

Caregiver Handbook

Red Wolf Overnight Camp 2022



Pine Project



Welcome to the Pine Project!

The Pine Project fosters confidence, competence, resilience and connection to nature through transformative outdoor experiences for people of all ages in Toronto and beyond.

Our work inspires a vital re-connection between people and nature, community and oneself. We work primarily with children and families in the urban context, delivering innovative year-round outdoor programming.



Our goal is to inspire nature connection in childhood, supporting children to grow into healthy, active, and resilient people.



Red Wolf Overnight Camp operates on the land we now call the Haliburton Highlands. It is the traditional homelands of the Michi Saagiig (Mississauga Anishinaabeg) and Chippewa Nations, and is in the territory covered by the Williams Treaties. One of the highest regions in the Canadian Shield, the area has always been known as 'Gidaaki' by the Anishinaabe, meaning "upwards earth" ('gidaa' meaning "upwards" and 'ki' meaning "earth"). The land has supported human activity for thousands of years, as territories for hunting, fishing, and gathering and growing food.

Our camp, located in the Haliburton Forest and Wildlife Reserve, is not far from an ancient stone cairn submerged at the bottom of a nearby lake. It is thought that some ten thousand years ago, the stone structure would have been above water, marking the trails and hunting passageways used by a small band of early humans. The discovery of this ancient stone structure deepens the story of human activity and land stewardship in this area. We extend our deep gratitude to the generations of People – past and present – who have tended and stewarded these lands and waters since time immemorial.

Today, the area is home to many First Nations, Métis and Inuit peoples from across Turtle Island. We acknowledge the history and ongoing process of colonization, and recognize that in order to realize the promise and challenge of reconciliation, acknowledgement must be coupled with action. At the Pine Project, we are embarking on a journey of understanding and realizing our responsibility to reconciliation, including the Truth and Reconciliation Commission's Principles of Reconciliation and Calls to Action. We seek to move forward with humility, respect, gratitude and meaningful relationship building.



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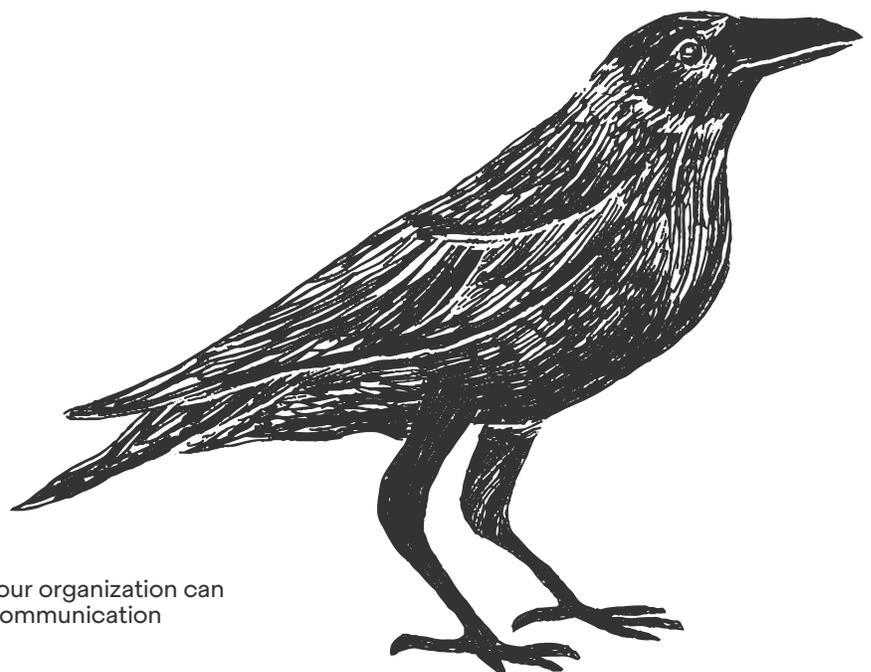
Preparing for Camp

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All communications and information about our organization can be provided in accessible formats or with communication supports upon request.

Program Overview

Red Wolf Camp is all about learning to live in the wild. Campers and counsellors set out on a week-long adventure on the granite shield in the beautiful region of the Haliburton Highlands. These rolling hills are some of Ontario's highest points of elevation and are teeming with wildlife such as moose, wolves, otters, fishers and a diversity of birdlife. Campers will swim, canoe, hike, make fires by friction, cook over an open fire, play lots of games, meet new friends, sneak up on each other in natural forest camouflage, and more!

