

A faint, grey silhouette of a family of four walking hand-in-hand. From left to right: a young child, an adult man, an adult woman, and another young child. They are walking towards the right side of the page.

Sending a Camper to Nagiwa: The Handbook

2012

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Message from the Director

Greetings Nagiwa Family,

What a wonderful summer this is going to be!

I am so pleased to be able to write this welcome letter for a second year. This summer will see camp expand to 6 weeks, something which we have been looking forward to at the YMCA-YWCA of Guelph since the beginning of Nagiwa's new life. With more weeks of camp we have been able to greatly expand our program offerings. Six weeks of regular camp, two Voyageur sessions, LIT session, four Nagiwa Weekends; these programs are just the beginning. We also have three new programs this year I am particularly excited about: our new L.E.A.D. program gives a longer camp experience with stronger leadership training to our oldest campers; the new Nagi-Wanna program gives a weekend, overnight camp experience opportunity to our youngest would-be campers of 5-9 years; and we are also very happy to offer Nagiwa Day Camp for all six weeks of the summer.

Last summer we had great successes and we learned many lessons, and this summer will be a great opportunity to make Nagiwa even better. As our partners at Rosseau Lake College make improvements to their facilities, so too do they make improvements to Camp Nagiwa. Again in 2011 we ranked near the top in most categories of the YMCA Summer Camp Evaluation Survey, a survey completed by campers and parents. We received top marks compared to participating camps in Overall Satisfaction, Food, Had Fun, Felt Safe, and Learning. This summer our health centre will again be staffed by Registered Nurses and Registered Practical Nurses for the majority of the season. We do this in order to provide the highest quality care for our campers. We will continue to offer top-notch, fun activity instruction in our individual program choices, and exciting growth opportunities in our cabin activity times. We will also be carrying forward our wonderful Nagiwa traditions, as well as creating new ones.

This summer I would also like to look to the history of Nagiwa, with old songs, and some traditional Nagiwa activities. I would especially like to revive some of the traditional Nagiwa songs which have been lost. I am particularly interested in the Nagiwa paddling song (we know it exists, but we don't have the words or the tune), and the Nagiwa song (which we have the words for, but not the tune). If you can help us out, please be in touch.

Thank you for trusting us with your camper this summer. We will do everything we can to make sure they are happy, healthy, entertained, and learn something. Please be in touch should you have any questions, comments, or concerns.

Luc Cousineau

Director



YMCA - YWCA
Guelph

About the YMCA-YWCA of Guelph

As a charity that's over 150 years old, the Y continues to serve people of all ages, backgrounds and abilities and through all stages of life. We've always been dedicated to helping people attain good health through a healthy lifestyle and encouraging them to get involved in making their community a better place for everyone.

The Y provides values-based programs and services that teach the importance of caring, honesty, respect, responsibility and inclusiveness. It's a place where friendships are formed and family ties are strengthened. The Y is a centre of community where people meet and discover common needs or interests. To reach as many people as we can, the Y offers financial assistance to those who would otherwise be unable to benefit from its services.

YMCA-YWCA of Guelph Mission Statement

The YMCA-YWCA of Guelph is a community benefit organization, open to everyone. Starting with a focus on healthy child, youth, and young adult development, we excel in delivering lifelong opportunities for health and personal growth.

YMCA-YWCA of Guelph in the Community

TAPPs (Teenage Parents Program)

The goal of the Teenage Age Parents Program is to support the personal growth of pregnant and parenting teens and their children while assisting teen parents in improving their parenting skills, education and well being.

SHARKS

YMCA-YWCA SHARKs is a "Swim to Survive" program provided for free to all grade 3 students in the city of Guelph. This program teaches children how to survive a fall into open water with the goal of decreasing the number of deaths due to drowning in our community.

DASH

The YMCA-YWCA of Guelph and Wellington-Dufferin-Guelph (WDG) Public Health have teamed together to launch the **Daily Activity in Schools and Home (D.A.S.H.)** program. The goal is to increase activity levels, and decrease negative behaviour on the playground through active games and walking/biking initiatives/ clubs.

Women of Distinction

Help us to celebrate the amazing women in the Guelph community by joining us at the 17th annual **Women of Distinction Awards Gala**.

This evening is held at the River Run Centre on May 3, 2012 and will honour some of Guelph's most inspiring women.



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Camp Nagiwa – The Details

Camp Nagiwa is where summer memories are made, where self confidence **grows**, and where **life-long friendships** begin. Staff members are trained to look beneath the surface of the children and youth in their care – to see potential, fears, and dreams. We believe in each camper's unique ability to grow, to learn, to make new friends, and to discover their best selves. In a supportive, **caring atmosphere**, Camp Nagiwa campers and staff members **take positive risks, learn life-long skills**, and return home after a summer standing taller and singing louder. Join our camp family in the beauty of Ontario's world-renowned Rosseau, Muskoka.

The Camp Nagiwa Promise

We are committed to enhancing each child's growth in spirit, mind, and body. Within an atmosphere of acceptance and pure camp fun, Camp Nagiwa's mission is for every camper to take on challenges, learn new skills, make friends, learn how to live and play with others, and how to love who they are today.

History of Camp Nagiwa

Camp Nagiwa is lucky to have a historical legacy with the Guelph Y. From 1954 through 1972, camp Nagiwa was run on the shores of the Severn River under the auspices of the YMCA(-YWCA) of Guelph. We currently hold a small archive with historical documents and information, as well as a few paddles from that time. We are in the process of re-vamping the website behind the scenes, and this new website will have a camp history page where we will be able to share some of these things for easy access. If you have information, documents, pictures, or camp stories that you would like to share, we would love to have them.

