



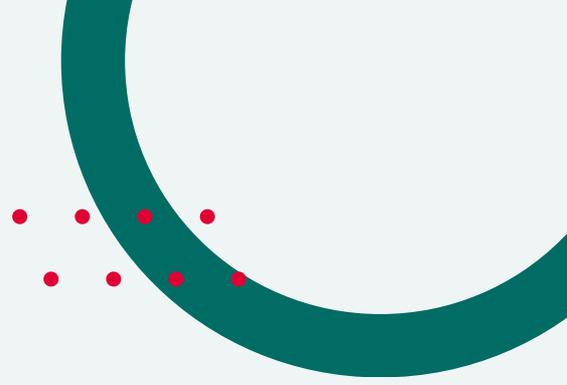
ROTARY - YMCA

CAMP PRESQU'ILE

FAMILY CAMP INFO GUIDE



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CAMP PRESQU'ILE MISSION STATEMENT

Camp Presqu'ile is dedicated to building a safe, caring, healthy community by providing all youth with the opportunity to achieve personal growth in spirit, mind and body, and an appreciation for the natural environment. Run in partnership with the Rotary Club and YMCA of Owen Sound Grey Bruce.

WELCOME TO CAMP PRESQU'ILE

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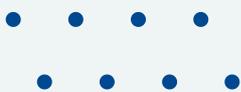
Owned by the Rotary Club of Owen Sound and operated on behalf of the Rotary Club by the YMCA, Camp Presqu'ile is located on the shores of beautiful Georgian Bay. This guide helps families understand what to expect during their time at Family Camp. Whether you have a camper who has been attending overnight camp with us for years or you are new to camp, you'll find what you need here!

Being at camp is a different experience from being at home. Our goal is to provide a safe and unique environment for families to spend time together, disconnect from technology, and have fun. We offer a variety of programs that families can take part in together or enjoy independently! We expect all participants and staff to treat each other with respect and help others enjoy their time away from home. Our hope is for families to find a place that they can enjoy together and have a great time! A place where kids can be free to choose their own programming safely while parents take a moment for themselves or dive into programming right alongside.

We can't wait for you to join our community this summer!

The Presqu'ile Team

presquile@osgb.ymca.ca





OUR PROGRAMS

At Camp Presqu'île, we offer a variety of programs suited to campers of different ages, levels of interest, and experience. In all of our programs, campers will have the opportunity to choose activities, meet new people, and take part in both small- and large-group programs.

One and Two Week Camp

Our one- and two-week programs are the traditional Presqu'île experience for campers aged 6-14. In this program, we focus on skill mastery and relationship building. Throughout this program, there are plenty of opportunities to learn and develop skills through daily lessons. Furthermore, campers will develop strong bonds with their cabin mates and counsellors by spending time with them each day through programs, meals, and as part of the larger camp community.

Leadership Camp

Our Leadership program is designed for participants aged 15. We aim to further develop interpersonal skills, help participants discover their leadership skills and become leaders within the community. As part of the

leadership program all participants take part in a canoe trip. They help to organize and lead this trip, providing a unique learning environment to further develop their skills.

Family Camp

At Camp Presqu'île, we believe that the camp experience can benefit everyone! That is why we have a family camp program that brings parents and kids together. A perfect opportunity for families to spend time together outdoors in a unique environment.

Families are encouraged to spend time together and head out on to your own adventures while at camp. With daily free choice programs and a community activity at the end of the day, there is something for everyone!

WHAT TO EXPECT

DURING YOUR SESSION AT CAMP

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Programming

Camp staff will run drop-in camp programs throughout the day. Programs will run for 45 minutes at a time, but you are welcome to move freely to programs that are running at that time. Families are welcome to move as a unit to different program blocks or to go on individual adventures around camp.

Staff Supervision

Camp staff will be available to help in program areas during your time at camp, but we do not provide supervision of campers. Campers who are 7 or younger must be supervised by a parent at all times while at camp. Children 8 years and older are welcome to move around camp independently, but parents are ultimately responsible for supervising their own children. We recommend that children move around camp in buddy pairs and have regular check-ins with parents.

