



2022 PARENT, CAMPER, AND COUNSELLOR HANDBOOK



CONTACT INFORMATION

 campstlouis@dostp.ca

 780.379.7929

 4609 - 50 Avenue, Saint Paul, AB T0A 3A3

 campstlouis.ca

 facebook.com/campstlouis

 instagram.com/campstlouis



PROUDLY OWNED AND OPERATED BY

CONTENTS

WELCOME	3
GENERAL CONTACT INFORMATION	3
CANCELLATION & REFUND POLICY	4
SUMMER CAMP REMINDERS	4
PREPARING FOR CAMP	5
Guardian Contact Information	5
Medical Information/Medical Release	5
Additional Information	5
Photo Release	5
What to Bring	6
Optional Items to Bring to Camp	6
What Not to Bring	6
Packing Tips/Tips to Prepare Kids for Summer Camp	7
BEHAVIOUR POLICY	8
Respect for Self	8
Respect for Others	8
Respect for God	8
Code of Conduct	9
Code of Conduct Chart	9
DURING CAMP	10
Contacts at Camp	10
Staff Qualifications	10
Camp St. Louis Staff Contacting You	10
Cellphones at Camp	11
Phone Use	11
Care Packages	11
Safety First	12
Food Service	12
Nut Policy	12
Medication	12
In-Town Doctor/Hospital Visits	13
Check Your Child	13
Head Lice	13
Sun Safety	13
A Typical Day at Camp	14
AFTER CAMP	15
Lost and Found	15

WELCOME

Welcome to the Camp St. Louis camp season! The programming is well under way for another amazing summer of fun, faith, and friendship at Camp!

We look forward to implementing many of the policy and program suggestions we receive from others in the industry. These changes will make camp even more inviting to new families while maintaining our top notch programming and spiritual focus.

We hope that this booklet provides everyone with the necessary information for camping in an efficient manner. It is our hope that you read it thoroughly and discuss the contents with your camper/counselor. Reviewing this handbook will help campers to be comfortable with routines and expectations. We will update the handbook every year and it is very important for returning families to be aware of any changes. Please keep it for future reference.

On behalf of the TEAM and staff at Camp St. Louis, we look forward to seeing you all soon! It is going to be a great summer!

Sincerely,

Samuel Skuban
Executive Director of Camps



GENERAL CONTACT INFORMATION

CAMP ST. LOUIS GENERAL INFORMATION

Camper/Counselor Registration
Camp St. Louis
Attn: Executive Director of Camps
4609 - 50 Avenue
St. Paul, Alberta T0A 3A3

Admin/Emergency Phone: 780.379.7929
Fax: 780.645.6099

CAMP ST. LOUIS ON-SITE

Phone: 587.792.2324 Note: This phone is NOT monitored 24/7

Samuel Skuban
Executive Director of Camps
Phone: 7780.379.7929

RENTAL INQUIRIES

Catherine Warholik
Executive Director of Camps
Email: catherinewarholik@dostp.ca
Phone: 780.646.3277 Ext. 201

CANCELLATION/REFUND POLICY

Up to one week before a registered program a refund may be requested if a participant is unable to attend. A refund would be issued for fees paid.

There are no refunds for a participant cancelling less than one week before the start of their program or leaving camp early, including missing home.

In the case of illness or injury occurring at camp, a prorated credit for the following season is given. Also, there are no refunds or reduction of fees for campers arriving late or leaving early.

SUMMER CAMP REMINDERS

REGISTRATION

Begins after Mass on the Sunday (Monday for the short week) of the week. Mass will be held at 6:00 pm and registration typically starts at 7:00 pm.

To help us prepare your camper/counsellor, all information must be completed in CampBrain prior to your arrival at camp.

Please Note: We are not able to register campers or have them dropped off before Mass as the counsellors and staff are in meetings until that time. If you do not attend Mass, please take your child directly to the Mess Hall.

DROP OFF & PICK UP

Parents are welcome to come for Mass at 10:00 am on the Friday or pick up after Mass. Pick up on the Friday mornings occurs after Mass. If you are not attending the Mass, please plan to arrive for 10:30 am. Our staff have only a short period of time to clean up the camp for the weekend renters, so we rely on parents to pick up their children on time. ***If for any reason your camper/counsellor must arrive late or leave early (before the end of mass Friday at 11:00 am) arrangements should be made in advance with the camp director.***

When you drop off and pick up your child(ren), be sure to check out our Camp St. Louis fundraiser of "Holy Cones" and Taco in a Bag taking place right in front of the Mess Hall. As a big thank you to the counsellors who join us during the week, they get one of each for free!