Below is a list of possible activities that your child will have the opportunity to experience during their time at camp. If they are really excited about something, we encourage them to talk to their counsellors and we'll try our best to incorporate it. Some of the common activities at camp include:

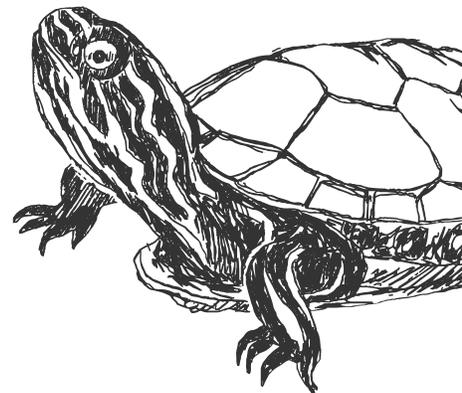
- Building and sleeping in shelters
- Archery & other target sports
- Camouflaging with natural materials
- Collecting and using wild edible plants
- Wildlife tracking and ecology
- Awareness challenges and games
- Navigation with maps, compasses, etc.
- Songs and storytelling
- Nighttime games & missions in the dark
- Star gazing
- Making fire by friction
- Creating fire pits and ovens out of rocks
- Cooking all meals over a camp-fire
- Wilderness living and survival skills
- Learning to paddle a canoe
- Crafting baskets with natural materials
- Quiet movement in the forest
- Group games and leadership development
- Overnight trips

While we encourage campers to try new things, our motto is always "challenge by choice" and we support campers in making decisions that they're excited about.

Flow of the day!

As the camp is guided by natural curiosity and the changing needs of the group, a schedule is rarely followed exactly, but the below gives you a good idea of an average day at camp.

7:00-9:30	Breakfast - Breakfast Crew prepares and serves breakfast
9:30-12:00	Morning adventure and activities
12:00-1:00	Lunch - Lunch Crew prepares and serves lunch.
1:00-2:00	Rest hour
2:00-5:00	Afternoon adventure, crafting, and skill development
5:00-7:00	Dinner - Dinner Crew prepares and serve dinner
7:00-9:00	Evening games and activities





Location

Red Wolf Camp takes place in the forest on the Haliburton Forest & Wildlife Reserve, where we swim, canoe, catch frogs and watch the sun set. Campers should be prepared to carry their gear (our staff team is there to help when needed).

Haliburton Forest & Wildlife reserve is located about 30 minutes north of Haliburton and has operated in the area since the 1960s. Currently the land is managed as a sustainable forestry operation and they work with many local recreation and business groups in the area.

Campers will be dropped off at the parking lot located at 1095 Redkenn Rd, Dysart et al. (Also known as 'Base Camp').

After campers have been signed-in, Pine will provide transportation from the 'Base Camp' location to the campsites (~15 minute drive).

Please see the directions at the end of this Handbook.

Groups

At Red Wolf, campers are broken into smaller groups based primarily on age. These smaller groups are a team and support system for each other throughout the week – they live together at their campsite, support each other during activities and games, and build lasting friendships.

Families will be notified of their group assignment in the weeks leading up to camp. In the meantime, please be sure to submit the Friend Request Form. As always, we will do our best to accommodate friend requests, but we cannot make guarantees.

Drop-off and Registration

On Sunday, we'll meet in the parking lot (outlined in the map at the end of this handbook). Drop-off and Pick-up will both be staggered to accommodate shuttle buses, cohorting and managing participants at Base Camp.

During Registration, please be ready to provide:

- Any medications that you have sent with your camper
- Any outstanding or additional information or paperwork for your camper

Groups 1 & 2:

Arrival: 1:00 PM (Health Check & Registration)

Groups 3 & 4:

Arrival: 2:00 PM (Health Check & Registration)

Pick-up

Pick-up will operate similarly to drop off and will be staggered.

Groups 1 & 2:

Pickup is at 10:30am for both groups

Groups 3 & 4:

Pickup is at 11:30am for both groups

For any campers attending more than one week of Red Wolf, it is important to note sessions end on Saturday, and begin on Sunday. Caregivers are asked to pick up their campers on Saturday and bring them back on Sunday to allow for staff to prepare for the following session.

****Please note that Drop-off and Pick-up times may change closer to camp. We will give families as much advanced notice as we can.**



Accommodation

In the true spirit of nature connection and resilience building, Red Wolf takes place entirely in the forest. We have no electricity, running water or permanent structures. By combining minimal modern equipment with ancient technology, we can live comfortably in balance with the land – we have tents for sleeping, tarps for additional shelter, fires for cooking, and more.

Tents are not assigned before camp, and it is up to the group to decide how they split into tents. Campers will have the opportunity to transition to sleeping in natural shelters that they build themselves if they choose.

Counsellors sleep in their own tents at the same campsite, within hearing distance of all camper tents.

Bed Wetting Support

If your child is at risk of bed-wetting it is important that you let us know ahead of time so our staff can support them to manage this at camp. We also ask that you pack the following additional gear that will be kept on hand. Please hand this gear over to directors upon sign in on the first day.

1 extra duffle bag packed with:

- 1 extra sleeping bag,
- 2 absorbent blankets (terry cloth, flannel) to put under the sleeping bag,
- 3 pairs of pajamas,
- extra bed pads/pull-ups.

Please note that we do not have laundry facilities on site. Soiled clothing and bedding will be rinsed in the lake, dried, and sent home in need of a wash. For significant issues we may be able to travel to a nearby town for the use of a laundromat, if time permits.

