I understand that if camp is cancelled for any reason by Towards Ahimsa Inc. or by YMCA Cedar Glen, then I am entitled to a full refund, however I cannot claim any additional damages, losses, or childcare expenses from the Releasees.

I hereby certify that I have read this Waiver and Release of Liability, understand its contents and am aware of what I am agreeing to.

Signature (Parent/Guardian): \_\_\_\_\_ Print Name: \_\_\_\_\_ Date: \_\_\_\_\_