



Camper/Parent Handbook 2019



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June 10 - August 15, 2019

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Camp TAMARACK

Camper/Parent Handbook



About Our Camp

Just Around The Corner

It's hard to believe that Summer 2019 is just around the corner! Our Directors and many of our Camp staff have been hard at work planning fun, challenging and exciting programs, hiring terrific new and returning staff and building towards what will be an amazing Summer 2019!

Camp Tamarack Philosophy

Since 1981, Camp Tamarack has earned the confidence and loyalty of thousands of campers, parents and staff. Tamarack's private 1000 acre property, surrounding a pristine lake, is the magical setting for the building of skills, friendships and memories that will last a lifetime.

Tamarack has a unique, challenging and fun premise that is appealing to campers and parents. We provide our 7-16 year old campers with an exciting and unparalleled summer camp experience. We strive not only to expose them to an amazing blend of opportunities and programs, but also to build each camper's self-esteem, confidence and independence. Teaching campers to be team players and an integral part of the Tamarack community goes hand in hand with recognizing that each camper is an individual with unique needs and goals.

Tamarack's 5 Pillars:

- TEAMWORK
- RESPECT
- RESPONSIBILITY
- PERSEVERENCE
- CONFIDENCE

It is Tamarack's Goal to weave these 5 pillars into all aspects of the Tamarack Experience.



Creating A Welcoming Environment

A welcoming environment feels safe. Tamarack strives to create a space where campers, staff and families can find themselves represented and reflected and where they understand that all people are treated with respect and dignity.

Inclusion at Camp Tamarack

Camp Tamarack is committed to providing excellence and accessibility in its camp programming to campers and staff. Services will be provided in a manner that respects the dignity and independence of campers, staff, families and guests. Persons with exceptionalities will be welcomed, included and supported at the camp, and the camp will endeavour to meet the special needs of such individuals to the best of its abilities. The provision of services to persons with exceptionalities will be integrated wherever possible. The camp promotes equity of opportunity to those with exceptionalities and will provide support systems when necessary and where reasonably possible, to facilitate equal access to obtain, use or benefit from the goods and services offered by and on behalf of Tamarack.

Recognizing that prejudice, discrimination, and stereotyping are prevalent through society, we are dedicated to the creation of a safe, secure space for those seeking services with us. It is the policy of Camp Tamarack to maintain and promote a community and facility that provides the highest quality of services to our campers regardless of their actual or perceived gender identity or sexual orientation. We encourage the parent(s) or guardian(s) of any transgender, trans* and gender non-conforming campers to contact one of the Camp Directors to discuss a support plan and the commitments to inclusion made by Camp Tamarack and how we can best welcome and support your camper(s).

Camp Tamarack has taken steps to foster a safe environment for LGBTQ+ campers including:

- Providing camp staff training on inclusive language
- All-gender washrooms and private showers available
- Encouraging campers and staff to share pronouns

Please see our full inclusion policy on our [WEBSITE](#).

The Tamarack Team

We are delighted by the number of parents, campers and fellow staff who have provided us with such positive feedback about our counselling, activity, administrative and leadership team for Summer 2019! We are thrilled that many great experienced Tamarack staff are returning and that some terrific new staff members, with fresh ideas and enthusiasm, are on board for Summer 2019!

Camp Director/Owner – Rick Howard practiced business law for over a decade and has spent many years as the Director/Owner of Camp Tamarack, as well as the Director/Owner of Zodiac Day Camp and Zodiac Swim School. Rick's organizational and business skills, sense of humour and natural ability and effectiveness in dealing with children, staff and parents have also proven successful in his other experiences as a parent, coach and teacher. Rick is also a long-time volunteer and leader in the Ontario camping movement, a member of the Society of Camp Directors, and a Past President of the Ontario Camps Association.

Camp Director/Owner – Ellen Howard, as well as being the Director/Owner of Zodiac Swim School and Zodiac Day Camp loves her role as Director/Owner of Camp Tamarack! In addition, she has brought her enthusiasm, creativity, leadership and love of children (including 3 of her own) to a wide variety of other roles, including having been a physical and health education teacher. One of the highlights of her week from September to June is teaching adult & tot aquatic programs. She loves her babies! Ellen is also the Chair of PAC (Professional Aquatics Council), a volunteer with the Lifesaving Society, a member of Parks

and Recreation Ontario and the Society of Camp Directors, and is a volunteer with the Ontario Camps Association.

Camp Director – Marc Cooper has literally grown up and is part of the fabric at Camp Tamarack. As a long-time camper, counsellor, unit head and, over the past 18 years, Camp Director, Marc has seen the impressive evolution of Camp Tamarack. Marc, together with his wife Carly and son, Jack, are excited about being a part of Tamarack's present and future. Marc's creativity, people skills and love of life are apparent both at Tamarack and in the general camping world. He has done extensive volunteer work with the Ontario Camps Association, including the Health Care Committee, Society of Camp Directors and Conference Steering Committee, and is a certified Crisis Prevention Instructor.

Camp Administrator/Business Manager – Cassie Gold is returning for her fourth year at Tamarack. Cassie is looking very forward to another incredible summer on Stoneleigh Road. Cassie brings a wealth of experience to Tamarack, from her background in camping, to her business education, as well as having worked in the hospitality industry. She loves working with Tamarack families and staff and looks forward to continuing to do so! Joining her this summer and making up the admin team will be Rachel Burton, Julia Mortley, Emily Leslie-Stevenson and Abbie O'Flynn.

Head Counsellor - Jennie Kelman (née Howard) is returning to the Leadership Team for her third year as the Head Counsellor. As the former Hawthorn Unit Head, Jennie brings a wealth of knowledge and creativity to the Head Counsellor role. Jennie oversees all counsellors, Unit Heads and camper matters. During the year, Jennie is an inspirational Grade 1 teacher at a private school in Toronto, and Jennie and husband David celebrated their Tamarack wedding in September 2017!

Head of Activities – “Stern” aka Jason Stern is back for his third year as the Head of Activities. After holding various roles around camp including Head of Mega, Elder Unit Head and Hawthorn Unit Head, Jason has brought his natural and effective teaching and people skills to the Head of Activities role. During the year, Stern is a grade 4 teacher at a private school in Toronto. Stern is a natural leader and inspiration to our Activity Heads in their goal to make Tamarack's program as safe, challenging, and exciting as possible!

Program Coordinator – Rebecca Howard is back for a fourth summer on the Leadership Team to wow Tamarack with her incredible programs. We are delighted that Rebecca will continue to bring her enthusiasm, creativity and love of camp, creating and overseeing themes, all day programs, special events and more! Rebecca is pursuing one of her dreams and attending Humber College for Bakery & Pastry Management Program. Rebecca looks forward to continuing and enhancing the special programs, spirit and fun for which Tamarack is famous!

Programmer – Sam “Polly” Hauer is a Tamarack Veteran returning for her sixth summer after stints as a counsellor, multi-media staff and, most recently, Head of Ropes & Climb. Polly is incredibly creative and makes great connections with campers, She will be a big asset supporting Rebecca with special programming and working with Jason to make great activity areas even better!

Programmer – Ryan Erdman has literally grown up at Tamarack, first as a camper and later as Mega Staff, a counsellor and, most recently, as Head of Mega Sports. Ryan is a passionate and creative camp person who looks forward to supporting Rebecca in bringing new twists to Tamarack's already incredibly

popular special theme programs. Ryan also looks forward to helping coordinate some great staff recreational programming!

Scheduler – Vera Cross returns to Tamarack for her third summer, assuming a new role as Scheduler. Vera’s previous experience as a counsellor, and last year as Hawthorn Assistant Unit Head, makes her uniquely qualified to ensure that campers get exposure to a great cross-section of group and individualized programming. Vera brings her enthusiasm, creativity and energy to her new role!

Support Specialist - Tammy-Lynn Boudreau’s compassion, enthusiasm, and leadership qualities are evident in her commitment to children. She is patient and positive as she provides personal and behavioural support to individuals with multiple exceptionalities, through teaching new skills and reducing challenging behaviours. Tammy finds great joy in celebrating the success of others and strives to build a strong foundation of support through collaboration with parents, peers and team members. She shares her love of life and keen interest to learn new things with her children and grandchildren. Tammy is excited to return to the Tamarack family for her second summer!

Health Team – We are so fortunate to have an outstanding Health Care Team join us at Tamarack. The team is made up of a doctor, 2 full-time nurses and 2 full-time health care providers (i.e. student nurses). Dr. Mark Appelby, Dr. Dan Flanders, Dr Mun Kwan and Dr. Dan Cohen join us who collectively have over 100 years experience. Keehan Buck, a long-time Tamarack staff member, and Kate Hefferman will lead the nursing team. Amal Ali Sharif and Emma Papernick (moving from multi -media) are excited to spend the summer at Tamarack in the role of Health Care Providers.

Facility/Maintenance Team – Tamarack has the best Facility Director in the industry – Glen Nelson. This will be Glen’s 11th year with Tamarack. Glen, along with Kevin, Billy, Jake and Marlene and the rest of the team, are committed to keeping Tamarack beautiful, safe and clean. They have been working diligently during the off-season on a number of projects, not the least of which is a brand new double camper cabin!

Counsellors/Specialty Staff - While the rest of the returning and new counsellors and specialty staff that we have hired (or are in the process of hiring) are too numerous to identify on an individual basis, suffice to say that we are delighted with our talented, enthusiastic, creative and kid-oriented Summer 2019, staff team! We literally review thousands of resumes, interview hundreds of applicants and check countless references in doing our best to ensure the amazing staff for which Tamarack is known. We want to know that the potential staff member is not only a good fit for the camp, but also that the Camp is a good fit for him or her. A happy staff member who understands Tamarack’s high expectations from the outset will ultimately be a far more effective and happy member of our team.

All of our staff are thoroughly trained. They are required to study our staff manual, and to attend staff training during the week prior to camp. By the time the campers arrive, our returning and new staff are ready to roll! We so appreciate the great feedback about our dedicated and professional staff from parents, campers and fellow staff members. It means so much to us that our staff are recognized for their caring nature, hard work and overall commitment.

