

# Caregiver Handbook

Red Wolf Voyageurs 2022



Pine Project



Last updated: June 23rd, 2022

# 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.



# Contents

This package contains information on the following topics:

---

Program Overview

---

Health & Safety

---

Preparing for Camp

---

Behaviour & Expectations

---

Communication

---

Directions

---



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. In earlier years, campers might have had the chance to connect with nature and learn basic wilderness skills in a less structured, more exploratory environment. Now, as 15 year-olds, participants have the opportunity to focus on building advanced skills through wilderness travel.

Splitting their time between Red Wolf camp and an extended canoe expedition, Voyageurs develop competencies in canoeing, navigation and map reading, portaging, water safety and rescue, and campsite setup and care. They may also be introduced to or build upon Pine curriculum from prior years, including wildlife tracking, foraging for food, cooking, cleaning, and general outdoor skills.

Voyageurs may also get a chance to do short wilderness survival experiences and teach skills to younger children at camp. Throughout, we maintain strong Pine culture, with an emphasis on learning about the landscapes through which we travel. Developing these competencies and continuing along the Pine path prepares Voyageurs for future leadership opportunities at Pine as 16-17 year olds.

Over their first two weeks, Voyageurs prepare and embark on wilderness trips. In their third week, they have a chance to refine their leadership skills.

Upon arriving at Red Wolf, Voyageurs learn new wilderness skills and prepare for expeditions at our base camp. This will include introductions to maps and navigation, paddling instruction, and meal planning and packing. They then apply these skills on a multi-day canoe trip. Over these first two weeks, Voyageurs may also have a chance to embark on shorter survival and/or hiking trips.

In the final few days at Red Wolf camp, Voyageurs may be integrated into camp groups, where they will work and learn from group counsellors to mentor younger campers.

---

## Drop-off and Pick-up

On Sunday, we'll meet in the Haliburton Forest & Wildlife Reserve parking lot (outlined in the map at the end of this handbook).

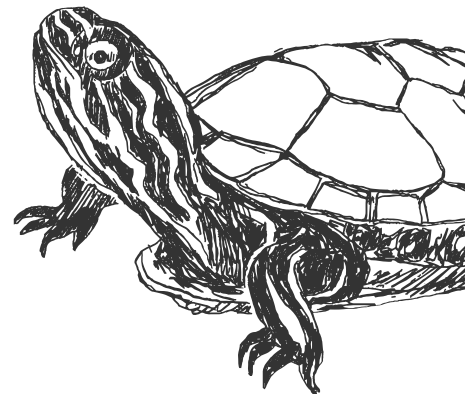
During Registration, please be ready to provide:

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

**Arrival is at 2:00 PM on Sunday, August 7th (Health Check & Registration).**

**Pickup is at 11:30am on Saturday, August 27th.**

**\*\*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.**







## Location

Voyageurs will spend a few days at the beginning and the end of their trip at our Red Wolf Overnight Camp.

Red Wolf 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.

Voyageurs will be dropped off at the parking lot located at 1095 Redkenn Rd, Dysart et al. (Also known as 'Base Camp'). Please see the directions at the end of this Handbook.

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

After spending a few days preparing for their trip at Red Wolf, the Voyageurs will embark on their roughly 2 week canoe trip through Temagami.

The Temagami Region is rich in natural wonders and has a long history of human settlement. Temagami is known for its old growth pine forests and abundance of lakes, rivers and waterways.

Voyageurs will get a chance to explore the old growth stands of Red and White Pine trees in the White Bear Forest, which is one of the few sites in Ontario that you can see the boreal forest in its almost untouched state. Voyageurs will also climb Maple Mountain, also known as Chee-bay-jing by the people of Temagami First Nation, meaning "Place where the spirits go". From this vantage point, the beauty and expanse of the Temagami region can be fully appreciated. With more than 4.5 million acres of lakes and thousands of kilometers of portage and hiking trails, the view from the top doesn't disappoint.

---

## Accommodation

In the true spirit of nature connection and resilience building, Red Wolf & Voyageurs take 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.

