

The High Park Nature Centre is proud to provide our Summer Camps for children age 4-16. At camp your child will engage in hands-on learning about the natural world, play environmental games, create crafts out of natural and recyclable materials, learn new skills, and meet new friends.

The following guide outlines all the information you need about our camp program, including what to bring/wear, important phone numbers, swim days, and what will happen on a hot or stormy day.

Please feel free to call us at any time with any questions or concerns you may have. We look forward to meeting you and your child!

Sincerely,

Nature Centre Summer Camp Staff

Contact

The Nature Centre is generally open from 8:30 am to 4:00 pm. If you need to contact us during camp time, please call us at the number below.

Office Phone: 416-392-1748

Email: naturecentre@highpark.org

Website:

highparknaturecentre.com/2/summer-camp

Staff and Volunteers

Our staff consists of qualified environmental educators and dedicated volunteers. Our primary aim is to ensure that campers are provided with high quality nature education programs in a safe and fun environment.

All staff and volunteers go through a detailed screening process including an interview, a police record check, and reference check. All staff members have received standard first aid and CPR training.

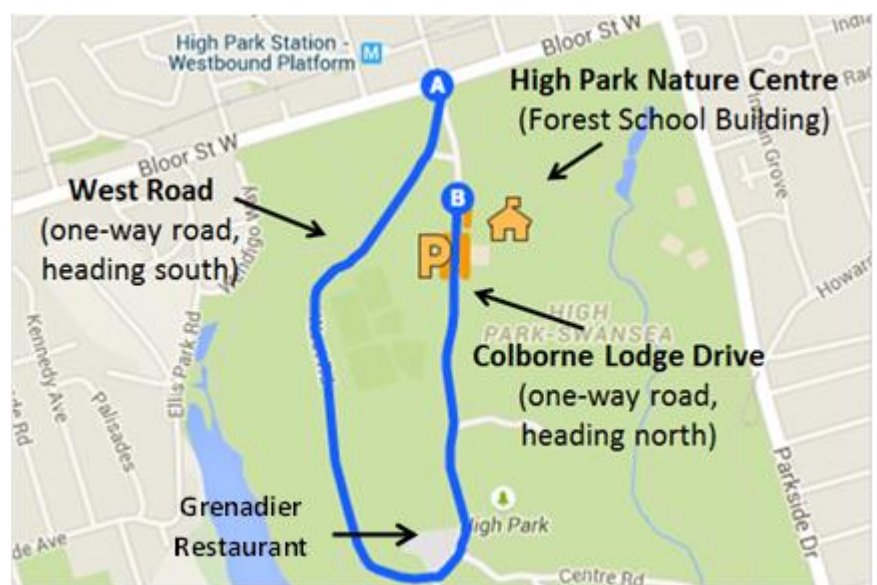
Location

The Nature Centre is located in the **High Park Forest School**, just south of High Park Subway Station.

If you are driving:

- Enter the park at Bloor St. W. and High Park Ave. (A)
- Drive south on West Road
- Turn LEFT at the Grenadier Restaurant; West Road will merge with Colborne Lodge Drive
- Drive north along Colborne Lodge Drive until you see the pool on the left and tennis courts on the right
- Free parking is available in small street-side lots near the tennis courts (B)

Secure bicycle parking is available near the entrance of the Forest School.



Attendance

If your child is unable to attend a day of camp, please phone us at **(416) 392-1748** and leave a message before camp starts. If you know in advance that your child will be late, will miss a day, or needs to leave early, please let staff know ahead of time. A refund will not be issued for missed days.

In and Out Procedures

A member of our staff will greet campers and caregivers each morning. At this time caregivers are asked to check our sign out sheet to ensure all people who are authorized to pick up your child(ren) are on the sign-out list. **At the end of the day, adults will need to show photo ID to confirm they are authorized to pick up the camper(s).**

Regular camp drop-off starts at 8:45 am and pick-up ends at 4:15 pm

Before care is available from 8:00-8:45 am for \$30 a week, and after care from 4:15-5:30 pm for \$60 per week. We no longer offer single days of before and after care. If you would like to register for before or after care let us know as soon as possible as space is limited.

