



Camper/Parent Handbook 2023

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Summer Office

June 13 – August 18, 2023

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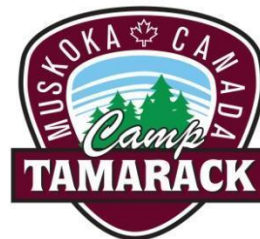
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Camp TAMARACK Camper/Parent Handbook



About Our Camp

Just Around The Corner

It's hard to believe that Summer 2023 is just around the corner! Rick, Ellen and Danny, our Leadership Team and many of our Camp staff have been hard at work to ensure the Tamarack family stays as safe and healthy as possible, while of course also planning fun, challenging and exciting programs, hiring terrific new and returning staff and building towards what will be an amazing Summer 2023!

Camp Tamarack Mission:

At Camp Tamarack, our mission is to build an inclusive community committed to providing safe and enjoyable opportunities for everyone to develop and grow as leaders.

Camp Tamarack Philosophy

Since 1981, Camp Tamarack has earned the confidence and loyalty of thousands of campers, parents and staff. Tamarack's large private 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
- PERSEVERANCE
- 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 in 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 2023! 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 2023!

Camp Director/Owner - Rick Howard

Rick practiced business law for over 10 years and has spent many years as the Director/Owner of Camp Tamarack, as well as being extensively involved in recreational and other programs. Rick's organizational and business skills, sense of humour and natural ability and effectiveness in dealing with campers, staff and parents have also proven successful in his other experiences as a parent, coach and teacher. Rick has a long history of camp experience, having been a counsellor, unit head, head counsellor and camp director. Rick is also a long-time volunteer and leader in the Ontario Camping movement and a Past President of the Ontario Camps Association.

Camp Director/Owner - Ellen Howard

Ellen has brought her enthusiasm, creativity, leadership and love of children to the wide variety of roles she has filled during her career, including physical and health education teacher, swim professional, program director and camp director in various camps. Ellen's main portfolios at Camp Tamarack are connected with waterfront, health & safety and activity programming. Ellen looks forward to continuing her volunteer work with the Ontario Camps Association as a standards visitor and co-chairing the Out Of The Cold program in her local community.

Camp Director - Danny Goodman

Danny Goodman is a highly respected educator in York Region and an experienced camp professional and we are excited to welcome him back as a Director for Summer 2023! No matter what the challenge, Danny is instrumental in making the camp season successful for Tamarack campers, staff and families. Danny is respected and appreciated by the Tamarack community for his professionalism, empathy, intelligence, adaptability and calm nature. He is a natural leader who we look forward to working with for many years to come! Danny, his wife Erin, and their sons Zach and Bradley, are long-standing valued members of the Tamarack community.

Camp Administrator & Business Manager - Mitch Pichosky

Mitch is a graduate of the Ivey Business School, having then worked in the marketing field for a few years, prior to becoming an integral member of the year-round Tamarack staff team. Many in the Tamarack community know Mitch as a long-time staff member, including stints as Elder Unit Head and Head of Flyboarding who is truly a valued member of the Tamarack family. Mitch has grown role as Camp Administrator & Business Manager and is not only an excellent communicator with, and support to, Tamarack families, but an invaluable support to Rick, Ellen and Danny.

Head Counsellor/Wellness Coordinator - Holli Rosenblatt

Holli has an extensive background as an educator, camp professional and Tamarack parent (kids Ryan, Abby and Emily (husband Adam)), as well as her incredible job last summer in the combo role of Wellness Coordinator and Head Counsellor. Holli will be overseeing and working closely with our unit head team, counsellors, campers and families in making Summer 2023 truly incredible!

Assistant Head Counsellor - Leah Berson-Weinberg

Returning for her 18th summer, after her successful tenure as a much respected Juniper and Hawthorn Unit Head, Leah is back in her role as the Assistant Head Counsellor! Leah will bring her valuable camp leadership experience and skills as a professional teacher in supporting Holli, our unit heads and counselling and supporting the unit team, counsellors and campers.

Head of Activities - Jeff Kahn

After an incredible first summer back at camp with his wife Hayley, and kids David and Isaac, Jeff transitioned into the role of Head of Activities in Summer 2022. Jeff utilized his impressive skill set as an experienced senior camp leader and professional teacher to help strengthen all of our incredible activities. Jeff will be supporting, overseeing and working closely with our activity heads and support staff in helping take all of the activities in Summer 2023 to a whole new level!

Assistant Head of Activities - Jordyn Berman

We are excited to have Jordyn Berman join the leadership team as the new Assistant Head of Activities! After 18 summers as a camper, ropes & climb staff, swim staff, Head of Swim and Head of Waterfront, Jordyn (also a professional Social Worker) will work closely with, and provide amazing support to, Jeff and all activities with special emphasis on all of our waterfront activities.