# Program Overview

**There are 4 main components to the Voyageur program:**

## **August 7-9: Arrival, Orientation and Trip Preparation:**

Voyageurs will arrive on August 7th at 2:00 pm for registration and screening. At this time, we will collect any medication that your teen requires through the duration of camp as well as do a health screening and answer any questions parents may have about the program.

Over the first few days, Voyageurs will be oriented to the gear, menu and itinerary for the trip. They will be active participants in checking gear, packing food and setting personal and group goals. There will also be plenty of time for games, activities and down time so that everyone can get acquainted with one another.

## **August 10: Departure Day:**

Voyageurs will wake up bright and early to take down their site at Red Wolf and get ready to hop on the bus. The bus will be departing at 9:00 am for the long and scenic drive to Temagami, where our canoe trip will be taking place.

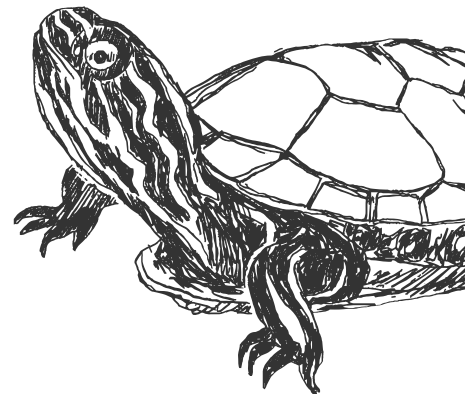
## **August 11-23: Navigation and Pit Days:**

While on trip there will be a combination of navigation and pit days. On navigation days, the group will be travelling through the Temagami region charting their way through the lakes, rivers and hiking trails in the area. On the river they will keep their eyes open for wildlife and the changing landscape, practice their canoeing skills and build their navigation abilities.

Pit days are days that the group will stay at the campsite. Activities on these days include: bushcraft workshops, day hikes through the old growth forest and Maple Mountain, fishing, skill development, down time and other unplanned activities inspired by their curiosity.

## **August 24-27: Return to Camp and Leadership Opportunities:**

Voyageurs will return to camp after two weeks in the woods and get to share their experiences and reflect on their journey. Voyageurs will get a chance to participate in all-camp activities and help Red Wolf counsellors plan the final celebrations of the summer.







## 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 teen 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 program, we do not have access to washroom facilities. At base camp, participants will have access to a wilderness latrine, similar to what you might find backcountry in Algonquin. While out on excursions, Voyageurs learn to use a "leave no trace" method.

---

## Swimming and Canoeing

Swimming and canoeing are big parts of the Voyageurs program. Voyageurs will always be supervised when swimming by staff 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 in designated swimming areas, 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](mailto: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. Counsellors 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 trip. 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 trip – 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 teens will be supported to check for ticks every day. It is critical to make sure that teens know how important it is to thoroughly check their bodies and to feel comfortable asking for assistance from a staff. Please prepare your teen 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 teen's skin, we will contact you as soon as the situation permits. When we are at base camp, we do not remove ticks ourselves, and instead bring them to a clinic to have the tick removed by a medical professional. When we are on our backcountry expedition, a staff trained in removing ticks will remove the tick and monitor the camper for symptoms of tick-borne illnesses. If any symptoms occur, the camper will be immediately escorted out of the backcountry and transported to a clinic.

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 Voyageurs is being outside for an entire 3 weeks, 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 teen. 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 teen 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 must be submitted by no later than June 15th\*\*\***

## 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 teen, as well as a pouch/fanny pack so your teen can carry one epipen with them at all times.

Please let your instructors know if your teen 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.

# 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 10L bag for things they want to keep accessible during the trip.** Too much gear takes up precious space in tents.

Remember that thick cotton products are difficult to dry and therefore are not recommended. Thin cotton works, thick cotton doesn't.

Fleece, polyester and wool materials dry quickly and keep bodies warmer when wet. Also, trip gear can be expensive and quickly grown out of; so don't forget second hand options like Value Village or Winners. For new products we would recommend looking at MEC, SAIL, Europe Bound or Canadian Tire

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 teen's full name!