Contact Camp Nagiwa

Winter Office

Camp Nagiwa
YMCA-YWCA of Guelph
130 Woodland Glen Dr.
Guelph, ON
N1G 4M3
(519) 824-5150 ext. 251

Summer Office (June 24 – Aug 31)

Camp Nagiwa
C/O Rosseau Lake College
1967 Bright Street
Rosseau, ON
P0C 1J0
(519) 241-2591

Email (Year-round)
campnagiwa@guelph.org



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Camp Nagiwa Code of Conduct

Camp Nagiwa exists as a community with its own Code of Conduct. Failure to abide by the Code of Conduct could result in dismissal from the camp program.

A safe environment requires safe practices and consistent consequences. Campers, Leaders in Training, and parents/guardians are asked to review and understand the Code of Conduct and Problem/Consequences sheet. We must know that you have read and understand what behaviour is acceptable, as well as what can happen if there is unacceptable behaviour. By signing up for Camp Nagiwa, both participant and parent/guardian indicate that they have reviewed and agree with all items outlined in the Code of Conduct.

We strongly believe that every person has the right to feel safe, both physically and emotionally, at Camp Nagiwa. When **Respect** is not shown at Camp Nagiwa, we used a series of steps to help us restore personal and camp respect. These steps are: a verbal warning from staff; a verbal report given to the director or head counsellor; a written report is made and put with the camper file; the camper's parent/guardian is called. If none of these steps correct the behaviours, the camper may be sent home from camp. Camp Nagiwa may apply more than one of these steps for a given situation, or may skip steps in favour of more severe consequences if necessary. Every effort is made to remedy situations of mild/minor problem behaviour in an effective and timely way. Camp Nagiwa staff members are trained to work with understanding, care, and patience.

Physical punishments is not permitted, nor are humiliation or degradation of campers.

These documents serve as guidelines. Camp Nagiwa reserves the right to adapt these guidelines to specific and unique situations. Additional consequences, above and beyond what is outlined here, may be added and/or charges may be billed to parents/guardians (for example: in the case of vandalism we may require the person to remove graffiti or repair damage at their own cost). Any violation of the laws of the Province of Ontario, or the country of Canada, will result in automatic dismissal.

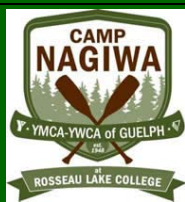
The YMCA-YWCA of Guelph reserves the right to withdraw any camper or LIT, without warning, who, in their opinion, compromises the physical and/or emotional safety of any person at Camp Nagiwa, or who is an immediate hazard to the safety of themselves or others.

THERE WILL BE NO REFUNDS GIVEN FOR CAMPERS WHO ARE SENT HOME DUE TO VIOLATION OF YMCA-YWCA OF GUELPH'S CAMP NAGIWA'S POLICIES OR CODE OF CONDUCT.



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Problem/Consequences sheet



YMCA-YWCA of GUELPH CAMP NAGIWA **CODE OF CONDUCT** Problem/Consequence Sheet

Problem Area	Description	Clear Verbal Warning	Verbal Report to Director	Written Report to Director	Phone Call to Parent/Guardian	Dismissal From Camp
Alcohol	Consumption or possession of alcohol on Camp property or while in the Camp's charge				X	X
Bullying	Physical assault or aggression, threat of physical aggression, ongoing and deliberate exclusion, emotional abuse and/or harassment including but not limited to cyberbullying [†]	X	X	X	X	X
Defiance	Refusal to comply with persons in authority	X	X	X	X	X
Disorderly Conduct	Persistent opposition to authority, behaviour contrary to the positive moral tone and stance of the Camp	X	X	X	X	X
Drugs – Legal	Use of non-prescription or prescription drugs not administered or approved by a Health Care professional (including the Camp Nurse or Administration)				X	X
Drugs – Illegal	Use or possession of illegal drugs or related paraphernalia on Camp property or while in the Camp's charge					X
Smoking/tobacco use	Use of any tobacco products (not limited to cigarettes) on Camp property or while in the Camp's charge				X	X
Harassment	Comments or conduct that is known or ought to be known as unwelcome (including but not limited to ethnocultural/racial, sexual, homophobic, ability discrimination and slurs)	X	X	X	X	X
Profanity	Swearing, or the use of obscene or foul language	X	X	X	X	X
Sexual Activity	Engaging in any form/level of sexual activity while on Camp property or while in the Camp's charge		X	X	X	X
Theft	Taking or possessing property without the permission of the owner			X	X	X
Vandalism	Acts of vandalism include, but are not limited to: graffiti and the wilful destruction of property			X	X	X
Weapons	Possession, use of, or threat of use of a weapon (including but not limited to a firearm or knife)				X	X

[†] "Cyberbullying" is when, but not limited to, a child, preteen, teen, or adult is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen, teen, or adult using the Internet, interactive and digital technologies or mobile phones.