Stuff You Need To Know!

Don't Get Caught... Without A Spot!

We are delighted by the interest we have received about Summer 2019. Not only are many Summer 2018 campers registered and looking forward to another great summer, a number of friends, relatives, neighbours and others are getting in on the fun! Spots are filling ...in fact, certain cabins are already full. Don't have your family and friends miss out on the excitement of every aspect of Summer 2019 at Tamarack! Call us at the Camp office at 416-782-0736 or email us at info@camptamarack.info to book your space. Remember our substantial referral discount as a thank you if you refer a new camper!

Be In Good Form...Send Us Your Forms Online!

In addition to this Summer 2019 Camper/Parent Handbook, there are important forms that must be reviewed/filled out (as applicable) and received by the Camp on behalf of each camper by no later than June 9, 2019, including:

- Camper Health & Individual Needs Form
 - *If a life-threatening allergy has been indicated this additional form is required –
Emergency Allergy Alert Form*
- Camper Swim Form
- Camper Transportation & Visitors' Day Information Form
- Camper Code of Conduct
- Bunk1 Information Sheet

Log into your family account [here](#) to access and complete all of the required forms. Please note that a separate form is required for each camper that will be attending Camp Tamarack.

Handbook and Newsletters

This handbook (and newsletters which will follow) contains important information that parents and campers need to know for the first (and every!) day of camp. Please read this material carefully for the enjoyment and well-being of your camper(s) and to ensure that every day of camp is safe, efficient and terrific!

Baggage Tags

Your baggage tags for your duffel bags will be arriving in the mail. Should you require any additional baggage tags, please feel free to contact the camp office.

Refunds & Cancellations

A refund of all fees paid for the camper in question will be issued, subject to a Cancellation Administration Charge, provided that written notice of cancellation has been received, as follows:

Fee Schedule for 2019:

<i>Date of Cancellation</i>	Extended First Session/Full Season	First Session	Acorn 1, 2, 2/3 & Second Session	Acorn 3, 4 & 5
Prior to March 31, 2019	\$750.00	\$500.00	\$300.00	\$200.00
Between April 1, 2019 & June 1, 2019	\$1200.00	\$900.00	\$600.00	\$400.00

Camp Tamarack may terminate the registration of any camper in the sole discretion of the Camp Directors with no refund/credit whatsoever issued for the unused portion of the session for which the camper in question is registered. A partial refund/credit, if any, related to such camper's dismissal may be issued by the Camp Directors based on their judgment as to the circumstances related to such dismissal.

For more information (including regarding cancellation after June 1, 2019), please refer to our [website](#).

Our Commitment to Your Family

Health, Safety and the Environment

In accordance with our accreditation from the Ontario Camps Association and the Health Protection and Promotion Act for Recreational Camps 568/90, every effort is made to provide a safe and healthy environment for the campers and staff. Camp Tamarack goes above and beyond the many requirements. Infection control procedures are posted in designated areas, including the Health Centre, which also posts the Emergency Alert Forms for any children with an individual anaphylaxis plan. Allergy charts are posted in food prep areas and distributed to each activity staff. We also expect that you, the parent/guardian, communicate accurately on the camper's health form, and/or with a separate detailed note, any and all medical and health current and historical information. This includes mental health challenges, medical conditions and professionals who are working with your child. This allows us to better understand your child's needs, and ensure that we are set up to address them in our camp setting with our camp professionals.

Immunization

One of the joys of summer camp is that it is extremely communal and social environment. These characteristics also make a camp a place where illness and other contagions will travel through a population more quickly than most. It is, of course, our priority and obligation to protect the health of your child, those of other campers and staff members, and those from the broader community that may interact with our camp population. Thus, it is important for you to accurately report to us your child's immunization history.

The Ontario Ministry of Health is very clear about its recommendations to families and the recommended immunization calendar can be found here:

<http://www.health.gov.on.ca/en/pro/programs/immunization/schedule.aspx>*

*Resources for American and Mexican campers can be found here:

Important

If you are not vaccinated or if you are vaccinated on an atypical schedule, we need to know. Please notify us by confidential email at health@camptamarack.info with any details not indicated on the health form.

In the unlikely event that a case of measles (or any other disease targeted by Ontario's vaccination program) is discovered at camp, we are required to send home any unvaccinated children for a prescribed period of isolation (i.e. measles, 21 days). This removal from camp will likely involve transportation and child care fees to be borne by the guardian of the affected campers. Any such removal will also be made without any adjustment (i.e. reimbursement) related to the camp fees.

Auto-Injectors/Asthma Inhalers

Should your child require the use of an auto-injector and/or asthma inhaler during Camp, please indicate this on the Camper Health & Individual Needs Form. Your camper will need to wear one auto-injector and/or asthma inhaler in a fanny pack, as applicable, at all times and we require that you provide a second auto-injector/asthma inhaler for your camper to be held by the Camp medical team in the Health Centre. Our counsellors receive training from the Camp medical team to be prepared for a situation where an auto-injector must be used.



The Emergency Allergy Alert form, which can be found on our [website](#), in the camp office or by [email](#) request, is required for all campers who require auto-injectors at camp. This form requires a current picture of your camper. This form will be displayed in the health centre to help Tamarack quickly identify those children who have auto-injectors. All of our program staff members receive training on your camper's Emergency Allergy Alert Plan to be prepared for a situation where the auto-injector or inhaler must be used.

The Health Centre

Tamarack has a fully equipped Health Centre on site, which is staffed by an amazing team of health care professionals. The Health Centre is located in the centre of camp across from the dining hall.

The Health Centre has 2 daily clinics: after breakfast and after dinner. Camper medications will be distributed before breakfast and dinner on the dining hall porch. Should a camper require medication to be taken at a different time in the day or evening, a member of the health team will have this noted and arrange with your camper and their counsellor to visit the Health Centre at a designated time to get their medication.

Campers are encouraged to visit the Health Centre at clinic time if they are not feeling well or need something checked. The nearest hospital is located in Bracebridge should additional medical support be required.

Communication from the Health Centre

It is very likely that you will not hear from the Camp's medical team while your child is at Camp. However, there are a few situations when one of the directors and/or medical team members may need to contact you regarding a medical concern. We believe that you, as a parent, should be called if your child stays in the Health Centre for more than 24 hours for a specific health reason, is prescribed oral antibiotics by one of our Camp doctors or needs to go to the hospital for any reason. There are countless issues our medical team deals with at Camp that do not require a phone call home. These may include minor cuts and scrapes, prescribing topical creams or lotions, minor colds or other short-term illnesses that do not require medication. If we need to call home, we make attempts to reach you and will be sure to leave a very detailed message on your voicemail. In the event that we are unable to contact you or we leave you a detailed message and you do not get back to us, and, our medical team makes the determination that it must go ahead with a certain medication or medical protocol, we will proceed in the best interests of your child. You can be sure that our incredible team of doctors, nurses and first-aiders will work diligently to make sure Tamarack is as safe and healthy an environment, as possible.

Camper Medication & How to Send Them to Camp



Should your camper require medication(s) while at camp, please indicate this on the Camper Health and Individual Needs Form.

Our team of medical professionals strive to provide our campers and staff with the highest quality of medical attention throughout the camp season. In doing so, we require that all medications be sent in their original containers with original labels and dispensing information on the medications themselves. Dispensing information should also be indicated on the Camper Health & Individual Needs Form. We recommend that medication be sent in blister packs. You can consult with your local pharmacy. Any changes to the medication instructions from what is indicated on the original label must be communicated in written form to the Camp. In addition, all medications that are brought to camp must be kept in the Health Centre. If you have any questions and/or concerns, please contact the office.

Place all of your camper's medication in an appropriately sized Ziploc bag that is clearly labelled with your camper's name and follow the instructions below for having your camper's medication(s) sent to camp safely:

First Session, Acorn 1, Extended First, Full Season Campers and Second Session

- Medication must be dropped off at the Baggage Depot in accordance with the baggage drop-off schedule
- A Tamarack staff member will be located at a table labelled Camper Meds for you to drop off your medication bags
- All medications will be safely transported to Camp and given directly to our medical team for organization and safe storage in the Health Centre

Acorn 2, 3, 4, 5 and Mini-Acorn

- Bring medication bags to the bus with your camper(s) as per the schedule and hand them in to the bus counsellor before boarding the bus

- The medication bin will be handed over to the medical team immediately upon arrival at camp

Out-of-Town Campers

- Medication will travel to camp with the individual camper(s) and be handed over to the Health Centre upon arrival at camp

Meeting Before Camp

If necessary, we will be pleased to set up an appointment or phone call, involving a member of the Camp medical staff, senior staff, counsellors, the camper in question and/or parent(s) with respect to a particular camper's health issues and/or special needs.

Being Sun Safe!

We are extremely conscious of protecting campers from possible negative effects of the sun. In fact, many campers get tired of hearing our staff reiterating the Tamarack "Safe Sun Rules" posted throughout camp. Please ensure



conscientious

to ensure that campers wear their sunhats and apply sunscreen at regular intervals during the day. Please ensure the sunscreen is both waterproof and contains a minimum SPF 30. Campers will be discouraged from sharing sunscreen due to concerns about allergies. Keeping all of our campers hydrated is also a priority for us – our state of the art water filtration system provides our campers and staff with delicious and high-quality purified Muskoka drinking water. There are several existing and new water fountains and water stations (and cool new refillable Tamarack Water Bottles available in our tuck shop!) located throughout camp to ensure our campers are constantly drinking. Bottled water is not required and should not be sent to camp.

Lice –No Nit Policy

In keeping with Camp Tamarack's central goal of ensuring as safe and healthy a camp environment as possible, we follow a "No Nit Policy"; a healthy standard when it comes to sending campers to camp. The "No Nit Policy" involves a child not coming to camp if they have head lice (adult lice (bugs), immature lice (nymphs), and/or lice eggs (nits)).