FOR COUNSELLORS ONLY

In order for your Counsellor application to be accepted, please tell us, in detail, about yourself. Include **your relationship with God, why you want to be a counsellor** at Camp St. Louis, your interests and hobbies, etc. Please include the name and number of a parish priest, pastor, or spiritual director whom you know well and who could provide a reference to your spiritual maturity and the spiritual gifts you could offer Camp. Please do this on a separate sheet of paper, and include it with your registration along with a **Criminal Record Check (must have – no exceptions).**

This essay should be between ½ and 1 page long. If you have registered for camp using the online system, please upload the essay in the camp forms section.



PREPARING FOR CAMP



GUARDIAN CONTACT INFORMATION

Please complete all information including numbers (home, work, and cell) that we may reach you at during your camper/counsellor's stay. Also include an alternate contact in case you are unavailable.

Please note that Camp St. Louis staff will only release your children into the care of the named parents. The online registration system and the forms provide a space for you to include alternative persons who are authorized to pick up your children. This must be completed at the time of registration. The camp will not accept phone calls during camp to change authorizations.

MEDICAL INFORMATION/MEDICAL RELEASE

This information, including Alberta Health Care number (or Provincial Health Care number if from outside Alberta) and parent signature are required by law for all campers and counsellors under 18 years of age. For online registrations, typing your name into the application constitutes an electronic signature.

If your camper/counsellor has allergies, a medical condition (such as diabetes, epilepsy etc.) or takes routine medications please include it in your online registration AND provide a detailed list. Describe the condition, typical reaction, treatment followed, medication schedule, and any other information we should know.

All medications (prescription and otherwise) should be sent in their original containers. If they are prescription, please ensure that the labels which include your child's name and the dosage are still legible. Please send enough for the week and ensure all inhalers, medications, and epipens have enough for the week and are **not expired**.

ADDITIONAL INFORMATION

In addition to medical information, it is helpful to know if there are any learning, behavioural, bed wetting, mobility limitations, or eating habits that we should be aware of so that we can help your camper settle into the routines at camp. Other situations that would be good to let the TEAM know about would be custody issues, past experiences (i.e. bullying), recent losses etc. that may impact your camper's stay. Knowing about these situations ahead of time helps us to be sensitive to, understand and support your camper/counsellor during their stay at camp. This information may be added to the online registration system or attached to the registration form in a sealed envelope. Confidential information will only be shared with the Directors and TEAM members directly involved in the supervision of your child. Thank you for your assistance as we work to plan for the best experience for your child.

PHOTO RELEASE

During the summer many pictures are taken at Camp to use for brochures, displays, posters, website etc. Names are not used with these photos and many are group shots.

If for any reason you do not wish your child(ren) to appear in these pictures, we ask that you would indicate this when registering your child. Please note that campers and counsellors are not permitted to bring their own cellphones or cameras with which to take photos; only Camp St. Louis retains permission to photograph your child(ren).

WHAT TO BRING – OVERNIGHT CAMPS

- Sleeping bag, pillow, spare blanket
- Two towels
- Toiletries (comb, toothbrush, soap, shampoo etc.)
- Hat, sunscreen, and bug repellent
- Two pairs of shoes (runners)
- Rainwear (hooded raincoat, boots)
- Warm jacket and sweater
- Camping clothes for 5 days (jeans, shorts, underwear, socks, etc.)
- MODEST swimwear (Girls no two-piece swimsuits, Boys shorts must be waist high.)
- A set of dress clothes (dress for girls, dress pants/shirt/tie for boys)

Please Note: Campers sleep on plastic covered mattresses. Fitted sheets are not required. However, if you would like to send one with your child, the size is twin.

WHAT TO BRING – DAY CAMPS

- A change of clothes, jacket, any item that comforts your child – Rain gear, extra socks.
- If your child has a food allergy – your child's lunch.
- Beach wear (your child will not be going in the water, but may be spending time on the beach).
- Sunscreen / bug repellent

OPTIONAL ITEMS TO BRING

Bible and Rosary are nice if you have them but please do not send expensive bibles or rosaries of great sentimental value. We do have extras at camp that people can borrow if they like.

Children may choose to bring a labeled refillable water bottle and always have access to a refrigerated water fountain throughout the day. Meals and snack are always accompanied with one glass of milk or juice and unlimited refills of water.