Packing for Camp

- Campers should pack in duffle bags, travel packs, or hockey bags. It is difficult for us to accommodate hard-sided luggage on the buses and in dorm rooms.
- All items **should** be labelled. This is very efficient at preventing loss! Involve your child in packing their items so they know what they have when they get to camp.
- BUG POLICY- At dusk each day, we'll ask everyone in the camp community to put on "longs and longs" if we are staying outside to prevent mosquito bites. "Longs and longs" is Camp Nagiwa slang for long sleeved shirts, long pants and closed toed shoes. Remember that at times it is very hot when we wear our "longs".
- Leave the best "stuff" (eg. favourite stuffed animal and valuables) at home.
- We do our best to accommodate campers who wet the bed. If your camper wets the bed, we strongly suggest that you send along a second set of bedding in order to avoid being singled out if there is an issue.
 - Bedwetting is part of life for many campers. It is important that camp staff know if your camper wets the bed so that appropriate care can be taken to deal with any issues.
- Small or revealing (skimpy) bathing suits and clothing are just awkward and have many potential drawbacks at summer camp, including being sun-unsafe and impractical. Please ensure that your camper brings appropriate clothing to camp.
 - Camp Nagiwa staff reserve the right to ask any camper to change if their clothing is deemed inappropriate or unacceptable for a camp environment.

Lost & Found

At Camp Nagiwa, we recommend that you label everything your child brings to camp. On the last day of each camp session, all campers view our "lost and found parade" and later that day, we display all items for families who are picking up their children at camp. Leftover socks and underwear will be thrown out.

After camp, all Lost & Found will be returned to the Guelph Y. You may inquire about/ask to see items at any time. At the end of August each year, we will donate unclaimed items to a Guelph area charity. The YMCA-YWCA of Guelph is not responsible for lost or stolen items. Please keep precious and expensive things at home.



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The Camp Nagiwa Packing List

- T-shirts (4)
- Shorts (3)
- Long sleeved t-shirts (2)
- Pants (2)
- Warm sweater/fleece (1)
- Raincoat
- Pajamas or Nightshirt (2)
- Hats (2)
- Swim suits (2)- no skimpy bikinis
- Swim towel (1)
- Bath towel & facecloth (1 of each)
- Closed toe shoes (2)- e.g. running shoes
- Rainboots or shoes that can get wet (1) - e.g. Crocs
- Socks (3 pair)
- Undergarments (5 pair/sets)
- Sandals (1)- no barefeet at Camp Nagiwa, sandals with backstraps are best
- Toothbrush & toothpaste (1 of each)
- Sunscreen and insect repellent (1 of each)
- Hair brush/comb (1)
- Deodorant- (as required)
- Waterbottle - the water from every tap is drinkable
- Rest time activities- activity book, book, deck of cards
- Flashlight & batteries
- Camera (optional)
- Letter writing supplies (optional)
- Hair products (e.g. shampoo) - as required
- Sheets, pillow, and blanket
- Optional: fishing equipment for the camper wishing to fish during camp time.

Additional Items to Bring to Camp for Voyageurs & LIT's

- Sleeping bag
- Shoes or sandals with back straps that can get wet to wear on trip
- Extra swim towel
- 2 more t-shirts, 1 more shorts, 1 more long sleeved t-shirt, 4 more underwear
- Rain pants
- Dry Bag - at least 30 litre capacity

LITs will have one laundry service provided for them while they are at camp. This will occur about half way through their program.

What NOT to Bring to Camp

- Money - *there is no need for any, and it is easy to confuse your money with other's. It looks the same!*
- Food- *no outside food is allowed at camp, plus our food is awesome anyway!*
- Knives of any type. *These are unnecessary at camp.*
- Matches, butane, flammable products. *Same as with knives.*
- Smoking, drugs or alcohol products or paraphernalia. *This should go without saying, but I'm saying it anyway.*
- Water guns, super soakers. *No guns at camp.*
- Products for pranks. *We have enough fun without that kind of stuff.*
- Ipods/MP3 Players, cell phones, blackberrys or chargers.** *These items are not necessary at camp.*
*Please leave them at home or they will be **confiscated by staff and returned when the camper departs.***
- Heavily scented items such as (but not limited to) spray colognes and body deodorants (e.g. Axe). *Smelly!*
- Aerosol cans. *Even without CFCs they aren't very good for the environment.*
- Music CDs. *Do kids even own these anymore?*
- Boom boxes, clock radios. *There will be a clock available and no alarm is needed, (boom box=ipod speakers).*
- Lock boxes. *Without valuables at camp, these are unnecessary.*
- Blow dryers, hair straighteners, curling irons. *We're at camp, we will be too busy having fun to use these.*
- Clothing with inappropriate slogans or offensive comments. *No explanation required.*
- Small or revealing (skimpy) bathing suits and clothing. *Boys and Girls...This is Awkward for all!*



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Travel To and From Camp

Camp is a long way from home, and transporting campers to and from camp can be a significant commitment of time and money for parents/guardians. There are two basic options for getting your camper to camp, by bus for a fee each way, or by car. No matter which option you choose, you will be asked to sign a **Transfer of Responsibility** when you leave your camper in the care of camp staff, as well as when you pick them up. These signatures allow us to track who has dropped a camper off, and who has picked them up

In order to avoid problems at pick-up time, no camper will be released to any individual unless that person is listed as a Parent/Guardian on their registration form, or Camp Nagiwa has been notified, in writing, of the pick-up change.

By Bus – a Coach Bus!

Sundays – going to camp

- If your child is coming by bus then we expect you in the parking lot of the Woodland Glen YMCA-YWCA no earlier than 11:15 and no later than 11:45 am. Our buses will depart at noon, **sharp!**
- The bus zone will be closed off with purple stanchions and rope. **No parents are permitted to enter this roped-off area. Camp starts there!**
- Each caregiver will need to sign their child onto the bus with our Transfer of Responsibility.
- Any medications, **in their original bottles**, MUST be handed over to the bus staff.
- No food products should be brought on the bus to camp. Camp Nagiwa will provide drinks and nut-free snacks for the trip. Camp staff will confiscate any outside food brought to camp (excluding special dietary needs food items). It will not be returned.
- The Camp Nagiwa staff will help campers carry their bags to their cabins and to find their assigned sleeping space.

