



## Camp Potlatch: FAQ

### How much does Camp cost?

*1 Week Main Camp = \$515 (subsidized 48% of actual cost)*

The actual cost for a week of Main Camp at Camp Potlatch is over \$1,000 per camper. Due to the generosity of our donors and funders, our Camp fees are posted at a partially subsidized rate to ensure we are accessible to as many families as possible. If you require *additional* subsidy, please call our office at 604-324-2267 to complete registration.

### What type of training is required of employees?

- All camp staff require: Bronze Cross, Standard First Aid & CPR Level C.
- Waterfront staff are accredited by the National Lifesaving Society (NLS)
- Camp Volunteers require Bronze Medallion and Standard First Aid & CPR Level C.
- A Registered Nurse (RN) lives on site for the duration of our summer programs.
- All staff participate in one-week on-site training that covers a range of programming, emotional support, and behaviour management techniques.
- Our Camp Director, Summer, and Outdoor Coordinators all have their Occupation First Aid Level 3.

### How many campers are in each cabin and what direct supervision is provided?

Our cabins are segregated by age and gender, with 10 campers per cabin. There are two cabin counsellors assigned to every cabin, often with additional volunteers. The cabin counsellors participate in and facilitate various activities with the campers during the day, eat all meals with, and sleep with the campers in the same cabin.

### What does a typical day at Camp look like?

7:15 am	Rise and Shine!
7:35	Morning Flags
8:00	Breakfast
8:45	Cabin Clean Up
9:15	Morning Activity Rotations
11:15	Free Time
12:30 pm	Lunch
1:15	Rest Hour
2:15	Afternoon Activity Rotations
5:30	Dinner
7:00	Camp-Wide Game
9:00	Prepare for Bed
9:30	Goodnight Camp Potlatch!

### What type of medical examination is required before a child may attend Camp?

Camp Potlatch does not require a medical examination before attending Camp. We do, however, require our Medical Form to be completed during registration.

Upon arrival at your chosen departure location, all campers will undergo a mandatory head lice check. This is a standard health procedure.



If lice or nits are found in the hair of a camper, the participant will be sent home with the parent or guardian. It will be the parent/guardian's responsibility to treat the camper and subsequently arrange (with the Camp Director) alternative transportation to Camp.

If you know that your camper has recently had lice or has recently been exposed to lice, please complete a head check a week before Camp. If lice are present, you will have adequate time to treat, and be rid of the lice before coming to Camp.

### **Is there a Camp Nurse?**

Yes. A Registered Nurse (RN) is on duty at all times during summer camp sessions. The nurse will handle all medications (prescription and non-prescription), minor illnesses and injuries. Parents will be notified at the discretion of the nurse, and no medications will be administered without parent consent.

If you are sending your child with medication, please ensure it remains in the original packaging and is labelled with your camper's full name, and session attending.

### **Can Camp accommodate dietary restrictions?**

If your camper has a food allergy or dietary restriction please be sure to include this on their Medical Form.

When advance notice is given, Camp can accommodate most restrictions, including: lactose intolerance, vegetarian, no red meat diets, and no pork diets without supplementary food having to be provided by the parents.

### **Is Camp Potlatch peanut-free?**

Camp Potlatch is NOT a nut-free site and while we do not serve nut products if there is a nut allergy on-site, we cannot guarantee that your camper will not come in contact with nut products during their stay at camp.

### **Can I send my camper with snacks?**

Please do not send food with your camper to camp. Where food goes, animals tend to follow, therefore no food is permitted in camper cabins. All food items will be taken by staff and returned to campers on departure day.

### **What is the Camp procedure regarding homesickness?**

Camp Potlatch staff are trained to watch for warning signs of homesickness, and work to keep the camper engaged in programming and cabin activities. Counsellors will acknowledge that everyone gets a little homesick at times and remind the camper about their new friends and the exciting activities planned for the day. In some cases, parents will be notified and can assist in developing a strategy to help the camper.

If you feel your child may become homesick, speak to them about this before departing for Camp. We suggest sending a letter and photograph for your child to read when they miss home.



### **Are campers allowed to bring electronics?**

We ask that campers leave all electronics at home, as such items can be lost or easily damaged.

### **How are cabin mate requests handled?**

If your camper has a friend or group of friends he or she would like to share a cabin with, please make the request during registration or by giving us a call at the office. Each camper is able to request up to two individuals they would like to bunk with. We try our very best to accommodate all cabin mate requests, as long as the campers are within 12 months of age of each other. If you have any questions or concerns about your child's cabin mate request, please feel free to contact our office at 604-324-2267.

### **How can I contact my camper?**

If you need to be in touch with your camper during their registered session, please feel free to give our city office a call at 604-324-2267 and we will be more than happy to relay the message for you.

You can also email messages to your camper(s) through our Summer Camp Coordinator, Katie Ellison, at [summer@bgcbc.ca](mailto:summer@bgcbc.ca). Please be sure to include your camper's full name and session number in the subject of your email.

In the event of an emergency or time sensitive matter, there is a phone at Camp that may be used. Please note that cell reception is extremely poor at Camp; as such we ask that campers leave their cell phones at home.

Parents are encouraged to send letters to their campers to be received during their stay. Please be sure to send your letters prior to your camper leaving for camp. In a 6-day session, this is the only way that we can ensure that campers receive their mail. Please remember to include the camper's full name and session number.

Please post letters to:   Camp Potlatch  
                                  Box 130  
                                  Britannia Beach, BC V0N 1J0  
                                  *Attn: Camper Name and Session Number*

### **How are lost and found items handled?**

If your child loses an item or has an item goes missing during their Camp session, they should notify a staff member. While Camp is in session, we actively try to keep campers connected with their belongings and find homes for as many items as possible before departing Camp. Once a Camp session is complete, all items that were unable to be returned to their owners will be sent the Camp office located at 7595 Victoria Drive, Vancouver BC. All lost and found items will be held until the end of September, after which any items not collected will be donated to charity.

Please ensure you label all clothing and personal items your camper brings to camp to allow for easy identification and return. Please call the office to report any items that did not return home with your camper.