Food and Water

All food – meals and snacks – are included at Red Wolf. Campers will not need to bring any of their own food. We ask that you do not send extra snacks, as food can absolutely not be kept in tents, we carefully manage for anaphylactic allergies, and there is limited room in camp food barrels. (Exceptions may be made for participants with very special dietary needs – please call us at the office so we can plan appropriately.)

Camp is a NUT-FREE environment. Our counsellors are experienced in managing for allergies, and will do their best to accommodate all other dietary restrictions mentioned in campers' medical forms.

Drinking water is filtered onsite and made accessible to campers at all times. Campers are frequently reminded to stay hydrated while at camp, but it's also important that campers communicate their needs surrounding water with counsellors.

Please talk to your camper about the importance of staying hydrated and communicating their needs while at camp.

Homesickness

Homesickness happens, and our counsellors are not only great at recognizing the signs of homesickness, but also at helping campers to overcome it. We help campers by empathizing with them and helping them understand that what they're feeling is normal. We encourage them to participate in camp activities, and come together as a group to help foster new friendships.

If a counsellor suspects that your camper may be feeling homesick, they'll keep a close eye on them to make sure that they're taking care of themselves and staying involved, and of course always lending an open ear.



Special Needs

We do our very best to provide a positive environment for all of our participants. If a child requires special accommodations beyond what was described upon registration, please reach out to our team. Elaborating as much as possible allows us to understand how best to support a youth's diverse needs.

While we may not be able to meet every participant's needs, we try our best to provide a wonderful experience for all.

Washrooms

As it is a backcountry camp, we do not have access to washroom facilities. At the campsite, campers have access to a wilderness latrine, similar to what you might find backcountry in Algonquin. While out on daily adventures or excursions, campers learn to use a "leave no trace" method. If your child struggles with communicating their washroom needs, please let field staff know on the first day of camp.

We set up hand washing stations and are sure to remind all campers to practice safe hygiene. Hands are washed using soap and water before each meal. At other times, when soap and water are not available hand sanitizer will be used.

Please contact us if you have any concerns regarding the use of sanitizer.

Swimming and Canoeing

Swimming and canoeing are big parts of our camp culture. It is important for campers to know we might not have time for this every day, but they will have opportunities throughout the week. Campers will always be supervised when swimming by counsellors with water safety certifications.

All campers are required to do a swim test at the beginning of camp to determine their swimming level. Depending on our assessment of their swimming ability they may be required to wear a life jacket whenever they are in the water. If they pass the test, they will be allowed to swim without a life jacket unless parents/guardian request otherwise on their application form or at the time of drop off. All campers must wear a life jacket whenever they are in a canoe.



Health and Safety: Covid-19

We're committed to providing a safe environment for participants, staff and families.

All Covid-19 information in this document reflects Pine's Overnight Camp policies as of June 2022. Pine camps will adhere to provincial and municipal public health guidelines as they continue to evolve, which means the details in this handbook may change. Registered families will be emailed directly.

Before Camp Starts

All campers will need two negative at-home Rapid Antigen Tests before coming to camp, one three days before arrival and one the morning of their session starting. You will be prompted to complete a brief sign off confirming these tests have been completed and the results are negative. Free rapid tests are available at most grocery stores and pharmacies. Note: Paid, supervised tests are NOT required.

If anyone has symptoms prior to arriving at camp, they can join their group when they:

- have completed the isolation period of 5 days for those fully vaccinated or under 12, or 10 days for those unvaccinated and over 12; AND symptoms have been improving for least 24 hours (48 hours for gastrointestinal symptoms);
- OR symptoms have been improving and the person with the symptoms never had a positive test and tests negative on two RATs (rapid antigen tests) taken 24 hours apart (48 hours for gastrointestinal symptoms).

Illness Before Camp:

Please do not bring your camper to camp if they are ill and/or have lice. We are unable to admit any camper who is ill and/or has head lice into our care.

We reserve the right to send a camper home due to suspected communicable disease and/or lice.

Any camper who shows signs and symptoms of Toronto's Common Communicable Diseases, or has been diagnosed with a communicable disease and is still within the infectious period, will not be admitted to camp. If you have any questions or concerns, please call the office.

Arrival at Camp/Transportation

As part of our Health Check* procedure, all campers will be screened upon arrival at the drop-off location.

Pine provided transportation will be staggered according to cohorts (see drop-off/pick-up information above).

Any ride-sharing amongst campers' families should be pre-approved by Pine beforehand. Please email info@pineproject.org if you are planning on carpooling to camp.

*Health checks are a camp practice to ensure that kids are not arriving at camp with anything that could be spread throughout camp, i.e. contagious illness, lice, etc. In addition to the before camp symptom monitoring, we ask that caregivers check participants for lice before arriving at camp. We are unable to receive any participant with lice into camp. If a participant has lice, they may return to camp once the lice has been treated.

Screening & Symptoms

We will be monitoring participants for signs and symptoms of Covid-19 throughout the week.