Fridays – Coming home from camp

- The Nagiwa coach will leave Camp Nagiwa at 2:00 pm for its return to Guelph. We expect the bus to arrive at the Woodland Glen YMCA-YWCA parking lot by 6:00 pm, but this subject to traffic and other limitations.
- Please be at the bus stop at 5:30 pm. This will ensure that if the bus is early, you are there to pick up your camper, and if you are late, your camper will not have to wait too long.



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By Personal Vehicle

Sundays – Arrival Day

- It is very important to us that all campers receive a high quality experience starting immediately on their arrival at camp. For this reason **we cannot accept campers arriving by car any earlier than 3:30 pm**. This is because we do not have staff to welcome them and keep them safe and happy until that time.
- Please arrive at Rosseau Lake College **between 3:30 pm and 4:00 pm** if you are driving your camper on Sunday.
- **If you arrive prior to 3:30 pm (without making prior arrangements), we will ask that you go to the town of Rosseau (a 30 second drive) to stroll around and wait until our arrival time.**

Tips for Arrival Day

- Try not to linger. The longer you stay, the greater the chance that your camper perceives Nagiwa as not being separate from home and family.
- Allow your camper to unpack and make his/her own bed. The more a camper can make the space their own, the easier it will be for them to feel like it is their Camp Home after parents leave.
- Try not to show too much emotion when saying good-bye - avoid saying things like “Will you be okay?” and “We’re going to miss you so much”.
- If your camper runs away to play and interact with others, this can sometimes be tough for parents because they don’t get the goodbye that they wanted or expected. Instead, be proud and encouraged that your child is showing very positive independence.

Fridays – Departure Day

- We will do our best to complete our programming by **2:00 pm** for parent pick-up departures. Remember that our end of session programming is a sharing and wrap-up which many campers find very valuable for closing their camp world and re-entering the “real” world.
- Feel free to have your child take you on a quick tour of camp. Your camper will introduce you to their counsellor, show you where they slept and tour you around the program areas.
- **You must sign our transfer responsibility before leaving the site.**
- You are welcome to stay on-site until 3:00 pm.

Tips for Departure Day

We hope on the last day of camp that you find a tired and enthusiastic child.

- Some campers are very emotional on the last day of camp and have troubles talking about camp.
- Others will bubble over with information, songs, and stories.
- You may want to ask your child to look at the web pictures with you and explain what you see. This is a good way of getting them to open up.



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Other Important Nagiwa Details

Accommodations

Camp Nagiwa is located at Rosseau Lake College. This means we have fantastic facilities. Each dorm facility has a common area, as well as washroom facilities with showers. Washroom facilities in the dorm buildings have shower stalls with hot and cold running water. Campers will stay in dorm rooms with between two and six other people with each room having single and/or bunk beds. Bed spaces will be assigned in advance and no changes will be made in the first 24 hours of camp, therefore arriving on site early to secure a preferred space is not necessary.

Our accommodations are of very high quality and we would like to keep them that way. Although campers are encouraged to make their living spaces feel like home while at camp, any alteration of furniture, graffiti, or other damage is unacceptable and will be dealt with appropriately, up to and including restitution to camp for replacement/repair of materials/furniture, and/or dismissal from Camp. Camp Nagiwa operates with an open door policy. We will require that all bedroom doors are left open at all times. Because of this open door policy, and for everyone's safety and comfort, girls may not enter boy's dorms and boys may not enter girl's dorms.

Cabin and Activity Groupings at Camp

Campers will be clustered into age-appropriate groupings (based on age and the grade they are starting in September 2012) in order to facilitate personal growth and the development of positive peer relationships. For dorm groups, these age groupings will be sub-divided into gender groups. These groups will be referred to as cabin groups even though we sleep in dorms. For activities at camp, campers are split up by age and experience level. There will also be many opportunities for the entire camp to interact and work together. Specialty programs, like our Voyageur program, our LIT program, and our L.E.A.D. program will be placed in cabin groups with other members of their own program. These groups will also be separated by gender.

Cabin-mate Requests

This year, cabin-mate requests were made on your registration form when you registered your camper for camp. Should you have a cabin-mate request which you did not place on your registration form, please be in touch with camp as soon as possible with that change.

- We will do our very best to accommodate your camper's cabin-mate request.
- Due to the limitations on bed space/room at Camp Nagiwa, sometimes we are not able to accommodate all cabin-mate requests that we receive. Should your camper not be granted their cabin-mate request in the same room, we will do our best to ensure they are in the same cabin.
- Remember that cabin groups are made by age, and cabin-mate requests should be close in age.



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Technology and Camp

In a world where we are all bombarded with technology, and our “screen time” exceeds our outdoor time (often by double-digit multiples), camp is a place where the mind is able to relax, and the body flex its muscles. Camp is an “**oasis from technology**” and aside from the odd click of the camera, and a slideshow to remind us of our week, campers will get **no screen time** while at Camp Nagiwa. This includes computers, portable DVD players, telephones, smart phones, super phones, and portable music players with other capabilities. To this end, we would ask that you refrain from sending your child to camp with any of these devices. Should your child bring this type of device to camp, we will confiscate it for the duration of camp and return it when they leave.

A Special note on Camper Cell Phones

We are attempting to create an oasis from outside life while at camp. **NO CAMPER WILL BE PERMITTED TO HAVE A CELL PHONE WHILE AT CAMP.** This is **non-negotiable** and is a condition of your child attending Camp Nagiwa. Your child will be well supervised while at camp and will not require a phone for any reason. If there is an incident or emergency which you believe your child needs to be made aware of, please contact the camp office and we will make arrangements for you to speak with your child on the camp phone.