From our experience, we believe this list works well and is all campers need. Please use your own judgement when packing:

## Storage Options

- Small duffle-bag or pack for camp gear and trip gear (this will be left onsite while on the trip)
- Dry-bag: 30L to 40L, without back straps
- Day-bag: 5L to 10L dry-bag for easy access to frequently used items (recommended)
- Compression sack: Really helps with packing your sleeping bag into your dry-bag

## Gear & Equipment

- Government approved LifeJacket/P.F.D - e.g. MEC or Stohlguist
- Whistle - e.g. A basic Fox 40
- Paddle - Pine provides paddles, but you may wish to bring your own
- Packable Sleeping Bag - rated 0 to -7. Ideally takes up 1/4 of your dry bag when fully packed.
- Small pillow
- Inflatable sleeping pad
- 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
- Headlamp or Flashlight and extra batteries
- Bug jacket or head net for bugs
- Mess Kit - camp cutlery, bowl, plate, mug
- Durable water bottle (at least 1 litre, e.g. Nalgene)

## Clothing

- 7 t-shirts
- 2 long-sleeve shirts
- 2 sweatshirts/sweaters (wool is preferred, 1 with a hood)
- 4 pairs of shorts
- 3 pairs of pants
- 2 bathing suits
- 8 pairs underwear
- 2 pair pyjamas
- 8 pairs of socks (2 pairs heavy socks)
- 1 sun hat
- 1 toque
- 1 rain suit or raincoat/jacket
- 1 pair of sandals (that can get wet)
- 2 pairs of running shoes (include 1 old pair for wet use)

Please note that all of these clothing items can be distinguished between "Wet Clothes" and "Dry Clothes". See the next page for the breakdown of these items and what to keep in mind when packing.

# What to Bring Checklist

## Wet Clothes (to be worn on the water)

- Shoes - closed toes & secure heels are required to protect feet and ankles. Old running shoes, Solomon, Merrell, quick-dry or trail running shoes work well. Crocs are not acceptable as they are very slippery.
- Socks - wool, fleece or SmartWool. Cotton socks not recommended. 2 pairs.
- Underwear - quick dry. 2 pairs.
- Bathing suit or sports bra (no tie halter tops as the string is painful when portaging canoes)
- Shorts - quick dry. Soccer or basketball shorts work well.
- T-shirt - an old one that can get dirty/wet. Preferably quick-dry, thin cotton can work.
- Long sleeve shirt - thin button-down flannel shirts or quick-dry/polyester
- Paddling fleece or quick-dry sweater
- Hat - full brim or baseball to keep the sun off
- Raincoat & pants - please avoid ponchos, as they are not durable.

## Dry Clothes (to be worn at campsites)

- Shoes - anything you'd like, but keep in mind flip-flops can't be worn with socks. Crocs or running shoes work well.
- Socks - once again, wool, SmartWool or fleece. Please avoid cotton whenever possible.
- Pants - fleece or hiking pants work best, sweatpants are okay.
- T-shirts
- Long sleeve tops
- Warm top layer - fleece or a warm, packable sweatshirt/sweater
- Underwear
- Sports bras
- Toque and mittens - often helpful for keeping warm at night



## Toiletries & Personal Items

- Toothbrush and eco-friendly toothpaste
- Sunscreen - SPF 30 or greater, enough for the 3 weeks
- Mosquito repellent – no aerosol cans, natural option is preferable
- Biodegradable soap and shampoo
- Comb / hairbrush & hair ties
- 2 towels (shammy style camp towels are recommended)
- Menstrual products - Diva Cup, tampons, pads (additional products will be provided in first aid kit)
- Any required prescription medication, along with the Permission to Administer Medication form.