Please partner with us and, as a courtesy to other campers and staff, ensure that your child is checked for head lice within 5 days prior to camp by professional lice detectors. A lice check takes less than 10 minutes and should lice be found, appropriate treatment can be started at the lice clinic, then continued at camp. Tamarack will be doing routine lice checks upon arrival at camp. Should lice be detected, Tamarack will treat your child on site (at a cost to the applicable family of \$150 per camper) or parents may be required to pick up their child/children and bring them back to camp when they are lice free. We encourage you to check www.licecrew.com for further detailed information regarding lice (treatment and prevention tips). The Lice Crew has had a successful year working with many medical professionals, camps, schools and childcares in the GTA and is a resource to our camp.

Please look for the flyer/coupon on our [website](#) for a special promotion - \$10 Head Checks! The Lice Crew is excited to offer \$10.00 head checks both pre and post camp. With flexible clinic hours at 4 locations (Thornhill, Leaside, Toronto and Oakville), the Lice Crew will be able to service your families with appointments booked in advance.

Although head lice are not a health hazard, such condition is easily spread in contained environments. Please help us keep camp LICE FREE. Thank you for your co-operation.

Mosquitoes, Black Flies and Insect Repellent



Protecting our campers from the “bugs” is a priority for us. Since most mosquitoes and black flies come out at dusk, we take an active role to ensure that all of our campers apply insect repellent especially after dinner and before evening program. Most of the insect repellents that are available in Canada contain Deet and often vary in their concentration levels. For campers under the age of 12, it is recommended that the Deet concentration be 10% or below. For campers 12 years of age and older, a Deet concentration up to 30% is acceptable. Be sure to read the information label on the repellent. As the summer draws closer, you may hear the term West Nile virus in the media. West Nile virus is a virus typically transmitted to people through the bite of an infected mosquito. Most people infected with the virus have no symptoms or they have flu-like symptoms. Please note that the risk of West Nile virus infection is low, and the risk of serious health effects from the virus is even lower. In addition to having our campers and staff apply repellent, we take several steps to reduce the mosquito populations around camp by eliminating areas where standing water can collect as it is a prime mosquito breeding ground.

Food and Special Diets

We are delighted that Regal Catering is returning as our food service this summer at Tamarack, and that its extremely experienced and well-regarded owner, Serge Laporte, will be once again our Head Chef and Catering Director. We were excited by the very positive feedback from campers, parents and staff about the Summer 2018 catering experience and know that Summer 2019 will be even better, if possible! Serge and his experienced and professional staff have a wealth of experience in providing awesome and plentiful meals, snacks and related services for camps. Serge has put together another terrific Tamarack catering team for the upcoming season. Thought has gone into planning an amazing menu...delicious meals, healthy alternatives, great options for those with dietary restrictions, food to match creative programs, all you can eat... we are looking forward to continuing with our top-notch catering program that Tamarack loves! If your child has a specific dietary need (lactose intolerance, vegetarian, kosher, etc.), please fill out the appropriate areas on the Camper Health & Individual Needs Form. We look forward to meeting your child’s dietary needs in a delicious way!

Cabin Assignments

Cabin assignments are completed as we get close to the start of the camp season. Each camper had the opportunity to request cabin mates on their camper application form. We do our best to accommodate camper friend requests. We recognize the fact that some campers are coming to camp to be with their friends. We also value that camp is about making NEW FRIENDS. We want to set up each camper for



success and prevent cliques and feelings of exclusion from a group. The time and effort that goes into making up cabin groups are significant, and the factors considered include age, grade, requests, interests, city of residence, time of enrolment and the camper's well-being. Please trust us to do our job in creating the best cabin groups possible for all concerned.

Buddy Up Program (First Time/Reluctant Camper)

We recognize that going to camp for the first-time camper who may not know anyone can be a source of some stress. For that reason, we strongly encourage you to call the Camp office as soon as possible, and no later than the first week of June, to ask to be part of our Buddy-Up Program. We will do our best to contact another new camper's family and provide both parties with the appropriate contact information so that hopefully the campers can speak on the phone or meet in advance, and make arrangements to sit together on the bus to Camp. Our experience with the Buddy Up program is that campers feel a sense of comfort knowing that they will have someone to sit next to on the bus ride up. In the event that you are unable to contact us to be part of Buddy Up program, our bus counsellors make great facilitators and buddies!

Communicating with the Camp Office

TELEPHONE: Our phone lines are always open. Whether you have a question, concern or simply want to check in with us to see how your camper is doing, you can be sure that you will have the opportunity to speak with a Camp staff member or to leave a message that will be returned as promptly as possible. There are times throughout the day that we are busy at meals, at camp-wide events or simply out of the office and doing what we do best, interacting with the campers, so please feel free to leave a message on our 24-hour confidential voice mail. Our voice mail is checked several times throughout the day and we will do our best to return your phone call within 24 hours. Cassie, our Camp Administrator, and the rest of our friendly and knowledgeable office staff, will be able to answer most of your questions and/or direct your call to the appropriate person.

FAX: There may be times throughout the summer that you need to pass something along to us in writing (travel plans, updated contact info, etc.). If this is the case, feel free to use our office fax number at 705-645-3996. Please attach a fax cover sheet indicating the name and cabin of your camper(s).

E-MAIL: Parents wishing to communicate via office e-mail at info@camptamarack.info may do so. Please be aware that we will do our best to respond as soon as possible. If the matter is of urgent nature, please call the camp.

- Our Toronto Office will close on Friday, June 7, 2019.
- If you need to contact us after Friday, June 7, 2019, please call 705-645-4881.

Camp Contacting Parents of New Campers

We know that parents of new campers are often anxious to know how their children are adjusting to camp...often much more anxious than the kids themselves, who are having a great time! One of our senior leadership team members will attempt to be in touch with every new camper's family within approximately 48-72 hours of their arrival at camp (electronically for international campers). We will also be in touch again with Acorn campers' families about halfway through their registered session as many

will request the opportunity to extend their stay at camp! Please plan ahead to leave this additional time open for your campers who are thriving at Tamarack!

Tamarack-tivities & Program

The Hawthorn, Juniper and Sequoia Day

On regular Mondays through Saturdays, our 7 to 14 year old campers will experience and enjoy the following:

- ✓ One Zodiac Swim School-calibre swim instruction period
- ✓ Two cabin group activity periods
- ✓ Two individual choice/specialty periods

Please check our website www.camptamarack.info for the full range of exciting programs and activities which Tamarack campers can and do enjoy!

Elder Camper Day

Our Elder campers are in an exciting transition phase working toward the opportunity to become Camp Tamarack staff! In addition to their involvement in Camp Tamarack's array of activities, Elder campers gain invaluable experience through various leadership training opportunities, while enjoying the Full Season 7-week period (Pre-CITs also have a First Month 4-week period and 5.5 period option), as follows:

Pre-CITs

The Pre-CIT campers (finishing Grade 9) will enjoy a blend of individual choice activities, as well as leadership training and cabin placements. The Monday to Saturday Pre-CIT program highlights include:

- ✓ One Zodiac Swim School-calibre swim instruction period
- ✓ One-two individual choice/cabin period(s)
- ✓ Half-day cabin/activity placement
- ✓ Additional leadership workshops, training and feedback
- ✓ 3 day/2 night white water rafting trip in Second Session

CITs

While having the chance to participate in a variety of Tamarack activities, our CITs (finishing Grade 10) are primarily focused on developing and refining the skills necessary to become top-notch Tamarack staff. From Monday to Saturday, CITs choose a full placement with a cabin or activity. They also receive extensive leadership training, workshops and feedback from evaluations. A daily Zodiac Swim school-calibre swim instruction period and other exciting activities are part of the CIT program. The popular 3 day/2 night white water rafting trip (in Second Session) and other group-bonding opportunities give the CITs a well-rounded experience and "foot in the door" for a highly sought after Tamarack staff position!

Please note that all Elders will be placed in a Lifesaving Patrol, Medallion, Cross or Fitness program. Any Elder who wishes to have a placement "on the water" e.g. ski, wake, paddle, wind, beach, swim, must either hold a minimum of a current Bronze Medallion or be enrolled in a Bronze Medallion course at Camp.

Sample Daily Monday to Saturday Schedule

<i>Time</i>	<i>Activity</i>
7:30 am	Wake Up
8:15 am	Breakfast
8:45 – 9:30 am	Clean Up
9:30 am	Round Up
9:45 – 10:45 am	1 st Period
10:45 – 11:45 am	2 nd Period
11:45 am	Free Time/Optional Activities
12:15 pm	Lunch
1:00 – 2:00 pm	Rest Hour
2:00 pm	Round Up
2:15 – 3:15 pm	3 rd Period
3:15 – 4:15 pm	4 th Period
4:15 – 5:15 pm	5 th Period
5:15 pm	Free Time/ Optional Activities
6:15 pm	Dinner
7:00 – 7:45 pm	Free Play
7:45 – 9:30 pm	Evening Program <i>(times vary by unit)</i>
9:15 – 11:30 pm	Lights Out <i>(varies by unit)</i>

Super Sunday

“Super Sunday” is a popular tradition at Camp Tamarack which encompasses a sleep-in, buffet breakfast and open activities. Campers enjoy a relaxed, fun-filled day of their favourite activities and an opportunity to “chill” with friends.

Get Into The Swim Of Things!

Many of our campers have already experienced Zodiac Swim School or other year-round swim programs and they and their parents are excited that campers will have the opportunity to experience Zodiac-style swim lessons this summer at Tamarack. Campers will benefit from Zodiac’s 40 years of experience and receive top-quality daily lessons enjoying the individualized, effective and caring approach that swimmers receive year-round at Zodiac! Tamarack campers will be following the Zodiac Learn-to-Swim 12-Level Program. This program includes learn to swim progressions, fitness, water safety as well as first aid. We believe this program sets the stage for your swimmer to learn about, and enjoy, swimming for life. While the progress records of current Zodiac Swim School students will be transferred to the Camp’s swim staff, we ask that the Camper Swim Form be completed for all campers by the forms’ deadline. While we certainly “screen” all of the campers, having a camper’s complete swimming background will enable us to prepare and organize initial and effective grouping for all campers. Should your camper’s swim level/ability change before the start of camp, please e-mail the Head of Swim, using swim@camptamarack.info to update the Camp in writing of the change.