If a participant falls ill with Covid-19 symptoms while at camp, they will be isolated from the rest of the group. Caregivers will be contacted to pickup their child. Please ensure that you've provided two emergency contacts who are able to be en route within 1 hour of being contacted, if needed.

Masking

While Red Wolf is entirely outdoors, we encourage families to review the recommendations of public health officials they trust, to make their own decisions regarding the wearing of masks at camp.

Each camper should arrive at camp with multiple clean face masks to be worn in the event of multiple positive cases at camp. Please send masks along with 2 ziplock bags (for storage of clean/used masks).

If campers are unable to wear masks for medical or other grounds protected by the Human Rights Code, mask exemption requests will be considered on a case-by-case basis and will need to be approved by Pine prior to camp.



Groups

Campers will be assigned to cohorts (groups), and will spend the entirety of camp within their cohort.

Sleeping accommodations (tents) will be shared amongst cohort members only.

Camp activities will primarily be conducted within each separate cohort. For any camp-wide activities, cohorts will remain physically distanced from one another, so as to keep cohorts separate.

Sanitation

We have enhanced all hygiene and sanitation practices, including:

- Increasing the frequency of routine cleaning and disinfection.
- Requiring frequent hand washing/sanitizing. Hand sanitizer ($\geq 70\%$ alcohol) will be used when soap and water is not available.



Health and Safety

Managing Risk in the Woods

Challenges have always created resilient human beings. We are hardwired to take risks, it's in our genetic blueprint. Taking on small, measured risks allows children to learn boundaries and experience natural consequences.

We won't avoid all risks. We teach campers to manage them and build skills to make good decisions, whether the risk is cooking over a fire or navigating social pressures.

At camp, campers may get wet and covered head to toe in muck and dirt. They may also have the opportunity to practice skills such as starting fires and carving, with support and supervision by our experienced counsellors. All of these activities will be introduced in a progressive manner and counsellors are always operating in the safest manner possible to ensure that your camper learns and grows while staying safe.

Medical Care at Camp

Camper health and safety is our top priority. All of our counsellors are Standard First Aid and CPR-C certified, and the Camp Managers have Wilderness First Aid Certifications. Camp is located 30 minutes from the Hospital in Haliburton (Haliburton Highlands Health Services)

Our counsellors are experienced in managing minor injuries such as minor cuts, scrapes, or falls, and in practicing sound judgment concerning when a call home is required. Please don't expect a call home for every stubbed toe, but rest assured that in the event of a medical emergency or major health concern, we will contact you as soon as the situation permits. Please ensure that you have provided us with up-to-date contact information, as well as a minimum of two Emergency Contacts that we can contact in the event that we are unable to get ahold of you.

Campers will also be routinely checked-in on regarding their physical and mental health, with nightly "clinics" run by the counsellors. Camp Managers will help manage any ongoing concerns and will connect with parents in the event that parents or guardians need to be contacted.

Personal Hygiene

Regular self-cleaning:

There are no showers at camp, but luckily we have nature's bathtub – a beautiful lake! We expect campers to go swimming (or at least go into the lake) to clean off regularly while at camp. If they have a fear of water or can't swim well, counsellors will support them with lifejackets and instructions on how to be safe in shallow water. This is part of a simple culture of clean living in the wilderness. We intentionally won't have hot water, showers, or many of the luxuries of everyday living.

Please have a conversation with your camper about the importance of keeping clean – you can refer to one of our core agreements, to take care of yourself. If your camper tends to resist water, swimming, or washing, please let counsellors know and provide suggested strategies on how to best work with your camper.

Hand washing:

We set up hand washing stations and are sure to remind all campers to practice safe hygiene. Hands are washed using soap and water before each meal. At other times, when soap and water are not available hand sanitizer may be used.

Health & Safety

Sun Safety

One of the Core Agreements at Red Wolf is to take care of yourself, and one of the most important ways for campers to take care of themselves while at camp is by practicing good Sun Safety! Campers will be reminded to wear their hats, apply (and reapply) sunscreen, and to seek shade from the sun throughout the week. We encourage you to discuss the importance of sun safety with your camper before they join us at Red Wolf. Please be sure to send your camper with enough sunscreen for the week – we recommend SPF 30 or higher.

Ticks

As with any location in Ontario, ticks may be present at Red Wolf Camp. We do our best to teach tick awareness in a positive and clear way. We will have a private tick-check station with mirrors, and children will be supported to check for ticks every day. It is critical to make sure that children know how important it is to thoroughly check their bodies and to feel comfortable asking for assistance from a staff. Please prepare your child to ask for help if they need it. They must ask for help from a same-gendered staff and have the suspected tick confirmed.

If we find a tick embedded in your child's skin, we will contact you as soon as the situation permits. When we are at the camp sites, we do not remove ticks ourselves, and instead bring them to a clinic to have the tick removed by a medical professional.

We suggest that you inform yourself on ticks and how to prevent and check for them by reading the information sheet from the Ontario Government at:
<https://www.ontario.ca/page/lyme-disease>.

Weather

One of the best parts of Red Wolf is being outside for an entire week, regardless of the weather. Campers learn to appreciate what different types of weather has to offer and overcome challenges that nature throws their way.

