

Caregiver Handbook

Summer Day Camps 2025



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.



We extend our deep gratitude to the generations of People – past and present – who have tended this land, the Dish with One Spoon Territory. We acknowledge the abiding wisdom of the Dish with One Spoon treaty between the Anishnabeg and Haudenosaunee that bound them to share the territory and protect the land. The ‘Dish’ represents what is now known as southern Ontario; we all eat out of the dish with only one spoon, ensuring that our dish is never empty. This symbolizes our ongoing roles and responsibilities of sustaining the land and treating each other and all living things with equity and respect.

The Pine Project operates on the land we now call Toronto, which has been a site of human activity for thousands of years. ‘Toronto’ or ‘Tkaronto’, a Mohawk word meaning “where the trees stand in the water,”* is part of the traditional territory of many Nations, including the Wendat and Petun First Nations, the Haudenosaunee, and most recently the Mississaugas of the Credit (of the Anishnabeg Peoples).

We are so fortunate to learn and play in two historically significant Valleys of the city:

- The Lower Don also known as ‘Wonscotonach’, translating to “burning bright point” or “black burnt country”, may refer to the practice of torchlight salmon spearing on the river, or to the impact of fire on the landscape.* The Mississaugas of the Credit had a seasonal settlement here and fished and hunted the marshlands for muskrat, duck and deer.
- The Humber, also known as ‘Niwa’ah Onega’gaih’ih’ or “little thundering waters.”* For at least 12,000 years an Indigenous trail followed the edge of the bluffs along this section of the Humber River valley. Just up river from where we gather weekly is Baby’s Point, a neighbourhood built on the same spot as ‘Teiaiagon,’ once a village of the Seneca and later the Mississaugas of the Credit.

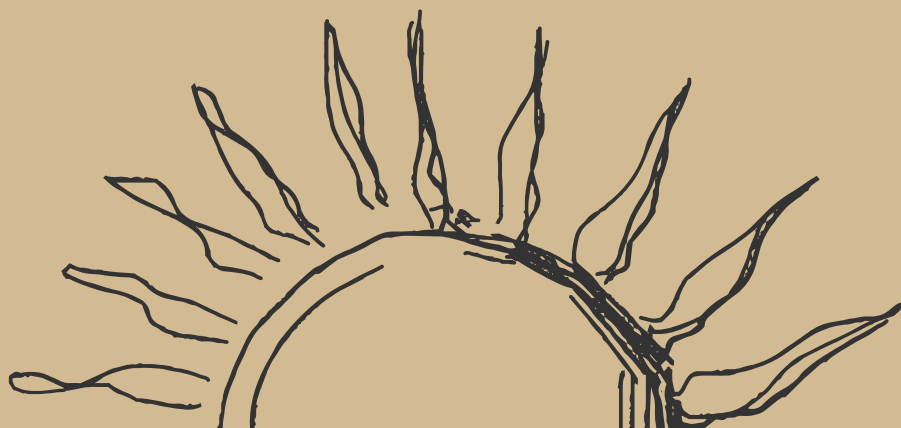
Today, Toronto is home to many First Nations, Métis and Inuit peoples from across Turtle Island. We acknowledge the history and ongoing process of colonization, and recognize that in order to realize the promise and challenge of reconciliation, acknowledgement must be coupled with action. We seek to move forward with humility, respect, gratitude and meaningful relationship building.

*We respectfully acknowledge the many histories and several translations associated with the history of this land.



A Place to Belong

We are deeply committed to creating a community where everyone belongs. As is true in nature, we believe that diversity is essential for a strong and vibrant community. We aim to include and celebrate the many facets that contribute to our human identity, including gender identity, race, ability, and sexual orientation. Our goal is to craft a culture where people are seen and acknowledged for their shared humanity as well as their unique individuality. Our approach is grounded in acknowledgement of the long-standing and ongoing systems of racism, inequity, and injustice that prevent many from accessing and feeling welcome in the outdoors. We strive to promote inclusive policies and practices, including providing accommodations that promote equity and removing barriers to access wherever possible. Out at programs you will see us living these values by acknowledging the original stewards of this land, inviting participants to share their pronouns and other affirming practices, using child-centred approaches to create space for all voices, and addressing any oppressive behaviours that arise.