A cell phone or smart phone may not be used in place of a camera. Please send a dedicated digital camera or disposable film camera with your child if they would like to take their own pictures.

Camera Policy and Photos on the Web

To ensure the appropriateness of photos, we ask that all camper cameras be kept in the counsellors' rooms. Leaders in Training may keep their own cameras, but appropriateness of picture taking times will be discussed with this group at the beginning of camp.

We will post digital camp pictures on the Camp Nagiwa website, www.nagiwa.org, two times for each session for your viewing pleasure.

Please notify us, **in writing**, if you do not wish to have images of your child posted on our photo page.

Although we do our very best to ensure that pictures taken by individuals at camp are appropriate, Camp Nagiwa and its officers can not be responsible for pictures taken by individuals who attend camp as clients, or staff who act outside of their training. Staff will receive instruction and training about appropriate picture-taking times and content.

We are diligent about policing our web presence, web content, and digital footprint, but postings made by participants or staff on the internet are sometimes beyond our control. Use of the Camp Nagiwa name for the purposes of developing or distributing media, promotion, negative commentary, or the Camp Nagiwa logo, for any reason, without the written permission of Camp Nagiwa Administration is strictly prohibited.



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Mail, Email, and Parcels for Campers

Campers can write letters home at any time during their stay. Please send pre-addressed and stamped envelopes for the people you want your child to write to. You can send letters to:

Your Camper
Camp Nagiwa
C/O Rosseau Lake College
1967 Bright St
Rosseau, ON
POC 1J0

Packages can be sent to your camper, but please remember our no outside food policy. Campers will not be able to keep any kind of food sent by mail. Campers may receive emails through the director by emailing campnagiwa@guelphy.org. Please put your camper's full name in the subject of the email.

Campers can receive one email each day. As we do not have office staff, we are unable to print and distribute emails more than once a day. We also are unable to pass along e-cards, attachments, pictures/graphics, or weblinks.

Our camper email system is one-way. Your camper will not be able to respond to you by email. We feel this is integral to our camp community and is non-negotiable.

Camp Nagiwa Clothing

Camp clothing is **ON SALE** year-round!

We have a wide selection of Camp Nagiwa items available for you year-round. Simply ask for it at member services at the YMCA-YWCA of Guelph. Offerings for 2011-2012 include:



Only
\$15!



A steal at
\$30



\$10!

Look for new items for your wardrobe in 2012!

Also ask us about the legacy Nagiwa clothing we have available from past years!



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Camp Nagiwa Food – Consistently Superb!

Camp Nagiwa is proud to offer superb camp food again this year, prepared by the talented and dedicated food preparation staff at Rosseau Lake College.

Camp Nagiwa has consistently had among the top three rated food service and menu among YMCA camps for 5 years in a row!

We are pleased to offer a balanced menu which provides our campers and staff with well-rounded meals that even the pickiest camper will enjoy. We are also able to accommodate a wide range of dietary needs, provided we are aware of them in advance.

Campers participating in camp who are vegetarian, vegan, or have nut/peanut allergies are easily accommodated by our kitchen staff. Parents/Guardians with campers who have gluten free diets, or dietary needs not listed above, should contact Nagiwa at campnagiwa@guelphy.org to discuss specific requirements.

Camp Nagiwa will do its best to be able to accommodate any special diet.

Camp Nagiwa is a nut-free facility.

Camp Nagiwa's "Typical" Day

8:00 a.m. - Wake-Up/Optional Dip in Lake
9:00 a.m. - Flag Raising & Breakfast
9:45 a.m. - Cabin Cleanup
10:15 a.m. - Individual Program Choice 1
12:45 p.m. - Individual Program Choice 2
1:00 p.m. - Lunch
1:45 p.m. - Zero Activity Period (Z.A.P.)
2:15 p.m. - 4:30 p.m. - Cabin Group Activities
4:45 p.m. - Camper Choice Time
6:00 p.m. - Dinner
7:15 p.m. - Evening Activity
8:15 p.m. - Evening Program
9:00 p.m. - Flag Lowering, Snack, and Bedtime
10:30 p.m. - All Quiet at Nagiwa

But there are
NO "Typical"
Days at
Camp!



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First Day of Camp

The first day of camp is especially different, since there are a number of things which we need to do to get ready for the rest of the week.

After your camper arrives at camp, they will spend some time with their counselor moving into their cabin, and getting to know the other campers they will be spending their session with.

When move-in time is over, campers and staff will go on a rotation around camp where they will participate in some fun get-to-know-you games outside, double-check their activity choices for the week of Individual Programming, as well as visit the health centre, and take a swim test.

Health Centre Visit

When campers visit the health centre on the first day of camp, it is for their regular health check. This check is described in detail in the medical section of this handbook, but campers will need to answer some basic health questions and will have a lice check done at this time.

Swim Test

All Campers who attend Camp Nagiwa are required to undergo a swim test for each session they attend with us. This swim test is designed to assess the level of swimming ability, as well as comfort in lake water, of each camper.

Campers with good swimming skills will be given access to our deep-end swimming area, under the supervision of qualified and well-trained lifeguards.

Our less-skilled swimmers will be able to enjoy our shallow-water beach area, as well as the deep-water swimming area if they are wearing a lifejacket.

The swim test, as well as all swimming times, are supervised by qualified and lake-trained lifeguards in order to make swimming as safe as possible. Taking the swim test is non-negotiable. Campers who do not take the test will be less-skilled swimmers in the eyes of lifeguards and Camp Nagiwa staff.

