

## Camp Potlatch: FAQ

### How much does Camp cost?

*1 Week Main Camp = \$780 (60% of actual cost)*

The true cost for one week at Camp Potlatch is \$1,250 per camper. For decades, we've offered a lower "regular rate" because of our fundraising efforts. Those "regular rates" are shown in the per session rates. As always, we ask you to pay what you can (including the full, true cost if you're able).

If you need more help with camp fees, please call us. We believe that every kid who wants to go to camp should get to go.

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

All Camp Potlatch staff have the love of working with children and being in the outdoors. The vast majority have been campers and leadership campers in past summers.

- All camp staff require: Bronze Cross and Standard First Aid & CPR Level C.
- Waterfront staff are accredited by the National Lifesaving Society (National Lifeguard accreditation)
- 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 when possible. If a Nurse is unavailable, Camp will have a designated First Aid Attendant.
- All staff participate in one-week on-site training that covers a range of programming, emotional support, and behaviour management techniques.
- Our Camp, Summer Camp, and Outdoor Centre Coordinators all hold Occupational First Aid Level 3.

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

Camp Potlatch provides 24 hours supervision. Our cabins are segregated by age, 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 as a cabin group, and sleep in the same cabin as the campers.

### 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
9:30	Morning Activity Rotations (as a cabin group)
11:30	Free Time ( <i>Choice of swimming, paddle boarding, field games, arts &amp; crafts, fishing, archery, rock climbing</i> )
12:30 pm	Lunch
1:30	Rest Hour
2:30	Afternoon Activity Rotations (as a cabin group)
4:30	Free Time ( <i>Choice of swimming, paddle boarding, field games, arts &amp; crafts, fishing, archery, rock climbing</i> )
5:30	Dinner
7:00	Camp-Wide Game (Capture the Flag, Campfire, etc....)
8:30	Snack
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, camp staff will carry out a brief health screening, making sure that campers are feeling healthy and up for a fun activity filled week at camp. All campers will also 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 Coordinator) 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?**

Camp strives to have a Registered Nurse (RN) on duty at all times during summer camp sessions. When a nurse is not available, Camp will have a designated First Aid Attendant. The nurse or first aid attendant will handle all medications (prescription and non-prescription), minor illnesses and injuries. Parents will be notified at the discretion of the nurse or attendant, 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 restrictions, please be sure to include this on their Medical Form. When advance notice is given, Camp can accommodate most restrictions such as vegetarian, lactose-intolerant, gluten free, no red meat, no pork. For more complex diets or serious allergies, please contact the camp office to see if camp can accommodate your campers dietary needs.

If you have any concerns, please don't hesitate to contact the camp office.

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

Camp Potlatch is a nut aware site and while we do not store or serve nut products, we cannot guarantee that your camper will not come in contact with nut products during their stay at camp. We ask all campers to not bring food to 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. Also, cabin mates might be allergic to the food that is being sent. All food items will be taken by a staff member upon arrival.

### **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.

### **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 can request up to two individuals they would like to bunk with of the same gender identity and of a similar age. We try our very best to accommodate all cabin mate requests, if for some reason we cannot, we will get in contact to discuss. 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.

### **Are campers allowed to bring cell phones or other electronics?**

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

#### **Phones:**

All cell phones and electronics will need to be turned in to a camp staff upon arrival at camp and stored in the Camp Office. A staff member will return these electronic items upon departure.

If you need to speak to your camper, please don't hesitate to contact the office to pass along a message. Part of the camp experience is building independence (for both the child and parent).

#### **Cameras:**

Campers are also encouraged to bring a disposable camera or a digital camera (with the knowledge that it may be damaged or lost) to capture photos from their stay- due to privacy reasons, camp potlatch cannot provide photos from the session to parents/guardians.

#### **Other electronics:**

We understand that your camper may listen to music or play video games at home during down time. However, we ask that all gaming or music devices are left at home. We find without electronics, campers can interact more successfully with their cabin mates, leaders, and the natural environment around them. For down-time activities we recommend reading, playing cards, journaling, or drawing.

### **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, 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. You can deliver these letters to a camp staff at camper drop off and we will deliver them during your campers stay at camp.

### **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.

We do our best to return all lost items, however sometimes an item may have been packed with the wrong camper and cannot be found at camp. For this reason, we ask that campers not pack any precious items or pieces of clothing that they would be upset to lose or damage.

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.

### **What is your smoking and vaping policy?**

Camp Potlatch is a smoke- and vape- free environment. Cigarettes, marijuana, and vaporizers will be confiscated immediately, and the camper's parent or guardian notified.

### **Are cabins arranged by gender?**

Cabins at camp are divided by gender identity and age.

Cabins are a single open room with bunk beds and a separate bathroom building is also divided by gender.

Leadership 2 camp is coed, and campers share a cabin or tents and use an out house and the Main-Camp bathroom/shower facilities.

The shower house is an open room without dividers (like at the pool). All campers shower with their cabin mates and wear swim suits during their shower time.

If you would like to provide additional information about your camper's gender identity, please contact the camp office. We can work together to make sure your camper has a safe, positive, and successful experience at camp.