Program Coordinator - Joanna Perlus

Joanna (and her husband Mik) are veteran Tamarack parents of Dov and Everett and we could not be more excited about Joanna's return to the team as our Program Director/Head of Special Programs! Joanna has extensive teaching and camp experience, and her incredible creativity and enthusiasm in helping run the World Games, Second Month All-Day, Moonlight Madnesses and other special camp events and traditions have helped bring the usual amazing Tamarack spirit to another level!

Staff Coordinator/Outdoor Education Director - John Hannant-Minchel

After a successful Summer 2022 as our Staff Coordinator, John will be continuing with his role of creating strong bonds and interpersonal connections with all Tamarack staff. As Staff Coordinator, John has helped us to recruit top-notch staff for Summer 2023. John looks forward to working closely with the staff team throughout the summer, including overseeing staff support, duties, days off and recreation. We are also excited that John is continuing in his full-time role as Tamarack's Outdoor Education Director, where he will help oversee both our spring and fall group programs.

Full-Time Camp Social Worker - Lindsay Ross

After a successful first summer in her role, we are pleased to have Lindsay Ross officially join the leadership team as our Camp Social Worker. Lindsay will continue to bring her extensive social work, camp and parenting expertise in working collaboratively with our staff, campers and families to help support them with whatever their needs are.

Health Team

We are so fortunate to have an outstanding Health Care Team at Tamarack. The team is made up of rotating doctors, 2 full-time nurses and 2 full-time health care providers (i.e. student nurses). Dr. Mark Appelby, Dr. Cristina Curea, Dr. Hayley Hoffman and Dr. Delia Curea make up the experienced doctor team. We are excited to welcome back Sarah Louwagie as the Camp's head nurse, together with nurses Carl Leushuis and Chelsea Nyland and student nurses, Jessica Isimwee and Brooke Bernier.

Facility/Maintenance Team

Tamarack has the best Facility Director in the industry – Glen Nelson. This will be Glen's 15th year with Tamarack. Glen, along with his son Jake (Assistant Facility Director) 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.

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 2023 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 members are not only a good fit for the camp, but also that the Camp is a good fit for them. A happy staff member who understands Tamarack's high expectations from the outset will ultimately be a far more effective member of our team.

All of our staff are thoroughly trained. They are required to study our staff manual, and to attend staff training both prior to camp and during the week immediately before camp. By the time the campers arrive, our returning and new staff are ready to roll! We 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 2023. Not only are many "veteran" Tamarack campers registered and looking forward to "coming home", but 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 let your family and friends miss out on the excitement of every aspect of Summer 2023 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 2023 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 15, 2023, including:

- ❑ Camper Health & Individual Needs Form
 - ❑ *If a life-threatening allergy has been indicated this additional form is required – Emergency Allergy Alert Form (part of the health form)*
- ❑ Camper Wellness Intake Form (print, sign and upload)
- ❑ Camper Swim Form (in camper Camp Brain account)
- ❑ Camp Tamarack Medical Form Waiver 2023 (print, sign and upload)
- ❑ Camper Code of Conduct (print, sign and upload)
- ❑ 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, Question & Answer Summary and Newsletters

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

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, and other related legislation and regulations, every effort is, and will be, 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 unit head, applicable counsellors and activity staff. We also expect that you, the parent/guardian, have communicated 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.

General Immunization Information

One of the joys of summer camp is that it is an 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:

https://www.health.gov.on.ca/en/public/programs/immunization/static/immunization_tool.html

Important Vaccine Information

The Camp's efforts to ensure a safe and healthy environment at camp include health promotion, of which immunization is a key component. By doing so, we align ourselves with school boards and Health Canada. As such, all campers and staff at Camp must have received all of the mandatory immunizations which are as follows: Measles, Mumps, Rubella, Pertussis, Tetanus, Diphtheria, Polio, Meningococcal C Conjugate and Chicken Pox. If, for whatever reason, you have elected NOT to have your child(ren) vaccinated, you must indicate this on the camp health form. If your child is not vaccinated or if your child is vaccinated on an atypical schedule, the Camp needs to know. Please notify the Camp by confidential email at health@camptamarack.info with any details not indicated on the health form.

Any camper without required vaccinations will have to leave Camp (with no refund of fees) if an illness breaks out at Camp that could put them at risk in our doctor's sole discretion.

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. The Camp staff 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 Mental Wellness Form

This [form](#) is intended to enable parents/guardians to provide the camp with important information necessary for the camp to partner with you and ensure the Camp is best meeting your child's mental health needs.