We don't cancel camp due to weather. Camp will run each week, in all weather conditions. We employ strategies to stay cool – drinking lots of water, resting in shaded areas, swimming, wearing hats, etc. – and set up tarps for additional shelter when needed. We have comprehensive emergency plans for all types of weather while at camp. Please reach out to our office team if you're concerned and would like to know more.



Health & Safety

Supplemental Forms

In order to ensure a happy, healthy program culture we need to collect some important information from all families. Caregivers, please ensure that you fill out the following supplemental forms as they apply to your child. This year, it is especially critical that all families submit these forms.

Please note that there will be no hardcopy forms available for you to complete at camp. If forms have not been completed online prior to camp, we may not be able to welcome the camper.

Please complete all registration and supplemental forms in detail. It is extremely important to let us know if your child has physical, mental, emotional, or social health challenges.

- Secondary Caregiver Waiver (Mandatory for ALL participants with 2 legal guardians)
- Anaphylaxis Emergency Plan (Mandatory for any participant with a known anaphylactic allergy)
- Immunization Record (Mandatory for all campers who have received vaccines)
- Permission to Administer Medication Form (Mandatory for any participant taking medication at program)
- Drop-off/ Pick-up Authorization Form (optional)
- Friend Request Form* (optional)



*Our intention is to honour any friend requests, but we cannot make any guarantees.

You can access all forms by logging into your account on our online registration system.

*****All supplemental forms are now overdue*****

Allergies

If the participant has any anaphylactic (life-threatening) allergies, please complete the Anaphylaxis Emergency Plan Form, available in the online registration system.

Please provide two epipens for your child, as well as a pouch/fanny pack so your child can carry one epipen with them at all times.

Please let your instructors know if your child suffers from seasonal allergies.

Medications

If your camper requires medications at camp, you must complete a Permission to Administer Medication Form, available on the online registration system.

Please provide enough medication for the session, and ensure all medication is sent in the original container or pharmacy-issued blister pack. Non-prescription medications must also be in the original container with proper labeling.

All medications must be turned over to the Camp Manager upon arrival. Counsellors and Camp Managers will create a schedule with your camper for any daily medication and ensure safe storage of all medications sent to camp.

Preparing for Camp

Preparing Your Camper

- **Practice short separations** or overnights with your camper if they are not used to staying away from home. Have them stay at a friend or relative's house for a night or two. This will help them become more comfortable with being away from you.
- **Go over the Core Agreements with your camper.** Camping is tons of fun, but also requires hard work at times. When everyone pitches in there is more time for exploring and games! Here at camp, we are always looking out for one another. Agreeing to the Core Agreements lets everyone know that they can rely on each other to get things done efficiently while having tons of fun!
- **Include them in camp prep.** Whether it's planning logistics or packing for camp, it helps to include your camper in every step of preparing for camp so that they're able to practice skills that they'll need at Red Wolf. Campers will be expected to keep their tents tidy, help out with dishes/meals, and maintain good hygiene. Knowing where all their belongings are beforehand can go a long way to making them feel comfortable and confident at camp.
- **Help them get excited!** Talk positively with your camper about camp. Tell them what a great experience it is going to be, and give them examples of the activities they will do at camp. Let your camper know that you'll miss them too, but that you'll both be so busy having fun that time will fly by. It can help to let them know that you'll be busy while they're away.
- **Help set expectations.** Some kinds of surprises are no fun – by setting expectations about what camp will be like, we can avoid unwelcome surprises and help your camper succeed.
 - **They'll get to take a break from phones and other modern technology.** Use phrases such as, "wow, I wish I could get away from my phone and computer for a whole week too!"
 - **They won't be able to talk to you while at camp, but there's another amazing support system waiting for them.** Please don't set your children up to expect access to you throughout the week – we don't permit calls to or from home. You can help to set expectations by avoiding saying things like, "If you're not having a good time just call and I will come pick you up," or "I'm always just a phone call away." Our experienced counsellors will support your camper in overcoming challenges and celebrating their successes. Rest assured that if a serious problem arises, we will be in touch with you directly.
- **Talk openly about homesickness.** Homesickness happens to everyone! Talking about homesickness with your camper beforehand and letting them know that it's total normal to miss home can help them prepare. Let them know that their counsellors are there to help, but counsellors can only do that if they know how they're feeling. Encourage them to let an counsellor know if they're having a hard time.



What to Bring Checklist

Red Wolf camp is about learning to create more, and work with less. Packing lightly means thinking about what we need versus what we want. Campers should be able to fit ALL items in two bags: one 30-40L dry bag and one small backpack. Too much gear takes up precious space in tents.

Please keep in mind that clothing is likely to get dirty and occasionally even ripped or lost – so please select accordingly and label everything with your child's full name!

