

# Vegetarian Eco Camp *Welcome Package*



Hello Parents/Guardians and Campers,

Camp is just around the corner! We are all very excited to have you at Veg Camp 2019 (VEG19) and look forward to a thoughtful and fun-filled experience!

This package is meant to help you as 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 Form, must be printed, completed, and submitted by parent/guardian in order for camper to attend VEG18.

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

Sincerely your Camp Co-directors,

Christine McNally & Chirag Shah

Email: [vegcamp@towardsahimsa.com](mailto:vegcamp@towardsahimsa.com)

**1) What to bring to camp:** Please note, the less luggage your child has, the easier it will be for him or her to organize their belongings.

Please limit your child's luggage to **ONE large backpack/duffle bag** or two smaller bags and **ONE sleeping bag**. It is advised that campers label their belongings.

Below is a suggested list:

### **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 long-sleeved pajamas
- 1 bathing suit
- 1 summer hat
- 1 rain jacket
- 1 thin towel for bathing
- 1 thin towel to use as a yoga mat

### **Sleeping gear (pack separately)**

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

### **Toiletries**

- Toothbrush
- Small toothpaste
- Soap & shampoo/conditioner
- Comb/hairbrush
- Sunscreen
- Insect repellent

### **Footwear**

- 1 pair of sandals
- 1 pair of running shoes (MUST have for activities!)
- 1 pair of rain boots (if sandals are not waterproof / fast-drying)

### **Additional**

- Water bottle (MUST have!)
- Medication (e.g. asthma puffer, EPI pen) – clearly labeled with camper's name in a zip lock bag. Be sure to inform a camp director.
- Flashlight
- 1 plastic bag for dirty clothes

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.**

## **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 are not permitted on the camp site. Any cell phones found at camp will be collected and returned to parents 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 items at camp.

**No chewing gum.**

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

Please note campers are responsible for all of their personal belongings while at the YMCA Cedar Glen. The YMCA Cedar Glen or the Vegetarian Eco Camp staff are not responsible for loss, damage or theft of valuables.



**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 LOG 1N0.

Drop-off time: Sunday, July 6, 2019 between 3:00 – 3:45 pm  
Camp kicks off at 4:00 pm.

Pick-up time: Saturday, July 13, 2019 between 2:00 — 2:45 pm

*Releasing your child: If someone other than the legal guardians will be collecting your child, please list those people on the attached forms below. Only legal guardians and individuals listed on the form will be allowed to pick up your child following photo ID confirmation.*

*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 homesickness and harms the child's ability



to integrate with their counselors and new friends at camp. We will help your child develop independence and self-confidence at camp. We will certainly call you if there is something necessary to discuss regarding your child or if your child would benefit from speaking to you.

**EMERGENCY ONLY:** Please keep the following numbers on file. These numbers are to be used in case of an emergency only. These numbers are NOT for social phone-calls or to check in on your child. Instead, these numbers are only for emergencies.

Emergency Contact Numbers

<b>Christine McNally</b>	<b>Provided by email</b>
<b>YMCA Main Office</b>	<b>Provided by email</b>

**5) Required Form:** The form below must be printed and completed prior to camp. The forms may be brought by hand to the campsite at drop-off.

# 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 L0G 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: \_\_\_\_\_