Campfires

We will have 2 campfires during your time at camp. On the first night, we will have a staff-led campfire to welcome you to camp. On the second night of camp, we'll ask you to bring the entertainment to our family camp talent show!

Our Staff

Our staff take part in a week-long training course before campers arrive at the beginning of the summer, and are trained on all of our policies and procedures that will be in place during Family Camp. Many of our staff have been campers at Presqu'île in previous years and have a thorough understanding of our community's expectations. In addition to onsite training, all staff must hold National Lifeguarding Society certifications in Standard First Aid and CPR-C.



Meals

Meals will be served 'family style' in the dining hall. We ask that families arrive at the beginning of mealtime windows, but they are free to leave once they are done eating. Meals will only be available during designated times. You are welcome to bring snacks to store in your cabin. They must be nut-free.

Sharing Space

Camp is a shared space, so we ask that all respect this. There will be designated quiet hours in the mornings and evenings, and specific guidelines for alcohol use. We also ask that you please leave dogs at home.

EXPECTATIONS WHILE AT CAMP

We work hard to provide a safe and inclusive community for all, and you are an important part of helping us achieve this!

Respect for Yourself

At Camp Presqu'ile, we live by basic principles of respect. Every person at camp has the responsibility to know their own limits and take care of themselves by eating and sleeping enough, drinking enough water and putting on sunscreen. Camp is often a very busy place, much different than being at home.

With this in mind, we will review basic community guidelines at our open campfire on the first night of camp that all families will be expected to follow during Family Camp.

Respect for Others

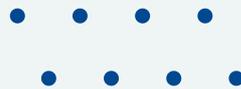
We also expect that each person at camp shows respect for all others living there. The YMCA believes that every participant has the right to a safe environment and equal treatment by all without discrimination. A camp experience is a wonderful opportunity to learn about the incredible things a group can accomplish together while welcoming the differences in individuals. Living at camp can sometimes be stressful for some, and we ask that everyone respect the physical and emotional boundaries of others while living together.

In the situation where an individual or family is negatively impacting the experience of others, they may be removed from the program.

See the Code of Conduct on the following page for more regarding our expectations of families.

Respect for the Environment

At camp, we are careful that excess garbage is not left around for those critters that also live at camp. Respect for the camp environment also includes keeping all our buildings, trails, and equipment in good repair. Campers and staff are expected to take initiative to maintain the beauty of our camp for future guests and to provide a safe, healthy environment for everyone.



CAMP PRESQU'ILE CODE OF CONDUCT

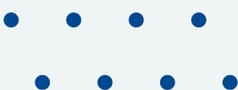


At Camp Presqu'ile, we expect all staff and campers to focus on supporting Presqu'ile as a safe environment for everyone, both emotionally and physically.

If a situation arises in which a camper threatens the safety or security of another camper, a staff member, or themselves, we will make every appropriate effort to address the behaviour and ensure a positive camp experience for everyone.

However, should disruptive behaviour continue, the individual or family may be dismissed from camp at the discretion of the Camp Director or the designate. The camp will not be held responsible for any costs or provide a refund associated with a dismissal due to disruptive behaviour.

In extreme circumstances, a camper may be removed from the camp environment without warning if their behaviour jeopardizes the safety of campers or staff.



Alcohol Use At Camp

Alcoholic beverages can be enjoyed by those of legal age while at camp. Please consume any beverages in the evenings, not during program hours. Only beverages in cans or plastic bottles may be consumed at camp, and we ask that they be enjoyed responsibly.

Illegal drug use is not permitted on the property, and you will be removed from the program.