From our experience, we believe this list works well and is all campers need:

Clothing

- 3 T-shirts
- 1 long-sleeve shirt
- 4 sweatshirts / sweaters (wool is preferred, 1 with a hood)
- Long underwear top and bottom
- 3 pairs of pants
- 1 or 2 pairs of shorts
- 1 pair of pyjamas
- 1 or 2 bathing suits
- 7 pairs of underwear
- Socks – enough for the week, include a couple pairs of heavy wool socks
- 1 sun hat and toque
- 1 rain suit (rain jacket + rain pants)
- 1 pair of sandals that can get wet
- 1 pair of running/hiking shoes
- 1 towel (shammy style camp towels are recommended)
- Multiple clean face masks & 2 ziplock bags

*Consider camouflage colours for sneaking activities

Bedding

- Sleeping bag and sleeping pad
- Pillow and pillow case
- Blanket and other bedding as desired

Optional Items

- Books
- Camera in waterproof case
- Musical instrument
- Binoculars



Equipment

- 30-40L dry bag (available at MEC)
- Headlamp and batteries
- PFD/Lifejacket
- Durable water bottle (at least 1 litre)
- Fixed blade knife – We use the MoraKniv carving tool, but any fixed blade knife should work! Please have your knife inspected by a staff member.
- Bug jacket or head net for bugs
- Writing supplies (pen, journal)
- Camp cutlery, bowl, plate, cup

Toiletries

- Toothbrush and eco-friendly toothpaste
- Sunscreen (SPF 30 or greater)
- Mosquito repellent – no aerosol cans, natural option is preferable
- Biodegradable soap and shampoo
- Comb / hairbrush



Please **DO NOT** bring:

Any expensive personal belongings or electronic devices such as cell phones and music-playing devices. Red Wolf camp offers a unique opportunity for kids to unplug for an entire week and there is no electricity at camp. Cell phones and other electronic devices found will be confiscated and returned on departure day.

Behaviour & Expectations

Creating a Safe and Welcoming Environment

We're committed to living our values of diversity, equity, inclusion and justice. It's important that all people at programs feel included, safe and free from discrimination. Any language or behaviour intended to make participants or staff feel unwelcome or uncomfortable based on identity or ability will not be tolerated, and may lead to the participant being asked to leave programs.

As always, we are committed to maintaining a safe and positive learning environment for participants and staff. Our programs aim to provide space and freedom to explore and learn, supported by clear agreements and expectations for participant behaviour.

Campers and counsellors share responsibility for maintaining a positive environment. To ensure everyone's health and safety at program, we are asking that participants honour some basic agreements and are outlining stricter consequences for behaviour that threatens the health and safety of others.

These agreements will be discussed with campers on their first day of camp and revisited frequently throughout the week. We encourage you to review these agreements with your camper.

Our core agreements: Take care of 1) Self, 2) Others, 3) Nature.

Take care of yourself:

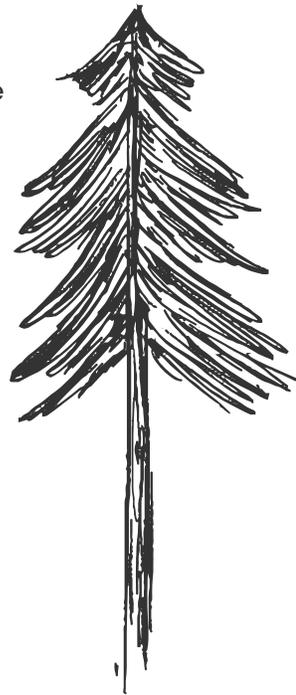
- Letting staff know if you have a physical need (eg. washroom, feeling sick, thirsty)
- Letting staff know if something is bothering you
- Listen to and follow the instructions of counsellors - they are there to keep you safe
- Not sharing items such as food and drinks
- Practicing healthy personal hygiene, such as sneezing or coughing into their arm
- Try your best and try new things (challenge by choice)
- Caring for your own personal needs, such as eating, staying hydrated, changing wet socks (with verbal help and encouragement from staff)

Take care of others:

- Physical distancing from other groups and using masks when needed
- Be helpful!
- Respect others' emotional and physical boundaries
- Bullying, discrimination, or engaging in physical conflict will not be tolerated

Take care of nature:

- Respect our natural surroundings
- Don't hurt or damage the flora and fauna



See the next page for ways that campers can help meet these agreements.

Behaviour & Expectations

Supporting participants as they learn to adopt our core agreements and expectations is a priority for our counsellors. It is our intention to work with caregivers and participants to address behaviour challenges as they arise. This may involve working with the caregiver and participant to discuss strategies, establish specific behavioural expectations, and set consequences when expectations are broken. In more serious circumstances, the camper may be asked to leave the program if the behaviour is putting themselves or others at risk.

In addition to the Core Agreements, campers will be asked to agree to the following:

Please review the following agreements with your camper.