No Nuts, Please!

Campers may not bring snacks or lunches that contain tree nuts or peanut products as we do have campers and staff members with life-threatening nut allergies. If your child's lunch has Sun Butter or Wow Butter, you must leave a note to let staff know it is not peanut butter.

Pack a Litter-less Lunch

We encourage everyone to pack a litter-less lunch to reduce our impact on the planet. We recommend big lunches with lots of extra snacks. If your child has any food allergies or dietary restrictions, please let us know on your registration form.

What to Bring to Camp!

(Please put your child's name on everything brought to camp)



Refunds

Requests for cancellations or refunds must be made in writing and submitted to naturecentre@highpark.org.

- **Cancellations of camp sessions received more than 4 weeks (28 days) before the start of the camp session will receive a refund minus a \$50 administration fee.**
- **Cancellations received 4 weeks (28 days) or less before the start of the camp session will not qualify for a refund.**
- Cancellations of t-shirts, before care and after care are accepted at any time, but are subject to a 10% admin fee.
- Cancellations due to medical reasons require a doctor's note, and are subject to a \$50 admin fee. Doctor's notes must be received within one week after the end of the camp session.
- Refunds are not granted for inclement weather.

Special Needs and Considerations

Programs offered by the High Park Nature Centre strive to be inclusive to all members of the community. If your child has any type of special needs or if there is any information that might help us improve the program for your child, be sure to let us know. For our purposes "special needs and considerations" includes intellectual and physical disabilities, attention and behaviour concerns, allergies, and medication use. All information provided will remain confidential and is requested so that we can provide the best support for your child.

Swimming

Swim days are Tuesday and Thursday mornings

Cicadas, Dragonflies, Mantids, Rangers, and LIT:

Will swim at the High Park Pool during Camp Swim on Tuesday and Thursday mornings. During this time, only day camp groups will be in the pool. Our staff and volunteers will be in the pool with the campers. There will be many City lifeguards watching the pool as well. Campers will swim in the shallow end with our staff unless they pass the deep end test. The deep end test is administered by the City lifeguards and requires the children to swim two widths of the pool without touching the ground. If they do not pass the test they need to stay in the shallow end. Campers who do not wish to swim can do activities on the pool deck.

Leafhoppers:

Do not swim in the High Park Pool, but will go to the High Park Splash Pad instead. They will be fully supervised by staff and volunteers. There are also City Lifeguards at the wading pool.

Behaviour Policy

At the High Park Nature Centre we strive to create a safe, inclusive environment for everyone. We want to work with children and parents/guardians to overcome challenging behaviours. Our staff use positive reinforcements, empowering language, and friendly reminders of what appropriate behaviour looks like, sounds like, and feels like. When conflicts arise, we guide children through conflict resolution discussions so they can develop empathy and interpersonal skills. When necessary, staff will discuss with parents/guardians strategies for improving behaviour.

However, in some cases a Program Coordinator may need to remove the child from the program. Parents/guardians will be asked to pick up the child immediately. A refund will not be given in this event. Examples of behaviour that will result in removal include (but are not limited to): violence to themselves or others, bullying, damaging property, refusing to follow safety rules, repeatedly running out of sight, or continued disruption of the program.

Camp Groups

Campers will be divided into counsellor groups based on age. If you know your child has friends attending the same week of camp who are within one year of your child, please let us know by filling out the supplemental form after you register. We will do our best to fulfill requests, but unfortunately cannot guarantee more than one request per camper, nor requests for friends who are more than one year apart.

In Case of Injury or Illness

Our staff members have current First Aid and CPR training. If a camper becomes ill during the day, we will contact the parent/guardian to bring the child home. If a trip to the hospital is necessary in case of accident or illness, a staff member will accompany your child. Parents/guardians will be contacted immediately.