Other Resources available:

- [Distress Centres of Greater Toronto](#)- A free telephone help-line for people experiencing emotional distress. Volunteers provide listening and referral services. Call: 416-408-4357 or text 45645.
- [Kids Help Phone](#) - Provides professional counselling, information and referrals for mental health, addictions and well-being for children and youth. Call: 1-800-668-6868.
- [Toronto Centre Health Line](#) - Provides links and numbers to a variety of health services including mental health and bereavement.

- [Mental Health Helpline](#) - Provides information about counselling services and support in your community. Provides basic education on mental illness. Call: 1-866-531-2600.

Additional Resources:

- Wellness Together Canada: <https://ca.portal.gs/>
- Good2Talk: <https://good2talk.ca/>
- Youthline: <https://www.youthline.ca/>
- Togetherall: <https://togetherall.com/en-ca/>
- Hope for wellness: 1-855-242-3310
- Talk4healing (for Indigenous women): 1-855-554-4325

Continuing Education:

- jack.org – Be There: <https://jack.org/About/Be-There>
- Safetalk Training: <https://legacy.livingworks.net/programs/safetalk/>
- ASIST Training: <https://www.livingworks.net/asist>

The Health Centre

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

The Health Centre will have daily clinics after breakfast and dinner. Camper medications will be distributed before breakfast and dinner at the tent located on the Clock Tower hill. 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 or a member of the health team will meet the camper at a designated activity.

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 the Camp needs to call home, the Camp will 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 if 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 team of doctors, nurses and first-aiders will work diligently to make sure Tamarack is as safe and healthy an environment as possible.

Camper Medications & 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:

PLEASE NOTE: Medications, prescription or over the counter, will be administered only if they are properly labeled by a pharmacist or physician in their original containers with names of medication and dosage. All medical information will be disclosed, in addition to medical staff, to other appropriate staff at camp for the safety and protection of your child.

First Session, Acorn 1, Acorn 2, Extended First, Full Season Campers and Acorn 3/4/5/Second Session Campers

- Medications must be dropped off at the Baggage Depot in accordance with the baggage drop-off schedule
- A Tamarack Healthcare 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 Healthcare team for organization and safe storage in the Health Centre
- Please only send prescription medication as all meds such as Advil, Benadryl, etc are available to be provided by the Health Centre

Meeting Before Camp

If necessary, we will be pleased to set up a Zoom appointment or phone call, involving a member of the Camp Health Care 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 that you send your camper(s) with a proper sunhat, sunscreen lotion and water bottle that are clearly labelled. Staff will be trained to be 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 not be allowed to share sunscreen due to concerns about allergies and cross contamination. Please practice with your children at home prior to camp the proper, safe way to apply sunscreen to their different body parts



(eg face is different from legs). 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. Please send your camper with their own reusable water bottles so they can remain hydrated all day. Water bottles will be cleaned and disinfected on a regular basis.

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 not be doing routine lice checks upon arrival at camp. Should lice be detected, however, Tamarack will treat your child on site (at a cost to the applicable family of \$150.00 per camper). Although head lice are not a health hazard, such conditions are easily spread in contained environments. Please help us keep camp LICE FREE. Thank you for your cooperation.

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 the 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. Please practice with your children at home prior to camp the proper, safe way to apply insect repellent to their different body parts (eg face is different from legs).

Food and Special Diets

We are excited to welcome Express Food Services which will be responsible for providing Camp Tamarack with excellent, professional and experienced camp food service. Thought has gone into assembling an excellent kitchen staff team and 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 a 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. If you would like to speak to Holli (Wellness Coordinator) prior to camp, please send an email to info@camptamarack.info and request a call. 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 cabinmates 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 each 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 contact the Camp office as soon as possible to ask to be part of our Buddy-Up Program. We will do our best to contact another 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. Our experience with the Buddy Up program is that campers feel a sense of comfort knowing someone prior to arriving at Camp. In the event that you are unable to contact us to be part of the Buddy Up program, our awesome staff members will ensure they "buddy-up" each camper upon arrival.

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 programs 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 voicemail. Our voicemail is checked several times throughout the day and we will do our best to return your phone call within 24 hours. Mitch, 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.

SCAN OR 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 scan such documents to info@camptamarac.info or use the Camp's 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 an urgent nature, please call the camp.

- Our Toronto Office will close on Friday, June 9, 2023
- If you need to contact us after Friday, June 9, 2023, 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 team members will attempt to be in touch with every new camper's family within approximately 72-96 hours of their arrival at camp. 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 an extension of your camper's stay when they want more because they 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 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 5 ½ week 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 daily swim instruction period
- ✓ One-two individual choice/cabin period(s)
- ✓ Half-day cabin/activity placement
- ✓ Additional leadership workshops, training and feedback

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 swim instruction period and other exciting activities are part of the CIT program.