If your camper requires ear plugs, hearing aids or other related items in order to fully participate in swimming lessons, please pack extras of these items as they can be misplaced or damaged throughout the summer and this will ensure your camper does not have a disruption to his/her swim routine.

All campers attending camp for Full Season, First Session and Second Session will receive a swim progress report at the end of their camp session. All other campers attending Acorn 1, 2, 3, 4, or 5 and/or Extended Acorn 2 will still be placed in a swim group, but will not receive a final swim report.

Aquatic Leadership Opportunities

We are pleased at the success of the expansion of aquatic leadership opportunities for our older campers. Many campers take advantage of these opportunities every summer and are very successful! These programs allow our campers to build a strong aquatic background by providing new challenges and leadership development opportunities to move them toward a possible future staff position with us at Camp, and a September to June job opportunity with Zodiac!



For those campers who meet the prerequisites and wish to participate, the courses listed below will be offered. There is no additional cost for the majority of the courses; however, there are mandatory course materials and exam fees payable to the Lifesaving Society that are required for your camper to participate in, and successfully complete the specific aquatic leadership course. The course materials will be yours to keep and will be used in current and future courses, as well as being a much-needed resource when your camper is working in an aquatic setting.

These materials may be purchased from the Camp, or if you already have the current materials from a previous course or from another child, your camper can bring them to Camp with him/her to use and the material/exam fee will be adjusted accordingly.

If your camper is eligible and chooses to participate in one or more of the courses, a copy of the necessary prerequisites should be attached to the Camper Swim Form and forwarded to the Camp Office as soon as achieved.

Please check out [Appendix A](#) to see the full listing of the courses being offered this summer and the necessary prerequisites.

Upon your camper's successful completion of the course, you will then be billed for the material costs and the appropriate certification/exam fee. If your child does not complete or pass a course, you will only be billed for the material fees.

Special Theme Programs & Spirit

Special theme days and programs only serve to enhance Camp Tamarack's multi-faceted, popular program. A terrific blend of fun, fair competition and team-building are all part of the Tamarack World Games, Second Session All Day Program, theme days, carnival and other special programs. Cheering, singsongs, campfires and overall camp spirit are integral parts of what is special about Tamarack.

Amazing Free Camp T-shirt and Cabin Picture!!

In addition to the action-packed program and amazing staff your camper(s) will soon enjoy, there are at least two other special “extras” for Summer 2019! Each registered camper will receive one Tamarack t-shirt for the summer, as well as a digital cabin photo (a great keepsake of Tamarack)!

Tuck Shop and Opportunities!

While campers continue to enjoy the long-standing twice a week opportunity to get a snack from the Tuck Shop in exchange for a letter home, there are exciting additional opportunities again in Summer 2019. Our Tuck Shop will be available during designated hours/days for campers or staff who wish to purchase additional snacks/drinks or sundries. We look forward to offering regular and healthy option snacks and cold drinks which are absolutely not required or necessary in addition to regular meals, beverage(s), tuck and other snacks, but offer additional options to those who wish to partake. There will also be a daily monetary limit for campers that would enable them to purchase one to two items (i.e. one snack, one drink) per day. In addition to snacks, sundries such as Tamarack flashlights, notepads, refillable water bottles, key chains, Tama-Wear and other items will be available. Any of these additional Tuck Shop items will not be available by cash/credit card purchase, but rather by parents creating a Tuck Shop Credit which can be used for Tuck Shop purchases by a particular camper whose parents have chosen to provide their camper with such Tuck Shop Credit amount. Creating a Tuck Shop Credit for purchases for your camper is optional and not mandatory. The amount we recommend for a camper of a family interested in creating a Tuck Shop Credit amount is as follows:

<i>During of Stay</i>	<i>Tuck Shop Credit</i>
Acorn 1 & 2	\$40.00
Full Season	\$120.00
Extended First	\$90.00
First Session & Acorn 2/3	\$80.00
Acorn 4	\$25.00
Acorn 3 & 5	\$30.00
Second Session	\$60.00

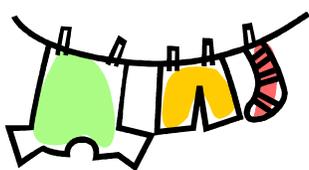
The above amounts are not likely to be sufficient if your camper wishes to make a larger purchase (i.e. a Tama-Wear sweatshirt), but the Tuck Shop Credit can be supplemented or added to at any time.

To add to or make an initial deposit towards your child’s Tuck Shop account online, please follow the steps below:

- Visit <https://tamarack.campbrainregistration.com/> and sign-in to your account.
- Under ‘View My Registrations’, your child(rens) name(s) will be listed, click on the green ‘View Registration Details’ button underneath the name(s).
- Click the green ‘Add campers, sessions, options’ button.
- Click the green ‘Continue’ button.
- Check the box to the left of the child(ren) you would like to make a deposit for (if you have more than one child, there will be tabs at the top of the screen with each child’s name).
- Click the green ‘Continue’ button.

- Scroll down to the white area entitled Camp Tamarack Summer 2019 Extras (12).
- Check the box to the left of the amount you wish to deposit.
- Click the green 'Continue' button.
- Ensure all forms in Step 3 are marked as 'Completed' and/or 'Submitted'.
- Click the green 'Continue' button.
- Select the 'Pay in Full by Credit Card' payment option.
- Click the green 'Continue' button.
- Fill out your credit card details and click the green 'Submit Application' button.

Laundry



Laundry will be picked up once each week, returned the next day and is included in your camp fee. Although we use a professional laundry service, it is still camp laundry. Please do not send any clothes you would be concerned about if they were to get damaged or discoloured or go missing. Remember to label all clothing and other items.

Camper Birthdays



Birthdays are a special time at Camp. Campers (not their siblings) can phone parents on their own birthday only (not on the birthday of their parent or other family members). All camper calls to parents on the camper's birthday are made after BREAKFAST, between 9:00-9:30 a.m. Should you need to arrange an alternative time, please call the office a few days in advance of your camper's birthday. Campers also receive a birthday cookie cake, special birthday camp song, and a special cabin or individual treat by spinning the birthday wheel!

Don't Let it End.... Instead, Extend!

Acorn Campers

Tamarack provides great opportunities for 7-10 year old Hawthorn and 11-12 year old Juniper campers to enjoy an experience at camp for 14 days (Acorn 1: June 28 - July 11) in First Session, and 11 days (Acorn 3: July 25 – August 4) and 7 days (Acorn 4: August 5 - August 11), each in Second Session. Many of these Acorn campers are having the time of their lives and do not want to leave after an incredibly positive and exciting introductory session. Please note that due to the Acorn 2 Session taking place in the second half of First Session, Acorn 1 campers, while welcome to seek to extend, are **NOT GUARANTEED** to be able to extend until the end of First Session or longer since Acorn 2 campers may be taking their place. The best way to ensure that your camper is able to extend for all of First Session is to seek to do so as soon as possible and, even then, in some cases this will not be possible for Summer 2019. Acorn 3 and 4 campers should, based on availability be able to extend until August 15, the last day of camp. One of the Camp Directors, Head Counsellor or Unit Head will contact you during the applicable Acorn session, or you are welcome to initiate contact with us, to make arrangements to extend your camper's awesome Tamarack experience. You may also speak to your camper should you wish to hear directly his/her desire and excitement about staying at Tamarack longer.

First Session Campers

In a similar fashion, many First Session (June 28 to July 25) campers want to extend their Tamarack experience for the Acorn 3 period (July 25 to August 4), and/or to the end of our camp season on August 15th. The fun, excitement, friends and memories they will experience in their first four weeks of Summer 2019, together with the plans they will hear and know about for the Second Session, will fuel the desire of many campers to stay! Whether before, shortly after, or on Visitors' Day, we will do our very best to accommodate your camper's desire to extend their stay, subject to availability.

Extending is Easy

Once we have confirmed with you that your camper will be extending his/her stay, the additional fee is simply the difference between the fees for the shorter and longer session (a significantly smaller fee per day for the extension period). Please maintain flexibility in your summer plans so that you and your camper will not be disappointed! Please note that if your camper is registered to attend our partner Zodiac Day Camp in Toronto, a full refund will be issued if your camper is extending his/her stay at Tamarack, and a corresponding session at Zodiac is cancelled as a result of your camper's extension to Tamarack.

Introductory Day Trip... "Taste of Tamarack"

Campers turning 6-10 years old in 2019 who are siblings of current Tamarack campers or who register for at least one session at Zodiac Day Camp in Summer 2019 have a "Taste of Tamarack" Day Trip opportunity at no cost!

Other children (e.g. friends, relatives, etc.) who do not have a sibling at Tamarack or attend a session at Zodiac in Summer 2019, are welcome to participate in the amazing Introductory Day Trip opportunity at a reasonable cost of \$95.00, plus HST.

This amazing day-long adventure can be experienced on the date below:

- "Taste of Tamarack" - Saturday July 27, 2019 (approximately 8:0 a.m.-8:00 p.m.)

Mini-Acorn Weekend Opportunities for 6 to 11 Year Olds

Campers who are 6 to 11 years old in 2019 (finished SK to Grade 5) who register for at least one session at Zodiac Day Camp, Tamarack's partner day camp in Toronto, or are siblings of 2019 Tamarack campers, have another mini "taste of Tamarack" opportunity, AT NO COST. Other children this age who do not or cannot attend a session at Zodiac in Summer 2019, or do not have a Summer 2019 Tamarack camper as a sibling, or Zodiac campers or Tamarack siblings who have previously participated in a Mini-Acorn "Taste of Tamarack" weekend, are welcome to participate at a reasonable cost of \$265.00 plus HST (which will be fully credited against any longer Tamarack session registered for by that child in Summer 2019 or 2020).