I promise to:

1. Treat everyone with respect
2. Not make fun of or be rude to other camp members or counsellors
3. Respect nature and not damage it
4. Not harvest more of a natural material than I need for my projects
5. Listen to and respect rules made by the counsellors
6. Help collect and cut firewood every day until we have enough (determined by camp counsellors)
7. Help with camp chores every day, such as cooking, cleaning and making things for camp
8. Brush my teeth every day
9. Keep myself and any cuts I get clean (with help from camp counsellors)
10. Check my body for ticks twice a day
11. Keep my body clean by swimming or wading in the lake at least 3 times during the week
12. Help skin and clean fish if I catch any
13. Do my best to be positive when tired or feeling challenged
14. Let counsellors know if something is bothering me
15. Learn new skills
16. Have fun
17. Do my best

I understand that:

1. Most of the time camping is lots of fun!
2. Sometimes camping is hard work and everyone must pitch in.
3. Camp chores such as cleaning and firewood come before games and activities. If we do chores right away and quickly, we will have lots of time to explore, learn and have fun.
4. We will have time to canoe, swim and fish, but may not have an opportunity to do so every day or exactly when I want to.
5. If I do not keep these promises, I may be sent home or may not get the opportunity to attend Red Wolf camp again.



Behaviour & Expectations

We recognize that each situation is unique. In the event that your camper breaks one of our Red Wolf Camp Rules, we always aim to come from a place of trust. We prioritize communication with both the camper and the parents/guardian to explore the details of the situation, and follow up appropriately. But in the event that a Camp Rule has been broken, here are some of the possible consequences you can expect:

Camp Rule

Consequences if Broken

Alcohol & Drugs

Campers are not permitted to possess, use or be under the influence of alcohol, tobacco, cannabis or any illegal drugs while at Red Wolf Camp.

Any camper found to be in violation of this policy will be immediately dismissed from camp. In the case of dismissal, no refund will be provided.

Bullying

One of the core agreements at Pine is to take care of others, and a large part of taking care of one another is respecting one another. We understand that children can disagree, but we teach and model appropriate ways of resolving disagreements. We distinguish between conflict and bullying, and always strive to fully understand a situation before making a judgment. However, clear bullying, intimidation, discrimination or emotional/physical harm to any camper or counsellors is not tolerated.

In the event that your camper is part of a conflict, counsellors will work with them and the other participant(s) involved to get a clearer idea of the situation. If it's found that your camper was participating in any form of bullying, they will be given a clear warning and asked to review Pine's 3 Core Agreements. If the bullying behavior persists, we will contact caregivers, and it may result in possible dismissal from camp.

Electronics Policy – Screen-free camp

Red Wolf camp offers a unique opportunity for kids to unplug for an entire week and build connections with themselves, fellow campers, and nature. Electronic devices pose a distraction and prevent campers from getting the most out of their time at Red Wolf. Camp is a time to be social and engage with our surroundings. Since Red Wolf is a backcountry camp, there's no electricity to charge these items anyway! Electronic devices such as cell phones, iPods, tablets, game devices or any other items requiring electricity are not allowed at Red Wolf.

If found, these items will be confiscated and returned on departure day. Thanks for supporting your camper's growth!

Communication

Communication at Camp - What Parents/Guardians Can Expect

It doesn't matter whether it's your camper's first time away or they leave every summer, it's normal to feel nervous before coming to camp. Our counsellors are experienced in handling a wide range of situations, whether it's homesickness or a stubbed toe. We ask that you put your trust in us to not only take great care of your camper, but to also practice sound judgment around when it's time to get you involved.

No news is good news!

We generally only call home if a serious issue arises. That being said, if you have a missed call from us please don't be alarmed! Sometimes we reach out if we need clarification on administrative details. Our counsellors will always leave a detailed message about the reason for our call. In the event of an emergency, we will contact you as soon as the situation permits. If we are unable to reach you, we will attempt to contact the Emergency Contacts that you provided.

We ask that parents/guardians only contact us in the event of an emergency. Please contact the Pine office.

If you try to contact us and aren't able to reach us right away, please don't panic! It means that our team is busy making sure your camper is having the best camp experience possible.

Please don't expect to hear from your camper during their time at camp. The independence gained from staying away from home for an entire week is one of the greatest experiences that camp offers, and it can be disruptive for a camper to hear a parent's voice when settling into camp.

For all inquiries before and during camp, please contact our administrative team:

Contact us by phone:

(416) 792 2772

Contact us by email:

info@pineproject.org

Families will be provided with an Emergency Phone number closer to the start of camp.

Providing Feedback

At the Pine Project, we believe that transparent communication is the best way to work through a problem. We are committed to gathering feedback and hearing all voices. If something comes up that makes you or your child uncomfortable, please let us know by taking the following steps:

1. Reach out to the team at the Pine office. Let them know you have some feedback you'd like to share, and ask when a good time would be to share it. They will bring the feedback to their team for discussion.
2. Ask lots of questions and be curious about the issue. Find out as much as you can before forming a conclusion or judgment.