Campers with Special Needs

We believe that all children and young adults have a place at camp. Although Camp Nagiwa does not have the expertise to accommodate everyone, we do our best to make a place for all campers at Camp.

If your camper, or a camper you know has special needs, we encourage you (or the parent/guardian of the child) to contact us to discuss the specific needs of the camper, and how Camp Nagiwa can work to have that camper attend camp.

Please contact us by phone or email – (519) 824-5150 – campnagiwa@guelphy.org



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Homesickness – Prevention and Problem Solving

Camp is a wonderful place, but it doesn't always feel that way. Many children go through a period of homesickness while adjusting to camp. This is natural, and passes for most children. It happens to young children and older ones too, and not only to first-time campers. It's important for children that we acknowledge the reality of those feelings, and take positive steps to help them get through that stage. Counsellors are trained to deal with homesickness by giving children close personal attention, helping them make new friends and get engaged in fun new activities.

Dos and Don'ts of working with a Homesick Camper

Do!

- ✓ Speak openly of homesickness. It can happen to anyone. If your child knows that, it causes less anxiety.
- ✓ Say: "If you feel homesick, tell your counsellor. Don't hide it." Help your camper to know that we want to support them, and we can't do that as well if we don't know when they are having a hard time.
- ✓ Build your child's interest: Point out the fun of camp. Be positive about how you felt going away from home.
- ✓ Mention the not so great realities too. There should be no surprises when a child discovers mosquitoes, and that you have to make your own bed at camp.
- ✓ Help them get ready to swim in THE LAKE. Unlike a pool (which for many children has been the only swimming experience), the lake is dark, colder, and may (in their minds) harbour scary critters (all benign!).
- ✓ Involve the child closely in every step of getting ready to go (the planning and the packing).
- ✓ Remind your camper that at camp there will be eight or nine kids and two counsellors in one cabin (dorm) - not like your bedroom at home.
- ✓ Practice problem solving: "What if... you lose your baseball glove, don't feel well, are scared of the lake..."
- ✓ Give new campers lots of information.
 - Q. What are the bathrooms like?
A. In the dorms, like at a rec centre.
 - Q. Are there bugs?
A. Only at twilight, and repellent works.
 - Q. Do other kids bring stuffed animals?
A. You bet. Lots!

☑ IMPORTANT

Explain that there won't be any phone calls to or from home. Boost your camper's "emotional readiness" for camp by making it clear that at camp, the strategy for getting help and support is to turn to new friends, counsellors, and activities, as opposed to the telephone. Tell your child camp policy about the phone.



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Don't!

- ✘ Say: "If you don't like camp you can come home." Children who are having difficulty adjusting to camp will compound the problem by not giving it a fair chance. They may close their minds to adapting to camp, and focus instead on going home, since you have offered that option.
- ✘ Make statements like: "I'm going to miss you terribly." You don't want to make your children feel awful about leaving you. They need to feel loved, but not to fear you'll be desolate in their absence.
- ✘ Share your negative feelings or fears about camp with your child. Camp is supposed to be a positive experience for Parents/Guardians and campers. To have mixed feelings about separation as a parent/guardian is normal, but sharing the negative side of these feelings with your camper will only serve to compound or amplify their anxiety.
- ✘ Freak out if you get an "I hate camp" letter. It is common for campers (especially new ones) to write a letter saying: "The food sucks! Camp sucks!" This is normal. Complaining to parents empowers children. They often do reveal more to their parents than they would to a counsellor about their camp experience. If you get a very negative letter, do not hesitate to call and connect with us at camp, but also be aware that matters have likely improved dramatically since the letter was written.
- ✘ Forget to share with camp that your camper: is on regular medication; wets the bed; has a recurring injury/mobility difficulty; is addicted to sucking lemon slices; etc. Information about behaviours that you are concerned about will help us make sure that your camper has the best possible time while they are in our care at Camp Nagiwa.

Respect at Camp Nagiwa

At camp Nagiwa it is important to show respect at all times. Do this by showing:

Respect for Yourself:

- ↪ Dress for the weather so that you aren't too hot/cold/sun burnt/bug-bitten.
- ↪ Drink enough water and eat enough food to stay happy and healthy all week.
- ↪ Ask for help when you need it.

Respect for Others:

- ↪ Make sure that each person has a turn: in activities; speaking; eating; cleaning; laughing; playing.
- ↪ Being loud when it is time to be loud, but also being quiet when it is time to be quiet.
- ↪ Do not go into other people's rooms, unless you are invited.
- ↪ Pranks have no place at camp, please keep that kind of fun out of our cabins.

Respect for Your Environment:

- ↪ Turn off the lights and close the door when you leave a building.
- ↪ Remember that others use these facilities too, and if you break something no one else can use it.
- ↪ Clean up after yourself and your group. If you made the mess it is your responsibility to clean it up.

Respect for Nature

- ↪ Walk on paths only and let nature be nature off the path.
- ↪ Do not wash in the lake. We have showers in all of the dorms so you can wash there.
- ↪ Always work for zero food waste. All the time. Every meal. It is too delicious to waste anyway.
- ↪ Always practice catch and release when fishing.



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Camp Nagiwa Medical Policies and Health Procedures

At Camp Nagiwa we will have certified (usually a R.N. or R.P.N) health officer with us each session. These individuals are at camp to make sure that we all stay healthy, to institute health-promoting procedures for camp, and to assist us in the unlikely event of an outbreak. In addition to this highly trained individual, each of our staff members is trained in Standard First Aid and CPR.