The three-day, two-night weekend experience is available on the weekend below:

- Mini-Acorn - Friday August 9 - Sunday August 11, 2019

Tamarack's Last Few Days

Many campers choose to stay the entire summer at Tamarack. Each session is programmed to be as challenging and exciting as the other. Whether it is Tamarack inter-camp trips, Triathlon, Carnival, Overnights, Mountain Bike Trips, White Water Rafting, "I.C.E." (Individual Cabin Experience) Nights, Drive-in Movies, Outdoor Concerts, Swim Marathon, Special Guests, Colour Wars, Tamarack World Games, and so much more, the fun never stops! In particular, the last few days of each session, especially near the end of the summer, are special and memorable. Cementing friendships and memories, experiencing an awesome camp-wide program, the final Camper Banquet and so much more...all in the last few days of the summer! Regardless of which session your camper(s) are registered for, they will have an awesome Tamarack adventure and experience...we look forward to sharing as much of the summer together as possible!

What We Ask Of You

Partners in Camping

Parents sometimes hesitate to provide us with personal information regarding their child's behaviour or past experiences. Many fear that this information will "label" their son or daughter and that the information will be misused. As seasoned camp directors and parents, we understand these concerns. We also understand the importance of providing the staff working with your camper with complete information that will better prepare the Camp staff to ensure that your camper and the group as a whole are having the best possible camp experience. Having knowledge of a prior family, school, camp or emotional issue is important to us. It is our commitment to use the information provided only to help your camper to ensure that individual needs are met. We encourage you to be our partner in camping in making this the best summer for your camper. If there is anything you feel we should know, we encourage you to include an additional detailed written note when returning your camp forms to us.

What To Pack For Camp

The [Tamarack Packing list](#) on our website suggests the maximum requirements your camper will need for his/her stay at Camp and is intended for a month or full season camper. No more than two duffel bags will be accepted at our baggage depot. Also, similar to the concerns airlines have for their baggage handlers, we are equally concerned that our staff not have to move ridiculously heavy bags. While most airlines accept up to 23 kg (50 lbs), our limit per duffel bag will be 27 kg (60 lbs). If your child does not significantly overpack, it should be easy to stay under this weight (particularly by avoiding heavy cases of water, etc. which are not permitted or necessary). Suitcases and trunks are not permitted. While packing, please remember that "it's camp." If you are considering an article of clothing that may be too good, please keep it at home. Use one duffel bag for bedding, shoes, boots, and other equipment. The other duffel bag should be used for all clothing. Do not pack any valuables, food or water in the duffel bags as they will be transported to Camp in a large truck and your bags could be stepped on in the process.

Out-of-Town Campers have the option (which most take advantage of) to purchase a bedding/personal care package containing a pillow, comforter, 2 sheet sets, 5 towels, 2 laundry bags) for a low cost of

\$75.00 CAD plus HST. This is very convenient for travelling campers and enables them to travel with one (not two) duffel bags (airlines usually charge \$50.00 - \$100.00 extra for a second bag).

For all of your camp needs, including clothing, bedding and more, be sure to visit Camp Connection General Store located at 516 Lawrence Ave. West, Toronto, ON or call (416) 789-1944 / (866) 789-1944 (toll free). Click here www.campstore.com to visit the Camp Connection General Store website.



What Not To Bring To Camp

We put a great deal of effort into ensuring Tamarack is a safe environment for our campers. Pack only those items that are listed on the [Packing List](#). Campers (and parents) sometimes pack unnecessary, and often hazardous, items in their bags.

The following items must remain at home:

- × Candles
- × Lighters/matches
- × Knives or any weapon
- × Electrical appliances of any kind including, but not limited to, hotpots/kettles and coils, power bars
- × Cell Phones/Pagers
- × Electronics/Games with Screens
- × Water
- × DVD players, TVs or Laptops/Tablets/IPADs
- × Any expensive item you would be upset to lose
- × Lawn chairs
- × Fans
- × Shelving units
- × Walkie-talkies
- × Hair straighteners, curling irons
- × Money (other than as noted for international or Elder campers)
- × Alcohol/Narcotics
- × Food (other than gum and hard candies.)
- × Electrical decorative lighting

If any of the above items are found at Camp they will be confiscated.

Please be aware of our cell phone/PDA policy. Any cell phone/PDA brought to camp will be confiscated and not returned to the camper until the camper's last day of camp. We are counting on you being our partners in camping and not sending cell phones or other prohibited items. Any camper who breaches the cell/PDA policy may negatively affect their chances to return to camp or for employment in subsequent years and/or result in a suspension from camp during the current summer. Please see additional details regarding our "Screen-Free" policy on page 28.

If any duffel bag brought to the baggage truck contains any of the disallowed items listed above, you will be asked to remove such items from the duffel bag before it will be allowed on the baggage truck.

Insurance/Lost Items

Costly belongings brought to Camp such as, but not limited to, designer clothing, in-line skates, cameras, MP3 players, iPods, musical instruments, bite plates and sunglasses, are brought to Camp strictly at your own risk. Try to arrange insurance coverage for these items under your own household policy. The Camp, although taking all precautions, cannot be held responsible for loss, damage, or theft of any item. Please remember that your camper will be living in a cabin environment and it is common for clothing

and personal items to get lost or damaged. The Camp is not responsible for loss, disappearance or damage of camper's clothing and belongings – no matter how caused.

Camper Code of Conduct

Please ensure that you read and both parent/guardian and each camper sign the online Camper Code of Conduct and submit it by the forms deadline. Ensure that you and your camper(s) review all of the Camp policies to ensure a safe, healthy and happy summer for all!

Highlighted Camper Policies

Consequences for Violating

Participation

Campers will attend all scheduled activities unless excused for reasons of health by the medical staff and/or excused for reasons approved by the Camp Directors.

Meeting with counsellor, Unit Head and/or Camp Directors and/or appropriate consequences and call to parents/guardian.

Bullying

No camper shall bully, intimidate or cause any form of physical or emotional harm to any other camper and/or staff. Indirect support of bullying is also considered a serious offence. Tamarack supports a safe, nurturing and positive environment for all campers and staff.

Appropriate consequences, and/or probationary action and call to parents/guardian. Possible dismissal from camp.

Theft

Any form of theft, whether big or small, is deemed a serious offence and is not permitted at camp.

Appropriate consequences and call to parents/guardian. Parents will be responsible for the cost of replacing stolen or lost items. Possible dismissal from Camp.

"Screen-Free"

Tamarack is a "screen-free" camp and no camper shall bring a cell phone or similar device to Camp or for any off-site camp excursion. No camper shall use any phone on Camp property. "Hidden" cell phones are disrespectful and detrimental to the overall camp experience. "Non-screen" music devices (i.e "iPods") (in the cabin or where otherwise permitted by Camp) and digital/disposable cameras are permitted.

Confiscation of cell phone or similar device ("cell phone") and call to parents/guardians. Possible suspension/dismissal from Camp. Cell Phones will be returned on the last day of the camper's session (not on Visitors' Day or for an off-site excursion). Any camper who breaks this policy may negatively impact their opportunity to return to Camp as a camper or employee in future camp seasons.

Drugs or Alcohol

Campers are not permitted to possess and/or use/consume illegal drugs and/or alcohol in any manner or be in the presence of someone possessing or using/consuming, illegal drugs or alcohol.

Immediate dismissal from Camp.

Cigarettes & Cannabis & Vaping

Campers are not permitted to possess and/or smoke tobacco, cannabis, or any kind or vape, while at camp.

Appropriate consequences and call to parents/guardian. Likely dismissal from Camp.

Electrical Appliances

Electrical appliances of any kind including, but not limited to hotpots/kettles, coils, power bars and decorative lighting are not permitted.

Items will be confiscated and returned on the camper's last day at camp.

Internet/Pictures/Social Networking

See Camp Tamarack Camper Social Networking Policy below.

Infraction may lead to possible dismissal from camp.

If offence occurs during non-camp time, such campers may not be accepted back to Camp at the discretion of the Camp Directors.

Graffiti/Property Damage

Damaging camp property in any way is not tolerated. Graffiti is not permitted at camp.

Appropriate consequences and call to parents/guardian. Parents will be responsible for the cost of repairing any damage done to Camp property. Possible dismissal from Camp.

Curfew

All campers must adhere to camp curfews.

Appropriate consequences and call to parents/guardian. Possible dismissal from Camp.

Raiding/Pranks

Any form of raiding and/or pranks that are deemed harmful and/or inappropriate are not tolerated.

Appropriate consequences and call to parents/guardian. Parents will be responsible for the cost of repairing any damage done to Camp or personal property. Possible dismissal from Camp.

Leaving Camp/Inviting Outsiders

Camper may NOT leave Camp or invite outsiders for any reason without permission from the Camp Directors and/or without official Camp staff supervision.

Appropriate consequences and call to parents/guardian. Possible dismissal from Camp.

Cabin Hopping

Campers of one gender are not permitted in the cabin of the opposite gender, unless to attend a supervised, scheduled activity or with permission from the Camp Directors.

Appropriate consequences and call to parents/guardian. Possible dismissal from Camp.

Infraction 1: Camp enhancement. ETB (ie. "Early to Bed"). Phone call home.

Infraction 2: Possible suspension from Camp.

Infraction 3: Possible dismissal from Camp.

Knife/Firearm/Weapon

No camper is permitted to possess a knife, firearm and/or weapon of any kind – real or fake. Appropriate consequences and call to parents/guardian. Likely dismissal from camp.

Staff Cabins

Campers are not permitted in staff cabins unless to attend a supervised, scheduled activity or with permission from the Camp Directors. Appropriate consequences and call to parents/guardian. Possible dismissal from Camp.

Non-Platonic Camper/Staff Relationships

Non-platonic camper/staff relationships are not permitted. Appropriate consequences and call to parents/guardian. Possible dismissal from Camp for camper and dismissal from camp for staff member.

As can be expected, the policy schedule can and most likely will be adjusted as the summer progresses and is intended to be a helpful and important guideline, but realistically not comprehensive. Any camper who violates a policy listed here or engages in conduct that contravenes a Camp rule or that is deemed inappropriate and/or harmful to others, themselves or Camp property may face consequences, including dismissal from camp. Camp Tamarack may terminate the registration of any camper in the sole discretion of the Camp Directors. A partial refund/credit, if any, related to such camper's dismissal may or may not be considered by the Camp Directors based on their judgment as to the circumstances related to such dismissal.