Contents

This package contains information on the following topics:

Program Overview

Health & Safety

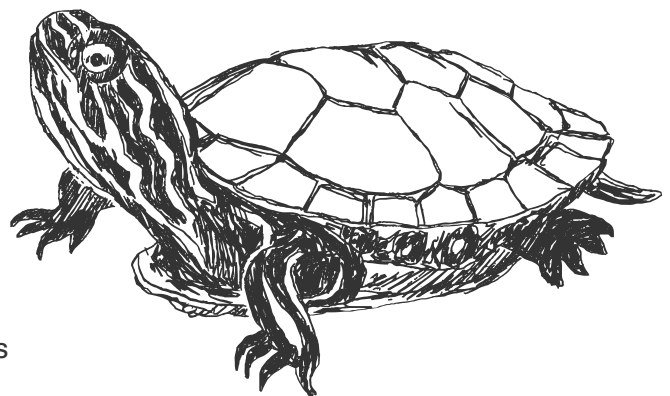
What to Bring Checklist

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

Summer Day Camp

Location

King's Mill Park

Timing

9:00am to 3:30pm



Please carefully read the entire welcome package and reach out to our team with any questions.

Campers will spend each day exploring habitats, finding nature treasures, and building their survival skills! Each day will be filled with nature connection activities like scavenger hunts, tracking animals, identifying wildflowers, or maybe even watching the resident red-tailed hawk hunt in the meadow. By the end of the week, campers will return home bursting with excitement about new nature challenges, confident in their new skills and inspired to learn more about the natural world.

Camp activities may include:

- Nature-based games and team challenges
- Working with hand tools and managing risk
- Identifying plants and animals
- Animal tracking and ecology
- Crafting with natural materials
- Storytelling and singing

Flow of the day!

Camp is guided by natural curiosity and the changing needs of the group, so schedules are rarely followed exactly! But here is an average day at camp:

9:00am Daily Sign-in*, Opening Circle, and Camp Play	12:45pm Crafting, Journalling and Nature Missions
10:00am Games, Wanders and Exploration	3:15pm Closing Circle
12:00pm Lunch	3:25pm Sign out

*Sign-in may take longer on the first day of camp.

* Caregivers are invited to arrive 15 minutes before the end of camp to participate in Closing Circle each day.

Running Early or Late

We ask that caregivers do their best to respect drop-off and pick-up times.

Late drop-off/ Early pick-up:

If you need to drop-off late or pick-up early, please let counsellors know ahead of time if possible. If changes are needed on the day, please call the field phone to arrange drop-off/pick-up logistics with the supervisors.

Late fees:

- A fee of \$20 fee will be charged for any child who has not been picked up by 3:30pm and is not registered in After Care.
- After 5:30pm, a fee of \$1/minute will be charged for any child who has not been picked up.

Before and After Care

Before Care: 8:30 - 9:00am

After Care: 3:30 - 5:30pm

To join us early or stay late, campers must be registered in Before & After Care.

Spaces are limited. Please register your child at least one week prior to the start of camp. No refund is issued within 1 week before the start of camp.

Nature Naming Celebration on Friday

Caregivers are welcome to arrive at 3pm on Friday to attend a nature naming celebration.

If your camper will not be at camp on Friday, please let us know so that we can give them their nature name earlier in the week.



Health & Safety

Managing Risk in the Woods

At Pine camp, **we won't avoid all risks.** Taking on small, measured risks allows children to learn boundaries and experience natural consequences. We teach campers to manage risks and build skills to make good decisions.

Campers may have the opportunity to practice skills like carving or sawing, with support and supervision by our experienced counsellors. With that being said, the responsibility of using carving tools also comes with the possibility of injury. All of these activities will be introduced in a progressive manner to ensure that your camper learns and grows while staying safe.

Additional Support

We do our very best to provide a positive environment for all of our participants. If a child requires additional support 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

The parks are not equipped with washrooms or running water. There will be a private portable toilet available for the exclusive use of Pine Project participants and staff.

It is important that participants are able to use the washroom themselves to the extent possible, and to communicate their washroom needs. If your child struggles with communicating their washroom needs or requires washroom assistance, please let us know.

Hand sanitizer will be used when soap and water is not available.

Weather

We do not cancel programs due to weather. Programs will run each day, in all weather conditions.

We employ strategies to stay cool: drinking lots of water, resting in shaded areas, wearing hats, etc. and we see rain as a great opportunity to play in puddles and look at snails!

We have comprehensive emergency plans for all types of weather while at program, and our staff are trained in how to assess and manage risk. Please reach out to our office team if you're concerned and would like to know more.

Sunscreen

All campers must come with sunscreen pre-applied and their own bottle of sunscreen in their backpack.

Campers should know how to reapply sunscreen themselves. Staff will encourage campers to reapply sunscreen at lunch each day.