Important Policies

- Every participant at Camp Nagiwa is required to have up to date Health information. This information is included in the registration form for 2012.
- All medications must come in their original bottles. It is illegal for a nurse or medical staff-person to dispense medications from any other container.
- Medications must be kept in the Wellness Centre.
 - One extra day of medication should be provided in case replacement is necessary.
- No person should come to camp with a known communicable disease or infection (e.g. Scabies, Chicken Pox, Strep Throat, Measles, Lice, Impetigo, etc.).
- Each camper will be responsible to shower at least twice during the week they are at camp.
- Campers are responsible to brush their teeth at least twice a day.
- Campers are responsible to be sun safe by: applying sunscreen, covering up during the hottest parts of the day, wearing hats, and drinking lots of water. Staff will assist campers by reminding them how to be sun safe.

Important Procedures you should know about

- Each camper will have a health visit within their first few hours at camp. Part of that visit is a **lice check**. We do not have the necessary laundry facilities at Nagiwa, therefore we cannot treat campers or their belongings for lice.

Campers or Leaders in Training must go home until they have been nit free for 24 hours. We recommend that you inspect your child's head for lice prior to your camper's arrival at camp to avoid this situation. There is **no refund** of camp fees if this occurs however your child is welcome to come back to camp, during the session they have registered for, once they've been nit free for 24 hours. For more information about lice and for lice management resources/services check these sites:

- <http://www.wdghu.org/healthinfo/SchoolHealth/HeadLicePamphlet.pdf>
- <http://www.cbc.ca/health/story/2005/12/05/head-lice051205.html>

Campers are encouraged to avoid sharing hats and pillows and to keep hair pulled/tied back or wear a hat to aid in preventing the spread of lice.

- Medications (prescription and OTC) can only be administered when the "Consent to Administer Medications" portion of the registration form is complete. If you would like to give consent to administer medications after you have submitted your form, it must be in writing and to the attention of Camp Nagiwa Medical Staff.



Overview of Camp Nagiwa Programs

Camp Nagiwa – 1-week sessions

The core of Nagiwa's sleep-over camp programs, our one-week sessions run each week of our season from Sunday to Friday afternoon. These sessions are packed with traditional summer camping fun, including: cabin groups, personal choice activities, cabin activities, all-camp games, delicious meals, personal growth, learning, silliness, and entertainment.

Our well-trained and enthusiastic staff provide a high level of programming and supervision for campers during their stay with us. This session length is great for new campers, as well as for more experienced camp enthusiasts. You can even link several sessions together to create a longer camp program for your young person.

Nagiwa 1-week sessions are open for campers 7 to 14 years of age.

The cost for Nagiwa 1-week sessions for 2012 is \$650 (plus tax).

Voyageur sessions

The Nagiwa Voyageurs program is for youth who are looking for adventure! The program takes place over two 1-week camp sessions, and includes one weekend. During the first week, Voyageur campers take part in our regular camp program with the addition of some voyageur-specific activities, including canoe skills and tripping skills. At the end of the first week of camp, Voyageur campers cast off by bus to spend their second week at Haliburton Forest where qualified canoe guides, and our gifted voyageur staff, lead them on a simple seven-day canoe trip.

During the canoe trip, Voyageurs will have the opportunity to practice basic tripping skills, navigation, fire building, food preparation, weather prediction, large lake travel, and more! Voyageur campers spend their final night back at Nagiwa, where they will have an opportunity to debrief their canoe trip experience and share memories of their time together. No prior canoe tripping experience is necessary.

Voyageur sessions are open for campers 12 to 14 years of age.

The cost for the Voyageur program in 2012 is \$1350 (plus tax).



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L.I.T. - Leader-In-Training

The Camp Nagiwa LIT Program is a three-week program for 15 and 16 year olds looking to develop life-long leadership skills, in addition to improving their basic camp skills.

LITs spend their first week at Camp Nagiwa focusing on camp activity skills and taking a peer leadership role in activity sessions. The next 7 days of the LIT program is spent in camp learning important leadership skills including, but not limited to: role modelling, listening, communication skills, group roles, conflict mediation, and conflict resolution. It is also during this portion of the LIT session that participants work with a certified canoe instructor to obtain their ORCKA Basic Canoeing Level 3 certification. The final portion of the LIT program is a seven-day canoe trip at Haliburton Forest. The qualified and experienced canoe tripping guides, along with our highly trained LIT leaders, will teach and mentor LITs, helping them to apply their leadership learning while leading the trip in small groups. No prior canoe tripping experience is necessary.

The leadership and group skills a Nagiwa LIT learns are invaluable to teens as they move into other group experiences. This program is an appropriate challenge for all teens.

The Nagiwa L.I.T. program is open to young adults turning 15 within the calendar year, or already 15 at the time of camp.

The cost for the L.I.T. program in 2012 is \$2025 (plus tax).

L.E.A.D. – Leadership and Environmental Action Development Program

New to Nagiwa for the 2012 season, the LEAD program is designed for young leaders with some previous leadership training.

This intensive, month-long program will combine wilderness adventure with in-camp programming. It will produce young adults who are well-educated and prepared to lead in any situation. Leadership education in the program will take place on the backdrop of environmental stewardship. Participants will exit the program with a good knowledge base about environmental make-up and issues in Ontario, as well as possibilities for their involvement as young leaders to help protect our global environment.

The program will begin with a 5 day hiking trip to bring the group together and introduce the environmental themes for the program. This will be followed by two full weeks at Camp Nagiwa, participating in workshops and working with younger campers on leadership and environmental pursuits. The last phase of the program will be a challenging canoe adventure where participants will be able to practice their new environmentally-sensitive outdoor skills, and experience nature with a new understanding. No previous tripping experience is necessary, but a keen interest in the environment and personal development is required.