Camp Tamarack Camper Social Networking Policy

In general, Camp Tamarack views social networking sites (Facebook, Snapchat, Instagram, etc.), personal websites and weblogs positively and respects the right of campers to use them as a medium of self-expression. If a camper chooses to identify himself or herself as a camper of our Camp on such internet venues, some readers of such websites or blogs may view the camper as a representative or spokesperson of the Camp. In light of this possibility, our Camp requires, as a condition of registration at the Camp, that campers observe the following guidelines at all times when referring to the Camp, its programs or activities, and its campers or staff, in a blog or on a website.

- Campers must be respectful in all communications and blogs related to or referencing the Camp, its campers, and/or employees.
- Campers must not use obscenities, profanity, or vulgar language.
- Campers must not use blogs or personal websites to disparage the Camp, campers, or employees of the Camp.
- Campers must not use blogs or personal websites to harass, bully (including texts prior to and after the camp session) or intimidate other employees or campers. Behaviours that constitute harassment and bullying include, but are not limited to, comments that are derogatory with respect to race, religion, gender, sexual orientation, colour, or disability; sexually suggestive, humiliating, or demeaning comments; and threats to stalk, haze, or physically injure another camper or employee.

- Campers must not use blogs or personal websites to discuss engaging in conduct that is prohibited by Camp policies, including, but not limited to, the use of alcohol and drugs, sexual behavior, sexual harassment, and bullying.
- Campers must not post pictures of campers or other employees on a website without obtaining written permission.
- The use of our copyrighted Camp name or logo is not allowed without written permission.

In order to protect ourselves, we will be reviewing the major internet sites on a regular basis in order to ensure that the members of our Camp community respect and adhere to our policy. Any camper found to be in violation of any portion of this Social Networking Policy will be subject to appropriate consequences, up to and including dismissal from/denial of the opportunity to return to Camp.

Bunk1 Bunk Notes

Back by popular demand, we are offering parents the convenience of e-mailing their camper(s). This service, provided through a company called Bunk1, allows parents the opportunity to purchase an e-mail plan and send their camper(s) e-mails. All e-mails are downloaded and printed and distributed with the camper mail the following day.

Campers will still have the opportunity to write home as many times per week as they wish and will be required to write home at least twice per week; however, campers are not able to send Bunk1 replies.

For more information please refer to our [website](#) - if you have any questions, please contact Bunk1 directly at 1-800-216-9472 or visit www.bunk1.com to register.

Mail

In our experience, campers LOVE receiving mail of any kind. Whether you decide to send a Bunk1 Bunk Note or send regular mail, campers are extremely excited to receive letters. Please send plenty of letters and send them a few days or even weeks before your campers arrive at Camp so that when they arrive on the first day, they already have mail waiting for them. The mail typically takes 5-7 business days to arrive at Camp from Toronto (a few days extra from elsewhere). Our complete mailing address is:



CAMPER'S NAME + CABIN NUMBER

(Don't worry if you don't know the cabin number the first week, your camper will write and let you know, and we will ensure that all letters get delivered)

Camp Tamarack
1391 Stoneleigh Road, RR#2
Bracebridge, ON P1L 1W9

Campers are not the only ones who love to get mail....parents do too!! All campers must write a letter home the first day of camp. Please ensure that you send stationary and a number of self-addressed, stamped envelopes. Please do not be concerned if you receive a letter that is not entirely positive. Often, by the time the letter has arrived at home, your camper has adjusted to Camp life and is having an incredible time and any issue has been resolved. If you do receive a letter that is of concern, please give us a call and we will check in with your camper and report back to you on how he/she is doing.

As previously mentioned, campers are required to write home on our Letter Writing Day (twice a week). Of course, campers are encouraged to write a letter whenever they wish and place it in our mailbox.

For U.S. and other International Campers:

Be sure to send international stamps. All U.S. and other international campers will have the opportunity to write a letter home and have Camp Tamarack fax the letter directly to the fax number provided. This service will only take place once per week. Ensure that the Camp Office has a current fax number on file prior to the first week of June

We recommend that all parents of international campers register for Bunk1 Bunk Notes as it is an easy and convenient way to communicate with your campers.

Online Photo Galleries

Also through Bunk1, but free to all parents, are the online photo galleries and newsletters. To access the galleries and view the weekly newsletter, simply follow the instructions on the Bunk1 Information Sheet and refer to the pre-approved CODE sent to you in the follow-up e-mail. Be sure to include all fields as this is a secure gallery and we approve and/or deny access to any individual trying to view the pictures. Pictures will be updated throughout the week – more information will follow on the gallery pages as we get closer to camp.

As you can appreciate, we do our best to make sure that every camper smiles for the camera! If you do not see your camper(s) in the galleries or they are captured looking good, but not great, please be patient, as our shutterbugs are always taking great cabin, activity and individual pictures, and we are confident that your camper will be online and looking awesome in no time!

Package Policy

If you were ever a camper, you know how excited you were when you received a package. You also probably remember how disappointed you were when you did not receive a package. Although the intentions of parents are usually good, the arrival of packages often creates disappointment, jealousy and, in a number of cases, packages contain unnecessary or inappropriate items. That said, we are unable to receive or accept courier envelopes, large packages or boxes at camp. If you wish to send your camper a comic, newspaper or other reading material, please send it in a flat envelope no larger than 9x12 inches. Any package and non-flat envelopes may be donated to charity. Please inform family members of this policy as we do not want to have any disappointed campers or family members. Any courier arriving at camp without giving us prior notice will be turned away and the package will be returned. We cannot be responsible for lost packages. We ask for your assistance with this policy as non-compliance can often lead to cabin problems, jealousy and overall unhappy campers. Do not send any food or candy packages. Any package or mail item that we feel could include an item that could jeopardize the safety and well-being of our campers and contravene Camp policy will be opened. Among other things, there are a number of campers with life-threatening allergies, and it is our responsibility to protect them the best we can.

Tamarack Is A Peanut/Nut Sensitive Environment

Camp Tamarack is a peanut/nut sensitive environment and all of our menus, snacks and tuck shop items reflect this, but we ask that you do your part as well. Please ensure that all food items sent with your camper(s) or brought up on Visitors' Day do **NOT** include any item which may contain or have been in contact with peanuts and/or nuts. We appreciate your assistance with this policy as your help will have a direct impact on the health and safety of our campers and staff that live with a potentially life-threatening allergy.

****Please do not send sunflower seeds to camp. This is to respect the potential allergy issues and the environment.*

Food Policy

There are several factors that were considered in order for us to develop our Food Policy including camper safety and unwanted wildlife and insects in the cabin.

With this in mind, campers are not permitted to bring any food to camp, other than a small quantity of gum and hard candy. Serious concerns regarding cleanliness, health and attraction of animals have led us to believe that not allowing food (other than gum and hard candies) is in everyone's best interests. Everyone will be well fed, have full stomachs and be happy campers! Please do not send unauthorized food items as they may be confiscated.

Please do not send water, pop or other beverages. They are bulky, heavy and entirely unnecessary. Our pure Muskoka water and other Camp beverages are more than sufficient and delicious!

Note: Additional snacks/drinks are available in our Tuck Shop if you set up a Tuck Shop Credit by making a deposit on behalf of your camper(s).

"Screen-Free" **NEW**

We truly believe that camp is intended to foster independence, growth, maturity and so many other attributes, and that maintaining reasonable separation from city life and immersing oneself in the Tamarack camp community is hugely important and beneficial. Achieving these goals, however, is difficult, if not impossible, with the presence of "screens" (aka phones) acting as a link to parents and the city. Truly being a part of our "camp family" cannot be fully successful if a child has effectively been given permission and tools to contact their parents to catch up or when a problem arises. Please place your trust in us to take care of your kid(s) as if they were our own. Sending a fully active cell phone to camp is essentially giving a child the message that you do not trust the camp to take care of him/her.

We have consistently had a policy stating that "no camper shall bring a cell phone, pager or similar device to camp or any off-site camp excursion" (the latter which includes Elder rafting) and that 'hidden cell phones' are unappreciated and detrimental to the camp experience. When discovered, we have confiscated phones/SIM cards for the duration of a camper's stay at camp. We have, however, up until now allowed campers to have phones for music, photos, etc. as long as there was no SIM card because we want campers to be comfortable and be able to record their memories and experience. We have come to the conclusion, however, that since some parents send their campers with one or more phones/SIM

cards to purposely get around the system, it is impossible to be consistent and fair. Allowing screens for some purposes (i.e. music and photos) unfortunately leads some parents to abuse the system by enabling these devices to be used as unwanted and unappreciated (by the camp, and even many of the campers) active links to home.

Since it is, therefore, impossible to monitor how screens are being used and which families are being respectful of our policy, and their children's independence and overall camp experience, we have come to the conclusion (like virtually all other camps) that from this point on, commencing in Summer 2019, Tamarack will be a "screen-free" camp. For the vast majority of parents who respectfully partner with us, implementation of this tweaked policy will not be an issue. We hope and trust that other parents will abide by this policy, knowing that we do everything possible to earn and maintain your trust, and to ensure the safety and well-being of our campers. We promise to do our best to advise you of anything we believe you need to know about, or to seek your input, as and when necessary.

The only two kinds of devices now allowed at camp for campers are personal music devices (i.e. iPods and mp3's which can be found on eBay, Best Buy for as little as \$45.00) and digital cameras (small, lightweight and inexpensive) (along, of course, with chargers for such devices). Not allowed are devices that facilitate playing games, watching shows, uploading/downloading data or being used as telephones or for texting. Please note that if a prohibited device is discovered, it will be confiscated for the duration of the camper's stay at camp.

Visitors' Day

↳ Saturday, July 20th, 2019 11:00 a.m. – 3:00 p.m.

Tamarack's popular Visitors' Day enables parents, other family members and friends to enjoy each camper's fun, success and accomplishments at Camp. It is also a great opportunity for our Second Session, Acorn 3, 4 and 5 campers and parents to visit in advance. There is no Visitors' Day during our Second Session.