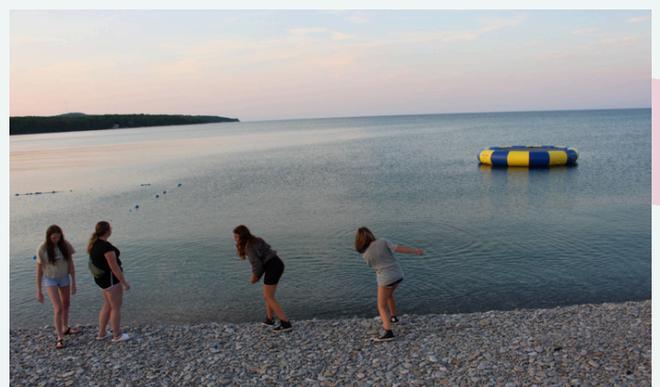
Smoking and vaping are permitted in designated areas at camp.

Quiet Hours at Camp

We know that many campers will have different waking hours while at camp. We ask that all campers observe quiet hours in the morning and in the evening.

Morning Quiet Hours: Before 8:00 am

Evening Quiet Hours: After 10:00 pm



WHAT TO BRING TO CAMP



Packing for camp can be stressful, but we hope that this guide helps! Camp has all you'll need for programming, but here are some helpful hints for things you might have missed. Please check the weather before arriving at camp to ensure you are packing appropriately.

Bedding

Campers must bring their own sleeping bags and pillows. All of our beds at camp are twin-sized, so plan accordingly. Given our proximity to the water, it can get chilly at camp at night. With this in mind, we recommend packing a sleeping bag or duvet for each family member, as well as some extra blankets and warm PJs, just in case!

If you have a child who may still wet the bed, we recommend bringing extra bedding; we also have on-site laundry if needed for this case. Please let a staff member know if this occurs while at camp.

Eyeglasses/Contacts

For children who require eyeglasses or contacts, we recommend that parents bring an extra pair, as accidents can happen while at camp.

Medication

Families are responsible for managing their own medication while at camp. Camp will have basic first-aid supplies available to families during their time at camp, but will not have medications readily available.

Shoes, Sandals, and Flip-Flops

We recommend that you bring summer footwear as well as a pair of running shoes to wear during land based activities and during running games. We also recommend a pair of flip flops to wear while in the shower house.

What Not To Bring

Please do not bring motorized boats, ATVs, trailers, fireworks, or any other dangerous items, or expensive jewelry or electronics.

Fans, heaters and other electronics are not supported by our power system.



RECOMMENDED PACKING LIST FOR CAMP

Recommended Items

- rain coat with hood (waterproof)
- rain boots
- sun hats
- 1 tube of sunscreen (minimum SPF 60)
- sleeping bags
- blankets
- pillows
- pairs of socks
- pairs of underwear
- T-shirts
- long pants
- shorts
- long-sleeve T-shirts
- sweaters (fleece, wool)

Optional Items

- Board games/cards
- Musical Instrument
- Lawn Chairs
- Nut Free Snacks

- running shoes
- sandals
- swimsuits
- towels (beach and bath)
- pajamas
- toothbrush and toothpaste
- brush or comb
- insect repellent
- pair of sunglasses
- flashlight/extra batteries
- water bottles
- camera
- Soap and shampoo for showers at camp (biodegradable if possible to be easy on our septic system)
- Books
- PFD
- Fitted sheet for a single bed



FAMILY CAMP SCHEDULE

On our second night we will be having a family talent night! You'll be able to show off your skills as a family or highlight a unique talent one of your younger campers might be dying to share!