Head Lice / Poison Ivy / Red Ants

All camp participants will learn how to identify poison ivy. To protect against poison ivy and red ant bites **we advise wearing socks & closed-toed shoes**. No sharing of hats, headbands, etc. is allowed. If your child shows evidence of head lice, your child will be excused from the program until they are free of head lice and nits.

Ticks

Based on [Toronto Public Health's tick surveillance program](#), no ticks have been reported in High Park. Blacklegged ticks have recently been found in several locations in Toronto and are becoming established. Ticks infected with the *B. burgdorferi* bacteria can cause Lyme disease. The risk of acquiring Lyme disease in Toronto is believed to be low. However, we encourage program participants to be aware and prepared in order to prevent tick bites whenever they are in natural areas. We will notify program participants if ticks are discovered in High Park.

Helpful tips:

- Wear **closed-toe shoes, long-sleeved shirts, and pants**.
- Pull your **socks over your pant legs** to prevent ticks from crawling up your legs.
- Wear **light-coloured clothes** to spot ticks easier.
- Use **insect repellent** containing DEET or icaridin on your skin and clothing.
- **Shower or bathe within two hours** of being outdoors to wash away loose ticks and comb hair with a fine toothed comb.
- Do **daily "full body" check for ticks** on yourself and your children. Use a hand-held or full-length mirror to view all parts of your body, and a fine toothed comb to go through hair. Check these parts of your body and your child's body for ticks:

- | | |
|---------------------------|--------------------------|
| ○ Under the arms | ○ In and around the hair |
| ○ In and around the ears | ○ Between the legs |
| ○ Inside the belly button | ○ Around the waist |
| ○ Back of the knees | ○ Between the toes |

- If you find a tick on your body, remove it as soon as possible using procedure outlined [here](#).

Please see Toronto [Public Health's Lyme disease fact sheet](#) for more information.

Rainy Days and Extreme Heat

During thunderstorms, we have indoor programming prepared. In the case of light rain, we will proceed with our "Rainy Day" programming outside. On heat or smog alert days, children will be in the shade as much as possible, children will be encouraged to drink plenty of water, activity levels will be reduced, and children will be monitored for any signs of respiratory distress or heat exhaustion.

Safety Bracelets

On the first day of camp your child will be given a waterproof safety bracelet with the Nature Centre's phone number and address on it. Please ensure your child wears their bracelet all week.



Photographs

If you have given consent to the photo release, any photos taken of your child while at camp by an employee or volunteer will become the property of the High Park Nature Centre. These photographs may be published and used to promote Nature Centre programs in our annual report, our website, Facebook, Twitter, Instagram, or on a promotional brochure. Photos will not be used without your consent for any other purposes. Your child's name will not be published with the photos.

T-shirts

Our youth t-shirts and infant onesies are \$20 each. If you are interested in buying a t-shirt or a onesie, please contact us at 416-392-1748 or naturecentre@highpark.org. For availability of adult sizes, please contact us. If you have ordered a t-shirt it will be available for you on your child's first day of camp.

Summer Camp Schedule

At the High Park Nature Centre we have camps for kids of all ages. See below for our camp offerings for this year!

Forget which week you registered for?

Sign in to your online account here:

<https://campsself.active.com/HighParkNatureCentre0>

2019 Camp Schedule

Week	Leafhoppers ages 4-6	Cicadas ages 6-8	Dragonflies ages 8-10	Mantids ages 10-12	Rangers ages 12-14	LIT ages 14-16
Week 1 July 2-5	✓	✓	✓			
Week 2 July 8-12	✓	✓	✓			✓
Week 3 July 15-19	✓	✓	✓	✓		
Week 4 July 22-26	✓	✓	✓		✓	
Week 5 July 29-Aug. 2	✓	✓	✓	✓		
Week 6 Aug. 6-9	✓	✓	✓			
Week 7 Aug.12-16	✓	✓	✓	✓		
Week 8 Aug. 19-23	✓	✓	✓			
Week 9 Aug. 26-30	✓	✓	✓	✓		

Please note that Week 1 (July 2-5) and Week 6 (August 6-9) are 4-day weeks due to Canada Day and the Civic Holiday.