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 – 9:45 am	Clean Up
9:45 am	Round Up
10:00-11:00 a.m.	1 st Period

11:00-12:00	2 nd Period
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	Rest Hour
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 (often with special themes and/or a “twist” on the regular activity) and an opportunity to “chill” with friends.

Get Into The Swim Of Things!

Tamarack campers will be following the Lifesaving Society Learn to Swim 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. We ask that the Camper Swim Assessment 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 this email: swim@camptamarack.info to update the Camp in writing of the change.



LIFESAVING SOCIETY
The Lifeguarding Experts

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 their swim routine.

LIFESAVING SWIMMER - AT-A-GLANCE

The Lifesaving Society's 6-level Swimmer program makes sure your children learn how to swim before they get in too deep. Swimmer progressions accommodate children 5 years and older, including absolute beginners as well as swimmers who want to build on the basics.

The program stresses lots of in-water practice to develop solid swimming strokes and skills. We incorporate Water Smart® education at all levels.

The content of each level is organized as follows:

- Surface support
- Underwater skills
- Swim to Survive® skills
- Movement / Swimming skills
- Fitness
- Water Smart® education

As an integral part of the Swim for Life® program, Water Smart education provides information and experiences that helps participants make smart decisions when in, on and around water and ice.

LIFESAVING

The Lifesaving Society provides a fun and challenging progression of lifesaving training programs. The Tamarack Swim Program will offer the Canadian Swim Patrol (Rookie, Ranger, Star) and 3 Bronze medal awards (Bronze Star, Bronze Medallion, Bronze Cross). In addition, Emergency First Aid/CPR B and Standard First Aid/CPR C will be offered and focus on the practical ABCs of lifesaving.

In addition to the Lifesaving course options, the Camp Tamarack Swim Program will offer the following Instructor courses (based on participation, eligibility, time and interest):

- Assistant Instructor
- Swim Instructor
- Lifesaving Instructor

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 waterfront staff position with us at Camp.



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 2023! Each registered camper will receive one Tamarack t-shirt for the summer, as well as a digital cabin photo (a great keepsake of Tamarack in which we do our best to ensure that the full cabin group is represented in the photo)!

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 additional opportunities again in Summer 2023. 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 (i.e. camp-branded clothing), stamps, toothbrushes, shampoo 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 1/2/3/4/5	\$40.00
Full Season	\$120.00
Extended First	\$100.00
First Session	\$80.00
Second Session	\$60.00

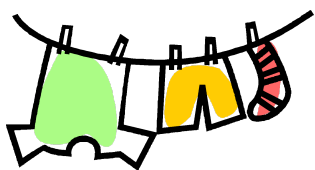
The above amounts are not likely to be sufficient if your camper wishes to make a larger purchase (i.e. a Tama-Wear sweatshirt), but the Tuck Shop Credit can be supplemented or added to at any time.

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 2023 Extras.
- 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. It is critical to label all clothing and other items in order to have a chance to return misplaced belongings.

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(s) or other family members). All camper calls to parents on the camper's birthday are made after LUNCH, between 1:00-2:00 p.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!

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 child 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 partners 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 their 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 do 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.

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

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
- ☒ Bottled Water/pop/other drinks
- ☒ TVs or Laptops/Tablets/IPADs
- ☒ Any expensive item you would be upset to lose
- ☒ Fans
- ☒ Shelving units
- ☒ Walkie-talkies
- ☒ Hair straighteners, curling irons
- ☒ Alcohol/Narcotics/vape devices
- ☒ 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 or other device 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 phone/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 below.

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

Insurance/Lost Items

Costly belongings brought to Camp such as, but not limited to, designer clothing, in-line skates, cameras, iPads, 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 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, often innocently. 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 and that you and your camper(s) review all of the Camp policies to ensure a safe, healthy and happy summer for all!