TIME	Day 1	Day 2	Day 3	
8:00 AM	Arrival is between 5:30-6:30pm, please eat before arriving at camp Departure is 2:00pm on the final day of camp	Wake up and Polar Bear Dip	Wake up and Polar Bear Dip	
8:30 AM		Breakfast	Continental Breakfast	
9:30 AM		Activity Period 1	Final Activity Period	
10:45 AM		Activity Period 2	Brunch	
12:30 PM		Lunch	Move out and departures Please be moved out by 12:30pm	
2:00PM		Activity Period 4	Families are welcome to enjoy the waterfront until 2:00pm See Ya Next Time!	
3:00 PM		Activity Period 5		
4:00 PM		Activity Period 6		
5:30 PM	Arrive at Camp	Dinner		
7:00PM	Opening Campfire and Snack	Family Talent Show	Families are welcome to enjoy the waterfront until 2:00pm See Ya Next Time!	
8:30 PM		Snack and Bedtime		
10:00 PM	Quiet Hours	Quiet Hours		

ACTIVITY PERIODS

Throughout the day, our trained staff will be at our assigned program areas for families to enjoy. Families are free to drop into as many program areas as they would like during a program block. Children 7 years or younger must be accompanied by a parent. Please do not use program areas unless a staff member is present.

Canoeing

Explore the canoeing pond and the bay, weather permitting, while building canoeing skills. From being a good bows person to learning to stern, there is always tons to learn at canoeing.

Kayaking

The bay is your playground for kayaking. Learning how to navigate the bay and stay safe is the focus of kayaking as campers develop paddling and navigation skills.

Swimming

Campers can enjoy the pool or the bay each day and have some fun swimming with friends.

Stand Up Paddle Boarding

Head out on the water, work on your balance and explore Georgian Bay on a stand up paddle board.



Biking

Take a little trip away from camp and explore the local community. We have bikes of all sizes, but we do not have training wheels on any bikes.

Archery

Hit the bullseye at our archery range. Discover a new passion and hone your accuracy throughout your time at camp.

Team Sports

Co-operation and teamwork are key in this program area. A great way to work on your cardio and have some fun!

Arts and Crafts

Tap into your creativity and let your imagination come alive at arts and crafts

Eco-Wow

Learn basic survival skills, such as shelter and fire building, nature lore and learn to navigate with a compass.

ARRIVAL & DEPARTURE DAYS



Camp Presqu'île does not provide any transportation to or from camp, and families are responsible for their own transportation for the program.

Arrival

Families are welcome to arrive at camp during family camp between 5:30 and 6:30 pm.

Dinner will not be provided, but a snack will be available at our community meeting ahead of our opening campfire.

Departure

Families are welcome to stay on site until 2 pm on departure day. A continental breakfast will be provided to families in the early morning, and brunch will be served later in the morning.

We ask that you move out of our cabins by 12:30 pm, but you are welcome to stay and hang out at the waterfront until 2 pm.



Directions to Camp

Turn right onto 1st Avenue West, Owen Sound, off of Highway 21 South. Turn left onto 14th Avenue West. Turn right onto Grey Road 1. Travel for 12 km on Grey Road 1. Turn right onto Lindenwood Rd. Travel for 1 km and turn right to stay on Presqu'île Road. Camp Presqu'île is 3 km down the road on the right side.



Meals and Dietary Concerns

Meals at camp are eaten together in our dining halls. We will have three set meal times throughout the day. We encourage families to meet new people and spend a meal with someone new!

We can accommodate most food restrictions as long as we know in advance. We cannot accommodate a kosher diet, but we can accommodate halal and most allergens. If you have a very specific diet, you are also welcome to bring food with you.

If you do bring snacks, they will be stored in your cabin. We are a nut-free site, so please ensure all snacks are nut-free.

Basic First Aid

Our staff are trained in Standard First Aid and CPR-C, so they can help families manage minor injuries that may happen while at camp.

Families are responsible for managing medications and any larger medical issues that may arise. Camp Presqu'île will be available to help if any injuries occur.

Supervision of Waterfront Activities

Camp Presqu'île has specific policies and procedures related to all waterfront activities to minimize the risk of injury. Most importantly, no swim areas are ever open without NLS lifeguards on duty. Boating is one of our major camp activities on site. For this reason, we require that all staff and campers wear a Ministry of Transportation-approved personal floatation device (PFD) zipped and clipped while boating. All PFDs are provided at camp for children a minimum of 60lbs.

We ask that all participants adhere to these policies during their time at camp.