All of our families are invited to join us in the Dining Hall for a delicious buffet lunch. If your family wishes to bring a picnic lunch, please remember to adhere to our Peanut/Nut Policy.

If you wish to extend your camper's stay with us, please speak with the Camp Administrator and we will do our best to accommodate your request if space is available.

The Tamarack Leadership Team will be in front of the Camp office throughout the day, so please be sure to come by to say hello, discuss any matters with us and to give us positive feedback!

Please also remember that visitors will not be allowed into Camp until 11:00 a.m. and must depart by 3:00 p.m. Campers cannot be taken out overnight.

Out-of Town campers who generally do not have visitors will enjoy an exciting full day of activities at Camp.

Leaving Camp Property

If you wish to take your camper(s) off site prior to the official 11:00 a.m. start of Visitors' Day, (for the day to a family cottage or into town), you MUST contact the Camp Office no later than July 17th, 2019 so that we can prepare a list of all campers who will be taken out of Camp prior to 11:00 a.m. There will only be 2 "Early Departure Time Slots" - 9:00 a.m. or 10:00 a.m. You must book a set time for such early pick up and your choice can be indicated on the Transportation and Visitor's Day Form.

If you choose to take your camper off-site on Visitors' Day, all campers and parents/guardians will be required to sign out at the Camp's Off-Site Table located at the Camp gate before they exit the property and sign in upon their return. A staff member will be stationed at the Off-Site Table throughout the day should you have any questions.

All campers going off-site (at any point during Visitors' Day) MUST be back at camp by 2:00 p.m. without exception. We also strongly request that if going off-site, you and your family spend some time at camp meeting counsellors visiting activity areas and allowing your camper(s) to share their pride in their camp with you.

If family circumstances require special arrangements for Visitors' Day, please contact the office prior to the first week of June.

Places to Stay

Visitors' Day is a great excuse to take a weekend vacation in Muskoka. There are a number of good to excellent hotels, motels and resorts within a 10-30 minute drive from Camp. If you plan on staying overnight, we recommend making your reservations as soon as possible as Muskoka is a popular place during the summer and space is limited. Here are a few places you may wish to consider:

- Travelodge Bracebridge www.travelodge.com (800) 578-7878
- Quality Inn www.choicehotels.ca (705) 645-8775
- Sleep Inn Bracebridge www.choicehotels.ca (705) 645-2519
- Relax Inn Bracebridge www.relaxinn.ca (705) 645-8755
- Inn At The Falls www.innatthefalls.net (705) 645-2245
- Cleveland's House www.clevelandshouse.com (705) 765-3171
- Delta Sherwood Inn www.deltahotels.com (705) 765-3131
- Taboo Resort www.tabooresort.com (800) 461-0236

Tipping Camp Staff

Please do not tip any Camp staff. It is against Camp policy for any of our staff members to accept any tips. If you feel it is necessary to express your gratitude to one of our staff members, a simple letter of thanks is a meaningful way to show your appreciation.

Camp Transportation

The Camp Bus

We strongly believe that the camp experience begins the moment our campers step on the bus. Our professional and sensitive bus counsellors are specifically trained during pre-camp to make sure each and every camper feels like a part of the Tamarack family, starting the moment the buses depart for camp.

Please be at the buses at least 30 minutes before the scheduled time of departure. The times listed in [Appendix B](#) are the actual departure times. If you are too late for your camper(s) to leave with the buses, you will be responsible for transporting them to Camp yourself. Please arrive 20 minutes prior to the scheduled arrival time on the return date.



All campers will be leaving from/arriving at Chesswood Arena (4000 Chesswood Drive) bus depot. Be sure to let the parking attendants know that you are from Tamarack and they will direct you to the appropriate spot.

All of our campers traveling from Toronto to Tamarack on our buses are grouped by their unit and gender. After countless hours of developing our bus procedure, we feel that by grouping the campers in this manner, campers will have the opportunity to form bonds with other campers who will be in their cabins and/or units from the moment they step on the bus. Please make sure your camper knows what unit he/she is in prior to arriving at the buses. When you arrive at the buses, simply look for the signage that indicates the appropriate bus to board. There will be several Tamarack staff with camper lists to help direct you to the correct bus.

Units:

- | | | |
|-------------|------------------|---------------|
| → Hawthorns | ages 7-10 years | Grades 1 - 4 |
| → Junipers | ages 11-12 years | Grades 5 - 6 |
| → Sequoias | ages 13-14 years | Grades 7 - 8 |
| → Elders | ages 15-16 years | Grades 9 - 10 |

Sibling Seating Request

As stated above, buses will be boarded in Toronto based on unit and gender. However, we are able to arrange for a sibling to sit with another sibling if you prefer. If you wish to make a specific sibling seating request for the bus, you must indicate this request on the Camper Transportation Form. We cannot, however, guarantee which unit's bus the siblings will travel on, if the siblings are in different units.

Baggage & Medication Drop-Off

Tamarack parents find the Tamarack baggage procedure fast and convenient. The best part about it is that parents simply have to "pop the trunk" and our staff will do the rest.

First Session, Acorn 1, Extended First and Full Season Campers

- Wednesday, June 26, 2019, between the hours of 7:30 – 11:30 a.m.
- Medication drop-off is included for these sessions

Acorn 2 Campers

- Please bring baggage and medication to the bus with your camper(s) as per the [schedule](#)

Second Session and Acorn 3 Campers

- Wednesday, July 24, 2019, between the hours of 7:00 - 10:00 a.m.
- Medication drop-off is included for these sessions

Acorn 4 and Acorn 5 Campers

- Please bring baggage and medication to the bus with your camper(s) as per the [schedule](#)

Please label all bags with Tamarack baggage tags that will arrive in the mail. Our staff will organize the bags to ensure that they end up in the appropriate cabin and will be in your camper's cabin upon arrival at Camp. We do not unpack the duffels as we feel that this process is part of the camp experience and allows the camper to personalize his/her own area.

Any baggage arriving at the Baggage Depot that contains any form of shelving unit, beverage bottles/cans or other disallowed items in the duffel bag will not be loaded. Please save yourself the time of having to empty your duffels at the depot and leave these items at home. They are unnecessary for Camp and not allowed in duffel bags. Please remember that each bag must weigh less than 27 kg (60 lbs).

All duffel bags will return with the campers at the end of their session and be organized in several rows in alphabetical order. Please arrive 30 minutes before the scheduled arrival of your camper to gather their belongings. Any smaller items (lock boxes, pillow, sleeping bags, hockey sticks etc.) will be located on the bus that your camper is returning on, so please remember to ask your camper to collect all of their items prior to departing the depot. There will be several Tamarack staff to help with locating and loading of your bags.

Carry-On Baggage and Lock Boxes

Please bring any carry-on baggage and/or lock boxes with you to the bus depot. Please make sure that all articles traveling with your camper(s) are clearly labelled. Tamarack reserves the right to open and inspect any and all bags/lock boxes (and/or duffel bags) at any time.

Driving To Camp

Drop-Offs and Pick-Ups at Camp

We strongly discourage parents from dropping off their camper(s) at Camp as we believe that the camp experience truly begins on the bus ride to Camp. However, we recognize that there may be some families that need to drop off their camper(s). If you are dropping off your camper(s), please refer to [Appendix B](#) for arrival and departure times. Please contact the camp office for details of the drop-off and pick-up times. Please note that a staff member will meet you at the dining hall and you will simply drop off your camper and be asked to leave Camp after giving your camper a big hug (of course!). It is imperative that you drop off your camper at these



precise times as our road is a single lane road and we cannot have any parents/cars in Camp when the buses arrive/depart. The Camp must receive sufficient prior written notice of any such direct drop-off or pick-up from Camp.

Driving directions and a map to camp from Toronto can be found in Appendix C.

Air Travel To Camp



All out-of-towners fly directly into Toronto Pearson International Airport (with their baggage) on Friday, June 28, 2019 (unless other arrangements have been agreed to with the camp). Our amazing airport bus counsellors (wearing Tamarack staff shirts of course!) will greet our out-of-town campers at the airport and help them with their baggage. Everyone will then board our Camp bus and travel directly to Camp. Parents are responsible for their child's flight arrangements and should book flights as soon as possible to ensure they receive a reasonable flight time and fare.

If possible, we recommend campers who have family and friends in the Toronto area arrive in Toronto by Thursday June 27, 2019 and then take the regular Camp bus on Friday, June 28, 2019.

Please send us all flight details using the Camper Transportation Form as soon as possible.

Arrival and Departure Window

Please make sure that the flight arrival time on Friday, June 28, 2019 in Toronto is between 10:00am and 2:00pm and that the applicable flight departure time on the applicable departure date from Toronto is between 2:00pm and 6:00 p.m. It is our goal that all out-of-town campers arrive/depart within this window so that they can travel to and from Camp together. If your camper arrives earlier and/or departs later, our staff will ensure that your camper is properly supervised.

Please ensure that the following documents accompany your camper:

- Passport
- Return airline ticket
- Money for excursions/purchases (we suggest approximately \$300)
- Tamarack contact number (705) 645-4881
- Permission letter from each parent/guardian that has custody of his/her camper authorizing his/her camper to travel alone
- International calling card
- Medical Insurance information
- All documents must be given to our staff upon arrival and will be locked in the Camp office.

A few reminders:

Please check with your airline regarding boarding procedures for your child as an "unaccompanied minor". Most airlines require you to register your child as an unaccompanied minor if your child is under 16 years of age.

Leaving Toronto, your child must pass through customs. Tamarack staff members are not allowed to enter the customs waiting area. If your child is registered as an unaccompanied minor, he/she will be given extra attention and supervision by the airline. In most cases, unaccompanied minors are also given special seating arrangements.

We will, of course, feed campers at the airport and/or on the way to and from camp. Be sure to send a few snacks for the flight to Toronto. Remember: no nuts please.

Please give your camper(s) some “extra” money. Often, because of delays, it is recommended that you send \$20.00 for each camper to carry to purchase additional snacks/food.

Please be sure to follow all airline restrictions as outlined by your specific airline.