Our Anti-racism and Ethnocultural Equity Policy expresses Camp Tamarack's adherence to the Canadian Charter of Rights and Freedoms, and the Ontario Human Rights Code

Highlighted Camper Policies

Consequences for Violating

Participation

Camper 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 SIM Card or similar device to Camp or for any off-site camp excursion. No camper shall have or use any phones on Camp property. "Hidden" SIM Cards and phone use are

Confiscation of phone and/or SIM card or similar device and call to parents/guardians. Possible suspension/dismissal from Camp. Phone/screens, SIM cards confiscated will be returned on the last day of the camper's session. Any camper who breaks this policy may negatively impact their

disrespectful and detrimental to the overall camp experience.	opportunity to return to Camp as a camper or employee in future camp seasons.
<u>Drugs or Alcohol</u> 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.
<u>Cigarettes & Cannabis & Vaping</u> Campers are not permitted to possess and/or smoke tobacco, cannabis, or any kind or vape, while at camp.	Appropriate consequences and a call to parents/guardian. Likely dismissal from Camp.
<u>Electrical Appliances</u> Electrical appliances of any kind including, but not limited to hotpots/kettles, coils, power bars and decorative lighting are dangerous in a camp setting and not permitted.	Items will be confiscated and returned on the camper's last day at camp.
<u>Internet/Pictures/Social Networking</u> 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.
<u>Graffiti/Property Damage</u> 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.
<u>Curfew</u> All campers must adhere to camp curfews.	Appropriate consequences and call to parents/guardian. Possible dismissal from Camp.
<u>Raiding/Pranks</u> Any form of raiding and/or pranks that are deemed harmful and/or inappropriate are not tolerated.	Appropriate consequences and calls to parents/guardians. Parents will be responsible for the cost of repairing any damage done to Camp or personal property. Possible dismissal from Camp.
<u>Leaving Camp/Inviting Outsiders</u> Campers 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 calls to parents/guardians. Possible dismissal from Camp.
<u>Cabin Hopping</u> Campers whose assigned sex at birth are not permitted in the cabin of the opposite assigned sex at birth. unless to attend a supervised, scheduled	Appropriate consequences and calls to parents/guardians. Possible dismissal from Camp. <i>Infraction 1: Camp enhancement. ETB (ie. "Early to Bed"). Phone call home.</i>

activity or with permission from the Camp Directors.	<i>Infraction 2: Possible suspension from Camp. Infraction 3: Possible dismissal from Camp.</i>
<u>Knife/Firearm/Weapon</u> No camper is permitted to possess a knife, firearm and/or weapon of any kind – real or fake.	Appropriate consequences and calls to parents/guardians. Likely dismissal from camp.
<u>Staff Cabins</u> Campers are not permitted in staff cabins unless to attend a supervised, scheduled activity or with permission from the Camp Directors.	Appropriate consequences and calls to parents/guardians. Possible dismissal from Camp.
<u>Non-Platonic Camper/Staff Relationships</u> Non-platonic camper/staff relationships are not permitted.	Appropriate consequences and calls to parents/guardians. 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, Instagram, Twitter, TikTok), personal websites and blogs positively and respects the right of campers to use them as a medium of self-expression. If a camper chooses to identify themselves as a camper of Camp Tamarack 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, Camp Tamarack 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 and/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 or social media to disparage the Camp, campers, or employees of the Camp.
- Campers must not use blogs or personal websites or social media to harass, bully (including texts prior to and after the camp session) or intimidate employees or other campers. Behaviours that constitute harassment and bullying include, but are not limited to: engaging in a course of vexatious comment or conduct that is known or ought reasonably to be known to be unwelcome: comments that are derogatory with respect to race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sexual orientation, gender identity, gender expression, age, record of offences, marital status, family status 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 or social media to discuss engaging in conduct that is prohibited by Camp policies, including, but not limited to, the use of alcohol and drugs, sexual behaviour, sexual harassment, and bullying.

- Campers must not post pictures of other campers or employees on a website without obtaining written permission.
- The use of our copyrighted Camp name or logo is not allowed without written permission.
- Our Camp does host a Facebook fan page and an Instagram account that can be followed at Camp Tamarack. Camp encourages our campers to “like” these pages and become members, where they can view camp pictures and stay up to date on Tamarack news.

In order to protect ourselves and the Tamarack Camp community, 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 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 by 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 Note or regular mail, campers are extremely excited to receive letters. Please send plenty of letters, including even a few days or 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 they are 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.

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) 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 food that can fit into a stackable storage bin (that can be sealed) no larger than 15.8" L x 10.3" W x 7" H (41x26x18 cm).

No food that requires boiling or hot water is allowed. Serious concerns regarding cleanliness, health and attraction of animals have led us to this policy that is in everyone's best interests. Everyone will be well fed, have full stomachs and be happy campers even without any of their own food!

Please do not send unauthorized food items as they will be confiscated.

Please do not send water, pop or other beverages. They are bulky, heavy and entirely unnecessary. Our pure spring 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”

To reiterate what was outlined above, Camp Tamarack truly believes 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. For campers to achieve these goals, however, is difficult, if not impossible, with the presence of “screens”/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 if a problem arises. 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 them.