## Optional Items

- Books
- Camera in waterproof case
- Musical instrument
- Binoculars
- Sunglasses
- Playing cards
- Notebook/journal/writing utensils
- Chapstick



## 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.

# Caregiver Participation

As caregivers, you play a very important role in your Voyageur's experience at Red Wolf. You can help to facilitate a smooth transition to camp, as well as integrate a connection to nature in your lives beyond camp, by working with Voyageurs in the following ways:

## Before Camp

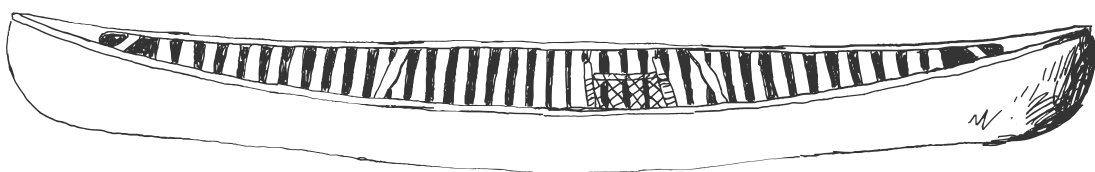
- Go over the Behaviour and Expectations section with your Voyageur. Wilderness travel is tons of fun, but also requires that all Voyageurs work together to ensure that the entire group has a safe and enjoyable experience. By agreeing to the Core Agreements, it lets their teammates know that they can rely on each other through successes and challenges.
- Talk to your Voyageur about the trip – what they're looking forward to, what they're apprehensive about – keeping a positive and supportive attitude throughout.
- Voyageurs will be staying out in the woods, and will be taking a break from phones, clocks, and modern technology. Please help us to set those expectations.
- Relatedly, avoid setting your Voyageur up to expect access to you throughout the week. There are no phones available for Voyageurs' use. We will support your Voyageur to overcome their difficulties and celebrate their successes. Rest assured that if a serious problem arises with your Voyageur, we will be in touch with you directly.

## After Camp

- Support your Voyageur to continue with some of the routines they've learned at camp.
- Be inquisitive: Ask them questions about their experiences in nature, learn from each other, and challenge them to continue exploring nature and practicing their wilderness skills.
- Encourage your camper to keep a nature journal and to tell you stories about what they've seen in nature that day.
- Help your Voyageur draw lessons from some of the challenges they faced. 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, or 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](mailto: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.





# 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 trip. 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:

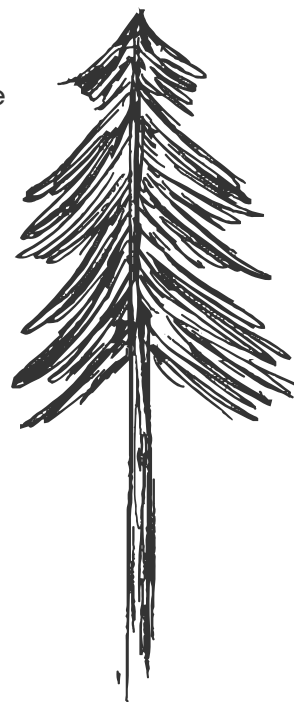
- ☐ Letting staff know if you have a physical need (eg. washroom, feeling sick, thirsty)
- ☐ Letting staff know if something is bothering you
- ☐ Listen to and follow the instructions of counsellors - they are there to keep you safe
- ☐ Not sharing items such as food and drinks
- ☐ Practicing healthy 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:**

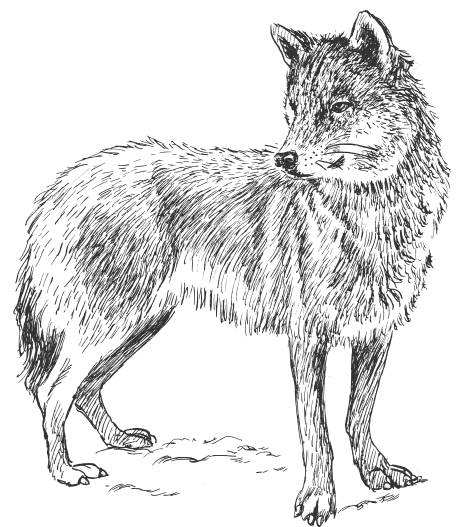
Please review the following agreements with your camper.

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 teens 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 3 weeks 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 3 weeks 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 teen 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.



# 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 run 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](mailto: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](mailto: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.