* *Out-of-town campers have the option (which most take advantage of) to purchase a bedding/personal care package containing a pillow, comforter, 2 sheet sets, 5 towels 2 facecloths, 2 laundry bags) for a reasonable cost of \$75.00 Canadian. This is very convenient for travelling campers and enables them to travel with one (not two) duffel bags (airlines usually charge \$50.00 to \$100.00 extra for a second bag)*

Looking Forward to Tamarack Summer 2019

We look forward to an amazing Tamarack summer 2019 and to welcoming returning and new campers to the Tamarack family!

Appendix A – Aquatic Leadership Courses

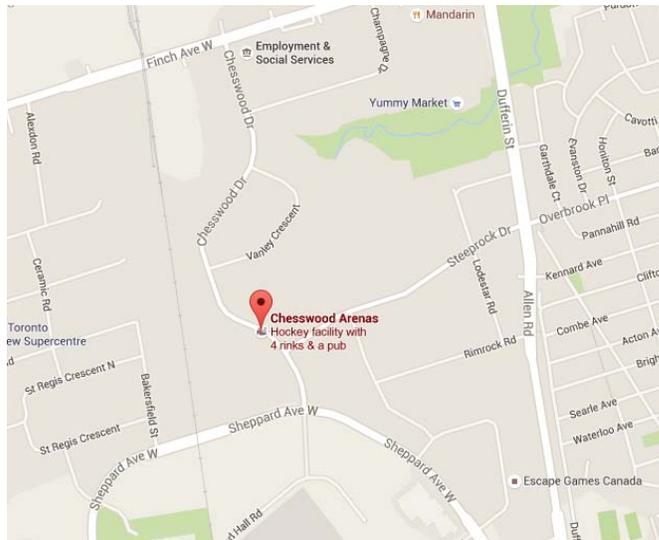
Course	Prerequisites	Materials Required	Materials (Incl. HST)	Certification/ Exam Fee
Bronze Medallion & Emergency First Aid with CPR B	13 years old OR Bronze Star <u>AND</u> 12 years old	Canadian Lifesaving Manual & Bronze Medallion Workbook CPR Mask Non-latex gloves	\$75.00	\$28.00
Bronze Cross	Bronze Medallion <u>AND</u> Emergency First Aid with CPR B	Bronze Cross Workbook Canadian Lifesaving Manual* CPR Mask* Non-latex gloves*	\$5.00 *\$75.00	\$22.00
Standard First Aid with CPR C	13 years old	Canadian First Aid Manual CPR Mask Non-latex gloves	\$40.00	\$22.00
Assistant Instructor	14 years old <u>AND</u> Bronze Cross	Assistant Instructor Workbook Canadian Lifesaving Manual*	\$6.00 *\$46.00	\$30.00
Swim Instructor	16 years old <u>AND</u> Bronze Cross	Swim Instructor PAC <ul style="list-style-type: none"> • Instructor Notes • Swim For Life Award Guide • Teaching Swim for Life • Lifesaving Images binder Canadian Lifesaving Manual*	\$52.00 *\$46.00	\$31.00
Lifesaving Instructor	16 years old <u>AND</u> Bronze Cross	Lifesaving Instructor PAC <ul style="list-style-type: none"> • Instructor Notes • Swim Patrol Award Guide • Bronze Medals Award Guide • First Aid Award Guide • Lifesaving Images binder Canadian Lifesaving Manual*	\$62.00 *\$46.00	\$31.00

**additional cost if you do not have the materials from a prerequisite course*

Appendix B – Summer 2019 Bus & Baggage Depot Information

This summer our bus and baggage depot will be at the conveniently located Chesswood Arena.

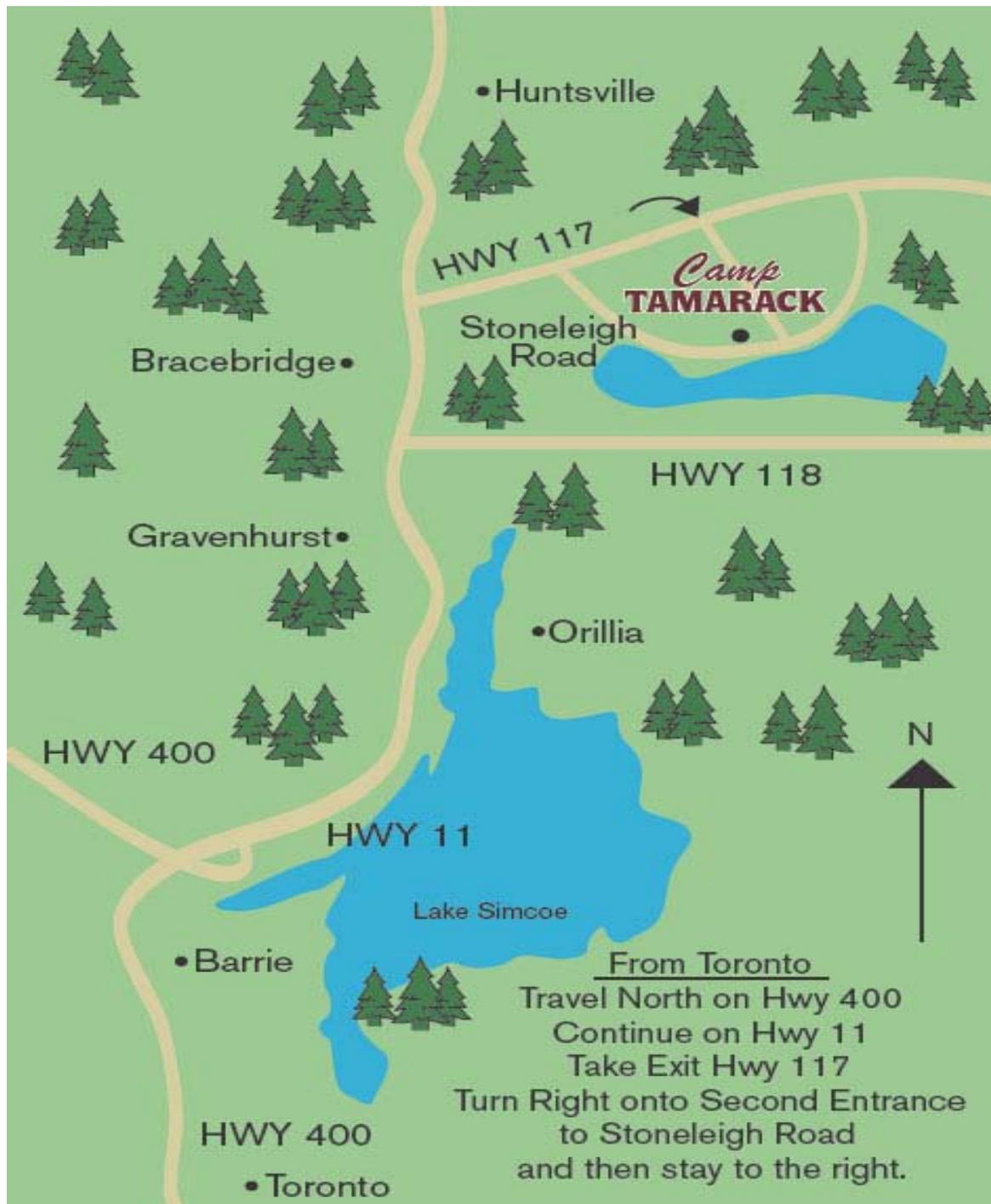
→ 4000 Chesswood Drive, North York, ON M3J 2B9



The bus schedule for the upcoming summer will be at Chesswood Arena on the following dates:

Session	Start Date	Departure Time: Departure	End Date	Departure Time: Tamarack	Return Time: Toronto
Full Session	June 28	8:15 am	August 15	9:30am	11:30 am
First Session	June 28	8:15 am	July 25	9:30am	11:30 am
Extended First Session	June 28	8:15 am	August 4	1:30 pm	3:30pm
Acorn 1 Session	June 28	8:15 am	July 11	9:30am	11:30am
Acorn 2 Session	July 11	1:30pm (tbd)	July 25	9:30am	11:30am
Acorn 2/3 Session	July 11	1:30pm (tbd)	August 4	1:30pm	3:30 pm
Day Trip	July 27	8:00am	July 27	6:00pm	8:00pm
Second Session	July 25	1:30pm	August 15	9:30am	11:30am
Acorn 3 Session	July 25	1:30pm	August 4	1:30pm	3:30pm
Acorn 4 Session	August 5	8:15am	August 11 w/weekenders	1:30pm	3:30pm
Acorn 5 Session	August 5	8:15am	August 15	9:30am	11:30am
Mini-Acorn Weekend	August 9	8:15am	August 11	1:30pm	3:30pm

Appendix C – Directions to Camp



Appendix D – Important Dates for Summer 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 23	24	June 25	June 26	June 27	June 28	June 29
			BAGGAGE DAY 1 <i>Full Season, Extended First Session, First Session & Acorn 1</i>		FIRST DAY of Camp <i>Full Season, Extended First Session, First Session & Acorn1</i>	
June 30	July 1	July 2	July 3	July 4	July 5	July 6
July 7	July 8	July 9	July 10	July 11	July 12	July 13
				Acorn 1 ENDS Acorn 2 & Acorn 2/3 BEGIN		
July 14	July 15	July 16	July 17	July 18	July 19	July 20
						VISITORS' DAY
July 21	July 22	July 23	July 24	July 25	July 26	July 27
			BAGGAGE DAY 2 <i>Second Session & Acorn 3</i>	First Session & Acorn 2 END FIRST DAY of Second Session & Acorn 3		Day Trip
July 28	July 29	July 30	July 31	August 1	August 2	August 3
ELDER Rafting Trip to Aug 2						
August 4	August 5	August 6	August 7	August 8	August 9	August 10
Acorn 2/3, Acorn 3 & Extended First Session ENDS	FIRST DAY of Acorn 4 & 5				Mini-Acorn Weekend	
August 11	August 12	August 13	August 14	August 15	August 16	August 17
Mini-Acorn & Acorn 4 ENDS				LAST DAY of Camp	Family Weekend Begins	