Tamarack’s consistent policy has stated that “no camper shall bring a cell phone, pager or similar device to camp or any off-site camp excursion” and that ‘hidden cell phones’ are not allowed and detrimental to the camp experience. When discovered, phones/SIM cards will be confiscated for the duration of a camper’s stay at camp. Screens cannot be used at all even if only for accessing music or pictures. Some parents have even sent multiple cell phones to “get around the system” which is disrespectful to the Camp and others who follow and understand that the “no screen” policy is in the best interests of everyone concerned.

As such, Tamarack is, and will continue to be, a “screen-free” camp. For the vast majority of parents who respectfully partner with us, compliance with this policy will not be an issue. We trust that everyone 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 the Tamarack community.

The only kinds of devices allowed at camp for campers are personal music devices (i.e. iPods and mp3s) and digital cameras (along with chargers for such devices). Not allowed are devices that facilitate playing games, watching shows, uploading/downloading data or that can be used as telephones or for texting.

The only exception to the “no screen” policy might occur in a specific case in which a camper requires an accommodation, as deemed necessary by a medical or mental health professional. Parents should contact the camp office in this type of exceptional case.

Visitors’ Day

Visitors’ Day for Summer 2023 will be on Saturday, July 22nd, 2023 from 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 day of activities and yummy food at Camp!

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 are pleased to offer our campers coach bus transportation up to Camp at the start of their session and back to Toronto at the end of their session. All camper drop-offs and pickups will take place at our usual bus depot at Chesswood Arena at 4000 Chesswood Drive, North York, Ontario, M3J 2B9.

First Session, Acorn 1, Acorn 2, Extended First and Full Season Campers

- Camper Drop-Off - Friday, June 30, 2023 at 8:30 a.m.

Second Session, Acorn 3 Campers

- Camper Drop-Off - Thursday July 27, 2023 at 8:30 a.m.

Acorn 4 and Acorn 5 Campers

- Camper Drop-Off - Monday August 7, 2023 at 8:30 a.m.



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.

Our convenient baggage depot, as usual, is located at Chesswood Arena near Allen Road and Sheppard Avenue West at:

4000 Chesswood Drive North York, Ontario M3J 2B9

First Session, Acorn 1, Acorn 2. Extended First and Full Season Campers

- Tuesday, June 27, 2023, between the hours of 8:00 – 11:00 a.m.
- Medication drop-off is included for these sessions

Second Session, Acorn 3 Campers

- Monday, July 26, 2023, between the hours of 8:00-10:00 a.m. IS BAGGAGE MON JULY 24 OR WED JULY 26???
- Medication drop-off is included for these sessions.

Acorn 4 and Acorn 5 Campers

- Baggage and Medications will be brought at the camper drop-off.

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 will, however, 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, but will, in particular, assist younger campers to make their beds, unpack, organize themselves and feel at home. If you do not receive any baggage tags, please do not worry, they will also be available at our Baggage Depot.

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.

Baggage Tags

Your baggage tags for your duffel bags will be arriving shortly in the mail. Should you require any additional baggage tags, please feel free to contact the camp office. If you do not receive any baggage tags, please do not worry, they will also be available at our Baggage Depot.

Carry-On Baggage and Lock Boxes

Please bring any carry-on baggage and/or lock boxes with you on your drive to camp. Please make sure that all articles traveling with your camper(s) are clearly labelled. Tamarack reserves the right to open baggage and personal belongings in order to protect all campers, staff and the community as a whole.

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

Acorn Campers

Tamarack provides great Summer 2023 opportunities for 7-10 year old Hawthorn and 11-12 year old Juniper campers to enjoy an experience at camp for 7 days (Acorn 1: June 30 - July 6), 14 days (Acorn 2: June 30 - July 13) in First Session, and 11 days (Acorn 3: July 27 – August 6) and 7 days (Acorn 4: August 7 - August 13), and 11 days (Acorn 5: August 7 - August 17) in Second Session. Many of these Acorn campers will have the time of their lives and will not want to leave after an incredibly positive and exciting introductory session. 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 may not be possible for Summer 2023. Acorn 2 campers would be able to extend until July 27 or beyond, while Acorn 3 or Acorn 4 campers should, based on availability, be able to extend until August 17, 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 Tamarack experience. You may also speak to your camper should you wish to hear directly their desire and excitement about staying at Tamarack longer.

First Session Campers

In a similar fashion, many First Session (June 30- July 27) campers want to extend their Tamarack experience for the Acorn 3 period (July 27 to August 6), and/or until the end of our camp season on August 17th. The fun, excitement, friends and memories they will experience in their first four weeks of Summer 2023, 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 their 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!