Illness

If a participant falls ill while at program, caregivers will be contacted to pickup their child. Please ensure that you've provided two emergency contacts who are able to pick up within 1 hour of being contacted, if needed.



If your camper is experiencing any symptoms of communicable illness, please keep them home.



Health & Safety

Ticks

Ticks exist in Toronto city parks. We do our best to teach tick awareness in a positive and clear way. We recommend that kids change out of their clothes when they get home each day and conduct tick checks each night. If we find a tick embedded into your child's skin, we will phone home immediately. We do not remove the tick.

To inform yourself on ticks, how to prevent and check for them, and options for their removal, please see:
<https://www.ontario.ca/page/lyme-disease>.

Air Quality

We consistently monitor the air quality and follow public health recommendations from Environment Canada and Public Health to dictate the level of activity for our groups. As our camps operate entirely outdoors, we will adapt and modify our programs when air quality deteriorates to avoid physical activity and strenuous activities, support participants to wear masks if desired, and monitor for symptoms. The health of our community is of primary importance to us, and we understand that some families may decide not to participate in programs on days with poor air quality.

Medications

Wherever possible, please administer medications for participants prior to coming to program.

If the participant requires medications at program, please complete the Permission to Administer Medication Form, available in 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 supervisor upon arrival.

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 counsellors know if your child suffers from seasonal allergies.

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. Please note that there will be no hardcopy forms available for you to complete at camp.

- ☐ Anaphylaxis Emergency Plan (Mandatory for any participant with a known anaphylactic allergy)
- ☐ Permission to Administer Medication Form (Mandatory for any participant taking medication at program)
- ☐ Pick-up Authorization Form (optional)
- ☐ Friend Request Form (optional) Our intention is to honour any friend requests, but we cannot make any guarantees.



All supplemental forms must be submitted at least 2 weeks before the start of program.

What to Bring Checklist

Each day we will have a new adventure in the park following our inspirations and keen senses of exploration. It's hard to say where the trails might take us, so it's important to pack lightly in a single backpack!

Participants will be required to carry their own backpacks, with all their belongings, themselves throughout the day.

Please clearly label all personal belongings (including backpacks).

Clothing

☐ Weather Appropriate Clothing

Make sure to dress for the weather. We are outdoors in all weather (rain or shine!)

Please refer to the next page for our tips on dressing for all summer weather conditions!

☐ Extra Clothing

Please send an extra set of clothes each day in your child's backpack (labelled with their name). They'll need these in case of a puddle encounter!

Other

☐ Sunscreen

Participants should arrive with sunscreen already applied. Please pack additional sunscreen in their backpack. Participants should be able to reapply sunscreen themselves.

Optional

☐ Hand Sanitizer

☐ Nature Journal/Notebook

☐ Pencil/Pencil Crayons

☐ A favourite field guide

☐ Bug spray

Food & Drink

☐ Lunch & Snacks

We will stop for lunch and snacks each day. Please pack litter-free and nut-free food.

☐ Water

Please send your child with all the drinking water they require for the day (1L minimum)

Lost & Found

If an item is misplaced, you can contact our team at info@pineproject.org or ask your counsellors at your next program day.

The Pine Project does not take responsibility for any lost or damaged items.



Please **DO NOT** bring:

Anything valuable or electronic, or distracting toys.



What to Wear for Summer Conditions

Summer is a ton of fun! Each day holds the potential for so many adventures.

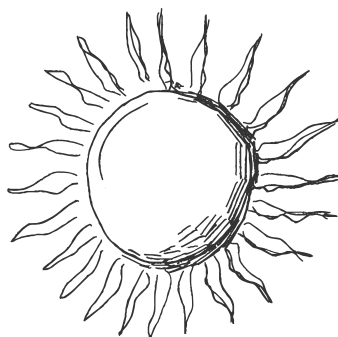
But it's important to recognize and take the necessary precautions to avoid some of the hazards that summer brings with it, like heat stroke and ticks. Please see below for our tips on how to prepare for summer conditions!

Clothing

- * **A hat is required!** Hats help in the sun and in the rain.
- * **On really hot days:** Dress in light and breezy clothing. e.g. thin cotton, light colours, quick dry or "camping style" materials, etc.
- * **On rainy days:** A rain jacket and a warm layer are a must! We suggest a wool sweater or fleece, as cotton gets cold when wet. Cotton may work if your camper's rain jacket is quite durable and water resistant.
- * **Tip!** On rainy days, line the inside of your backpack with a plastic bag so that belongings remain dry!
- * Umbrellas are welcome, but please note that they often limit a camper's mobility throughout the day, and are also easy to lose!
- * **Choosing between long pants and long sleeve vs shorts and t-shirts:**
 - * Long pants and long sleeve shirts are often great options in summer - they offer some sun protection and can help against biting insects like mosquitoes and ticks. But it's also extremely important to consider the potential heat hazard - light, breezy layers that can wick sweat are most appropriate.
 - * Shorts and t-shirts can also be good options - they hold less heat and are often more comfortable when moving. If choosing to wear shorts and t-shirts, it is extremely important to use sun protection and practice tick checks.