The Nagiwa L.E.A.D. program is open to young adults 15 and 16 years of age.

The cost for the L.E.A.D. program in 2012 is \$2500 (plus tax).



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Special Items/Materials to Bring for LIT and L.E.A.D.

The LIT and L.E.A.D. Programs are highly specialized and involve some activities which are very different from regular camp. For this reason, each of these programs require materials which are above and beyond what is required in the regular packing list.

LIT Program

For the first two weeks of the program, LITs will be Camp Nagiwa. For this portion of camp, participants do not require any additional materials above and beyond what is listed in the camp packing section of this handbook.

There will be time during this part of the program where LITs work together on leadership problems, and discuss leadership techniques. Participants may wish to bring materials they already own and have used for debriefing in the past, or interesting games/activities to share with the group.

For the trip portion of the program, participants are encouraged to bring any materials they would normally use for tripping. This would include personal paddles (if they already have one), packing systems, specialty clothing, etc.

Rain Gear, Shoes which can be worn in the mud, and a Dry Bag are a must.

L.E.A.D. Program

The L.E.A.D. Program goes one step further than the LIT program with its special supplies. This is because this program has two trips, Hiking and Canoeing. The needs for these trips are almost, but not exactly the same.

For the Hiking trip, participants will need sturdy hiking footwear. This is most commonly in the form of a hiking boot, although some hikers are happy with a quality hiking shoe. We suggest that you stay away from very cheap shoes, as they are prone to falling apart and/or blistering feet. It is not necessary to purchase expensive footwear, but it is important to have something with proper support and comfort. We also strongly advise that any footwear worn for the hiking portion of the trip be broken in prior to the trip (new shoes make the largest and most painful blisters. In addition, hikers require a back-pack style bag for carrying gear, rain gear, and a dry bag (If you do not own a backpack, Haliburton Forest may be able to provide one for you).

For the in-camp portion of the program, participants require the normal materials listed on the packing list in this handbook. They may also wish to bring activities/materials to assist them with debriefing and group activities.

For the Canoe Trip portion of the program, participants are encouraged to bring any materials they would normally use for tripping. This would include personal paddles (if they already have one), packing systems, specialty clothing, etc.

Rain Gear, Shoes which can be worn in the mud, and a Dry Bag are a must.



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Nagi-Wanna Camp

Nagi-Wanna Camp is our new program for our youngest would-be overnight campers. Designed to give the overnight camp experience for 5-9 year olds, Nagi-Wanna Camp takes place on the weekend, from Friday afternoon to Sunday afternoon.

Nagi-Wanna Camp campers will get all of the great programming which is available during our regular, week-long camp programs, but without the daunting prospect of an entire week away from home. The weekend will begin at 11am on Friday when our young campers will board the coach bus to Camp Nagiwa. They will be met by our talented staff, and treated to the full Nagiwa experience until departure time Sunday afternoon. On Sunday, Nagi-Wanna campers will board the bus and return home around 6pm Sunday evening.

The 2012 Nagi-Wanna Camp program will take place on the 2nd weekend of camp, between session 2 & session 3. July 13th to July 15th, 2012.

Nagi-Wanna Camp is open to campers 5 to 9 years of age.

The cost for Nagi-Wanna Camp in 2012 is \$150 (plus tax), with a reduced bus rate of \$25 (tax included) each way.

Nagiwa Weekends

Camp Nagiwa is pleased to be able to offer the weekend program again this year.

The weekend program is designed to bridge campers between Camp Nagiwa programs which they are attending. Nagiwa Weekends are used to combine two or more of our 1-week programs into a longer camp stay of two weeks or more, and used to bridge between other Camp Nagiwa programs like one 1-week camp session and one Voyageur adventure session.

During Nagiwa Weekends campers will receive the same high quality programming they receive during the week, but with a slightly more relaxed and restful schedule to keep them lively for their next full camp session.

Nagiwa Weekends are open to all campers registered in more than one session at camp. Nagiwa Weekends will be available for the first, second, fourth, and fifth weekends of our camp season. The weekend of July 20th to 22nd will not be available for weekend registration in 2012.

The cost for the Nagiwa Weekend program in 2012 is \$150 (plus tax).



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Nagiwa Day Camp

We are very excited to be able to offer Day Camp this year at Nagiwa. Our day camp program, which has grown from just one week in 2011, will run for the full six weeks of the camp season this year.

Nagiwa day camp is run by a dedicated staff all its own who work each day with the day campers to provide excellent programming specifically designed for this unique program. Our day camp is coordinated by the Day Camp Manager, who's job it is to make sure that day camp is running smoothly, and that activities are age and skill appropriate for campers.

As a day camp operating within the residential camp, the day campers have all the advantages of having residential staff and facilities, but are able to return home at the end of the day to sleep in their own beds. Each day, these day campers will have a portion of the Nagiwa residential experience, along with some special activities which happen only at day camp.

One of the unique features of Day Camp at Camp Nagiwa is the inclusion of a prepared lunch, brought to us by the talented and professional kitchen staff at Rosseau Lake College. Day camp and residential camp eat at the same time, and this is an opportunity for even more community building for all campers and staff.

Nagiwa Day Camp is open to campers 5 to 15 years of age.

The cost for Nagiwa Day Camp in 2012 is \$200 (plus tax). This includes lunch each day, but does not include any form of transportation.

There is also a per-day rate available for day camp - \$50/day



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