Introductory Day Trip... "Taste of Tamarack"

Younger campers who are looking to get a short but sweet "Taste of Tamarack" can enjoy a one day trip (campers born in 2013-2017) Tamarack experience! Any camper is 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 dates below:

- ☐ Wednesday, July 19, 2023 (approximately 8:00 a.m.-8:00 p.m.)
- ☐ Tuesday, August 1, 2023 (approximately 8:00 a.m. - 8:00 p.m.)

Mini-Acorn Weekend Opportunities for 6 to 11 Year Olds

Younger campers who are looking to get a short but sweet "Taste of Tamarack" can enjoy a 3 day, 2 night weekend (for campers born in 2012-2016) Tamarack experience!

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

- ☐ Mini-Acorn Weekend 1 – Friday August 4 – Sunday August 6, 2023.
- ☐ Mini-Acorn Weekend 2 – Friday August 11 – Sunday August 13, 2023.

Looking Forward to Tamarack Summer 2023

We look forward to an amazing Tamarack Summer 2023 and to welcoming returning and new campers to the Tamarack family!

Appendix A – Aquatic Leadership Courses

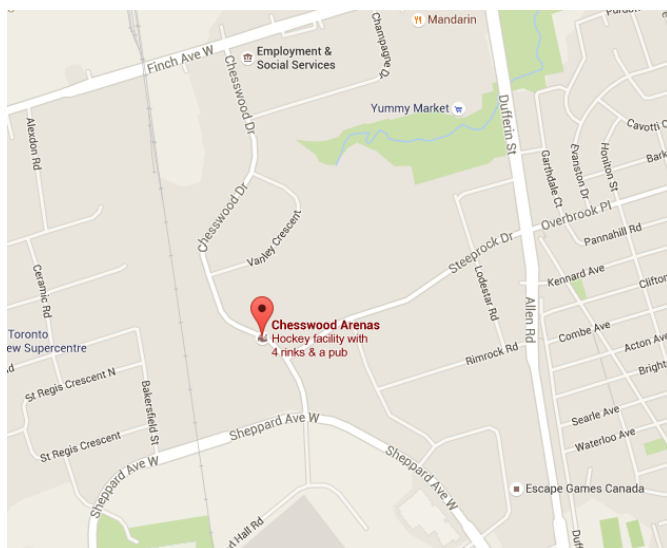
Course	Prerequisites	Materials Required	Materials (Incl. HST)	Certification / Exam Fee
Bronze Medallion & Emergency First Aid with CPR B	13 years old OR Bronze Star AND 12 years old	Canadian Lifesaving Manual & Bronze Medallion Workbook CPR Mask (no cost) Non-latex gloves (not cost)	\$55.00	\$30.00
Bronze Cross	Bronze Medallion AND Emergency First Aid with CPR B	Bronze Cross Workbook Canadian Lifesaving Manual* CPR Mask* (no cost) Non-latex gloves* (no cost)	\$5.00 *\$52.00	\$32.00
Standard First Aid with CPR C	13 years old	Canadian First Aid Manual CPR Mask (not cost) Non-latex gloves (no cost)	\$40.00	\$22.00
Assistant Instructor	14 years old AND Bronze Cross	Assistant Instructor Workbook Canadian Lifesaving Manual*	\$6.00 *\$52.00	\$30.00
Swim Instructor	16 years old AND 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*	\$58.00 *\$52.00	\$31.00
Lifesaving Instructor	16 years old AND 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*	\$71.00 *\$52.00	\$31.00