Life After Red Wolf

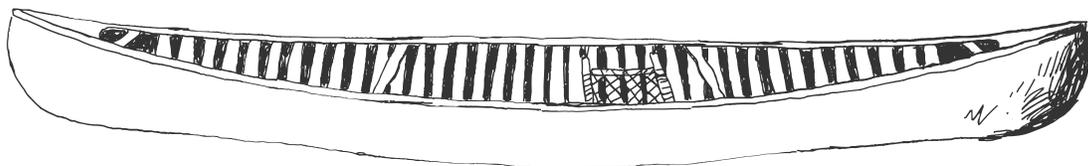
Supporting Nature Connection Beyond Camp

As caregivers, you can help to integrate a connection to nature into your family's life beyond camp, by working with your children in the following ways:

- **Support your camper to continue with some of the routines they've learned at camp.** Help them to find a 'sit spot' nearby where they can observe nature.
- **Encourage your camper to keep a nature journal** and to tell you stories about what they've seen in nature that day.
- **Be inquisitive:** Ask them simple questions about their experiences in nature to challenge them to uncover mysteries and become more observant. For example: What colours were the feathers on that bird you saw? Did you see the tracks that creature had? Where do you think it lives?
- **Be playful!** One of the best ways to foster a long-lasting connection with nature for your children is to model it yourself - and what better way to do so than to play in nature with your camper?
- **Help your camper draw lessons from some of the challenges they faced.** If they cried because they missed you, let them know how proud you are of them for sticking it out and how much they have grown. If they complain about how challenging or hard something might have been, ask what they learned from it and if it made them stronger and better as a person. Did they learn the value of hard work, compassion and forgiveness? Did they make a mistake that they won't make again? Maybe they have developed a new appreciation for how easy modern life can be and for all the gifts they have in their life.

Lost & Found

The Pine Project does not take responsibility for any lost or damaged items. We strongly recommend that you label everything that campers bring to camp - clothing, dishware, bedding, everything! After the final week of camp in early September, we will contact anyone with labeled items to arrange a pick-up or shipment (at the family's expense). If you believe a camper lost an item, please reach out to our office team at info@pineproject.org. We will keep all unlabeled items for two weeks after the final week of camp. After that time, all unclaimed items will be donated to charity.



Cancellation & Refund Policies

Cancellation policy for Red Wolf & Voyageurs Overnight Camps 2022:

A deposit of at least \$300 is required for each session registration. Of this, \$100 is non-refundable administration fee.

A full refund, less a \$100 non-refundable administration fee/week/person, will be issued to any cancellation made prior to April 15th, 2022.

No refunds will be issued for cancellations made after April 15th, 2022.

Behaviour: Campers are expected to honour the Pine Project's Code of Conduct. We reserve the right to dismiss a camper whose behaviour is out of line with this Code of Conduct in a way that puts themselves or others at risk. The camper will need to be picked up and no refund will be issued for dismissals.

Weather: Red Wolf and Voyageurs camps runs fully outside in rain or shine; therefore, we don't provide refunds or credits due to weather. All children should come to camp with weather-appropriate clothing and related gear. In the event that extreme weather jeopardizes the health and safety of participants and staff, the Pine Project may choose to cancel camp or move participants to an emergency indoor location. No refunds will be issued.

Circumstances beyond our control/force majeure: The Pine Project will determine whether a refund is warranted.

COVID-19:

- **The Pine Project reserves the right to make changes to our policies and/or camps to meet provincial and municipal COVID-19 guidance and regulations.** Any cancellation requests in response to changes will be subject to fees as per our cancellation policy.
- If we are required to cancel camp, certain camp weeks and/or individual camp groups due to government mandate, public health recommendations or other Covid-related circumstances prior to the start of the camp session:
 - We are not able to guarantee a notice period. However, we will do our very best to advise families as soon as possible.
 - Families will receive a full refund, less a \$100 administration fee/session/person.
- If we are required to cancel camp and/or individual camp groups due to government mandate, public health recommendations or other Covid-related circumstances (e.g. positive COVID case within the camp group) after the start of the camp session:
 - We are not able to guarantee a notice period. However, we will do our very best to advise families as soon as possible.
 - Families will receive a refund for services not provided
- If a camper is unable to attend camp because they do not meet our screening requirements, no refund will be issued

The Pine Project reserves the right to cancel or change a camp session due to low enrolment. A full refund will be issued.

All cancellations must be requested in writing by emailing info@pineproject.org.

We recognize that extenuating circumstances exist. For cancellations due to medical illnesses, or for any other compassionate reason, please apply in writing to info@pineproject.org. If the reason is medical- or illness-related please include official documentation.

Directions

Haliburton Forest & Wildlife Reserve

1095 Redkenn Rd, Dysart et al.

45.2227761,-78.5917869

Haliburton Forest & Wildlife Reserve is located about 30 minutes North of the town of Haliburton.

If you are coming East of Haliburton, follow through the town of Haliburton along Highway 118 until you get to Highway 7. Follow Highway 7 North to Redkenn Road. Turn right onto Redkenn Road and the parking lot will be on your left.

If you are coming from the West along Highway 118, take a right on Highway 7 going North. Follow Highway 7 North to Redkenn Road. Turn right onto Redkenn Road and the parking lot will be on your left.

Campers will be dropped off at the parking lot located at 1095 Redkenn Rd, Dysart et al.