Footwear

- * **Participants are required to wear closed-toed shoes (e.g. sneakers). Closed-toed shoes provide support and stability, which prevents stubbed toes, ankle sprains, etc.**
- * **On really hot days:** Campers may be more comfortable in closed-toe sandals, with breathing holes and ankle support. Please avoid Crocs and flip flops!
- * **On rainy days:** We suggest rain boots, waterproof hiking boots or shoes (the key in rainy day footwear is traction and comfort). Some kids might prefer the comfort of a sneaker and aren't bothered by a day of wet feet.



Behaviour & Expectations

At Pine, 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.

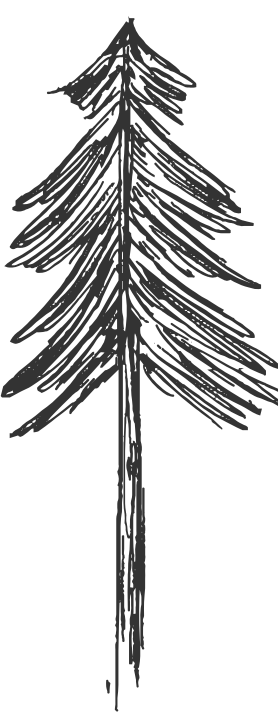
As always, we are committed to maintaining a safe and positive learning environment for participants and staff. Our programs aim to provide space and freedom to explore and learn, supported by clear agreements and expectations for participant behaviour.

To ensure everyone's health and safety at program, we are asking that participants honour some basic agreements. Please read and talk about the Code of Conduct with your child.

Code of Conduct:

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

Participants must be able to take care of themselves and others by:

- 
- ☐ Listening to and following staff instructions
 - ☐ Following and staying within their group
 - ☐ Not sharing items such as food and drinks
 - ☐ Practicing healthy personal hygiene, such as hand washing, sneezing or coughing into their arm
 - ☐ Carrying all their items in their own backpack
 - ☐ Caring for their own personal needs, such as eating, staying hydrated, changing wet socks (with verbal help and encouragement from staff)

Communicating with staff

- ☐ Letting staff know if they have a physical need (eg. washroom, feeling sick, thirsty)
- ☐ Letting staff know if something is bothering them

Treating everyone with respect

- ☐ Bullying will not be tolerated
- ☐ Respecting the personal space of other participants
- ☐ Engaging in physical conflict with other participants will not be tolerated
- ☐ Discrimination in any form will not be tolerated

Treating nature with respect

- ☐ Taking care of nature and our natural surroundings

Supporting participants as they learn to integrate these expectations is a priority for our staff. It is our intention to work with caregivers and participants to address behaviour challenges as they arise.

If these agreements are broken, staff will contact the participant's guardians to discuss strategies and align expectations. If the participant's behaviour does not improve and puts others at risk, the participant may be asked to leave the program.

Communication



If you're running early or late, or in case of emergency, you can contact the Camp Supervisor (during camp hours) at:

Field Phone Number:

WEST: (437) 771 1176

For all inquiries, please contact our administrative team:

Contact us by phone:

(416) 792 2772

Contact us by email:

info@pineproject.org

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. Talk to a lead counsellor in your group. 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.
3. If you feel as though your concern has not been addressed, contact our office team.



Directions - WEST END

King's Mill Park

43.64958, -79.49202

Transit/Walking Instructions

- Take the subway to Old Mill Station.
- When you exit, turn left out of the station.
- Turn left again onto Bloor St. Stay on the North side as you walk East.
- When you approach the bridge you will see a set of stairs on your left side. If you cross over the Humber River you have gone too far.
- Take the stairs down and turn Left, walking Northeast, past the parking lot until you see us in the nearby field.

Biking/Driving Instructions

- Heading West on Bloor St, turn right on Old Mill Trail (where the subway station is) and then another right on Old Mill Rd. Off of Old Mill Rd. you will see an entrance to King's Mill Park on the right.
- Turn right into the park and follow this paved road, past the first parking lot on your right. You will see us in the big field to your left (just before the second parking lot).