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

Appendix B – Summer 2023 Bus (returning) & Baggage Depot Information

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

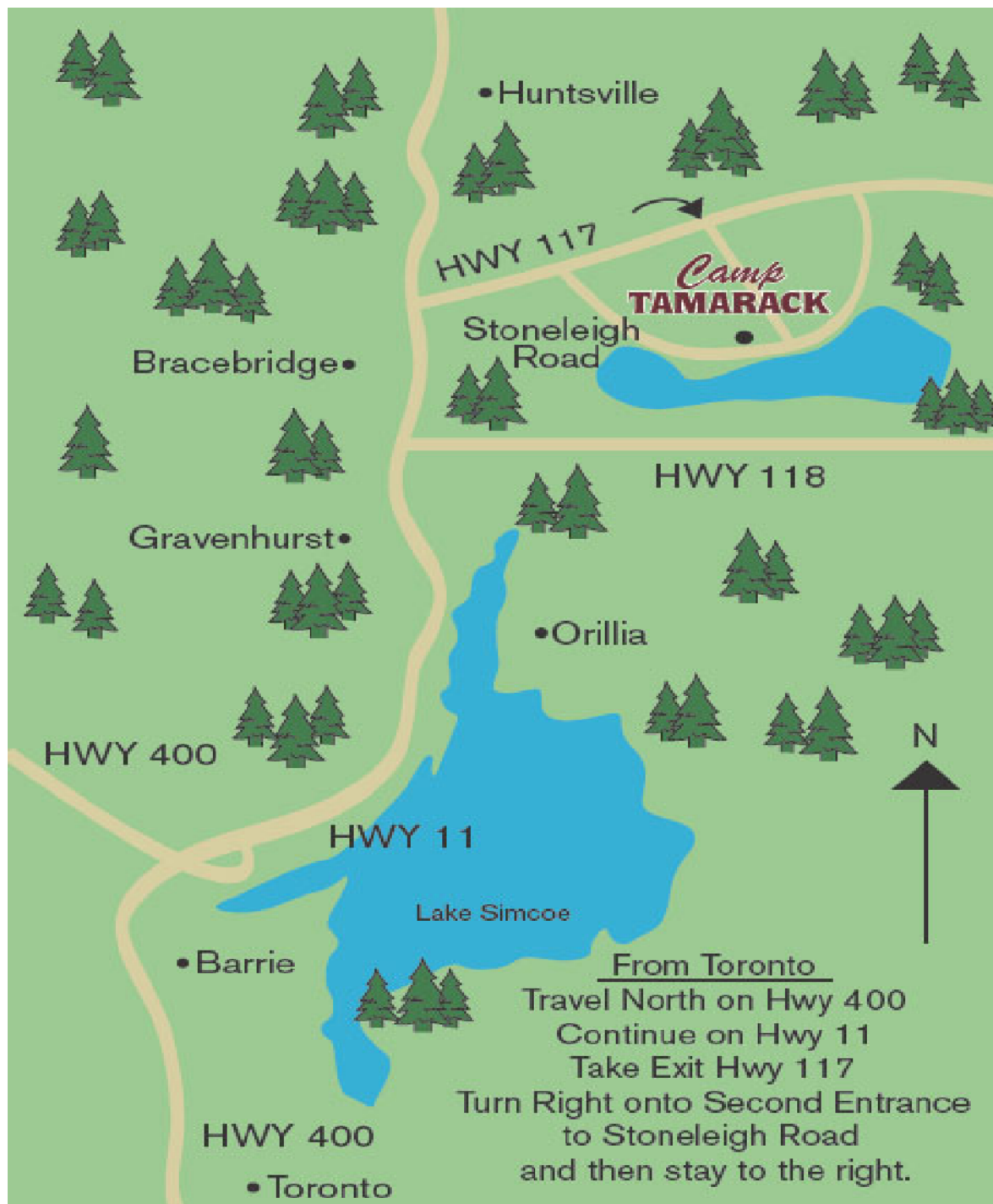
→ 4000 Chesswood Drive, North York, ON M3J 2B9



The bus schedule for Return trips to Toronto for the upcoming summer will be at Chesswood Arena on the following dates. Please note that as we get closer to the dates in questions, times will be confirmed:

Session	Return Date
Full Session	Thursday August 17
First Session	Thursday July 27
Acorn 1 Session	Thursday July 6
Acorn 2 Session	Thursday July 13
Extended First/Acorn 3 Session	Sunday August 6
Acorn 4 Session	Sunday August 13
Second Session/Acorn 5	Thursday August 17

Appendix C – Directions to Camp



Appendix D – Important Dates for Summer 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 25	June 26	June 27	June 28	June 29	June 30	July 1
		BAGGAGE DAY 1 <i>Full Season, Extended First Session, First Session, Acorn 1 & Acorn 2</i>			<i>Full Season, Extended First Session, First Session, Acorn 1 & Acorn 2</i> FIRST DAY of Camp	
July 2	July 3	July 4	July 5	July 6	July 7	July 8
				Acorn 1 ENDS		
July 9	July 10	July 11	July 12	July 13	July 14	July 15
				Acorn 2 ENDS		
July 16	July 17	July 18	July 19	July 20	July 21	July 22
						Visitors' Day 11:00am-3:00pm
July 23	July 24	July 25	July 26	July 27	July 28	July 29
			BAGGAGE DAY 2 <i>Second Session & Acorn 3</i>	First Session ENDS Second Session & Acorn 3 FIRST DAY of Camp		
July 30	July 31	August 1	August 2	August 3	August 4	August 5
August 6	August 7	August 8	August 9	August 10	August 11	August 12
Extended First & Acorn 3 END	Acorn 4 & Acorn 5 FIRST DAY of Camp					
August 13	August 14	August 15	August 16	August 17	August 18	August 19
Acorn 4 END				LAST DAY of Camp		