WHAT NOT TO BRING TO CAMP

- ✗ No food of any kind, including junk food, snacks, or gum
- ✗ Flashlights, jackknives (or knives of any kind), matches
- ✗ Cellphone, camera, iPod, electronics, etc.
- ✗ Valuables (jewellery, etc.)
- ✗ Pets
- ✗ Cigarettes, drugs, or alcohol

Notes: There is no need for extra money while at camp.



PACKING TIPS

1. Label all clothing, sleeping bags, footwear, etc. With this many campers they often do not recognize things that belong to them even if they are unique.
2. Mark all luggage with the family name and consider including a packing inventory of what they should have when they pack up at the end of the week to help them round up their belongings.
3. Please do not send expensive or new clothing to camp. Comfortable, well used clothing is best.
4. Do not send anything to camp that you are not willing to risk losing (e.g. jewellery, a favourite bible, Great Grandma's rosary, etc.).
5. Pack as simply as possible. Cabin space is limited and needs to be kept tidy and organized.
6. Have your camper help with their packing. This also will help cut down on lost and found and help them to feel comfortable and prepared for their week.

TIPS TO PREPARE KIDS FOR SUMMER CAMP

Generate excitement by involving kids in pre-camp preparations. Involving kids from the beginning of the camp selection process and talking about the activities and experiences they will have can help generate excitement about going to camp. "Getting kids involved in the process of choosing which camp they want to attend, how long they want to go away for and the activities they're interested in signing up for is also a wonderful way to ease anxiety," says Erin McLaughlin, communications specialist at Our Kids.

Visit the camp or look at photos. Anxiety is often caused from fear of the unknown. If visiting the camp in advance isn't an option, check out the photos and videos on the camp's website and ask the camp for referrals so your child can talk to other kids who have attended. The more familiarity they have with the camp, the less nervous they'll be.

Prepare for overnight stays. Arrange overnight stays with friends or grandparents to get kids used to spending time apart and sleeping in a new environment.

Dealing with separation anxiety. If your child is worried about being homesick, reassure them that it's a normal feeling and that they will have support from other campers and staff. "If your child is especially apprehensive, inform the camp director so counselors can pay special attention," says McLaughlin.

Foster independence. Camps encourage children to be self-sufficient. Help foster your child's independence ahead of time by getting them to help out with chores, such as making their bed, organizing their belongings and packing what they need to bring to camp.

Go shopping. Getting your child to help with shopping and packing for camp will allow them to see everything they'll be bringing with them and can help them get excited about camp.

A last-minute surprise. If your child is nervous about being away from home, slip an encouraging letter into the bag to surprise them on their first day of camp.

Label belongings. Prevent lost or mixed-up belongings by labeling all clothes and equipment with a permanent marker. Keep a packing list of all items to make sure you haven't left anything behind at the camp.

Excerpt from Calgarychild.com

Get ready for camp with waterproof personalized labels while also raising funds for Camp St. Louis!



CUSTOM SHOE STICKERS



PERSONALIZED BAG TAGS



TAG MATES™ STICK ON CLOTHING LABELS



How to Order

camps.mabelslabels.com
Search: Camp St. Louis (St. Paul)
or call 1-866-30-MABEL (62235)

No shoe will be left behind and 20% of all sales will go directly back into your kids' camp!



PERSONALIZED NAME STICKERS



IRON ON CLOTHING LABELS



MINI CUSTOM NAME STICKERS

BEHAVIOUR POLICY

At the beginning of each week the campers/counsellors have an orientation to outline camp rules and expectations of behaviour. In order to ensure an enjoyable week for all, Camp St. Louis staff would like to give you a brief outline of how campers/counsellors are asked to show respect for self, others and for God while at camp.

RESPECT FOR SELF

- ✓ Get enough rest (stay in the dorm after lights out until the morning bell rings)
- ✓ Wear a hat, sunscreen, insect repellent, weather appropriate clothing
- ✓ Eat a balanced meal and drink plenty of water
- ✓ Wash your hands before each meal
- ✓ Show good hygiene (brush your teeth, shower regularly)
- ✓ Listen to instructions and directions from staff
- ✓ Ask your counsellors or TEAM leaders to help resolve any issues or problems

RESPECT FOR OTHERS

- ✓ Respect people's belongings and do not borrow anything without asking
- ✓ Respect privacy (don't go into a dorm that is not your own; ask before you sit on someone else's bed)
- ✓ Allow other campers to get their rest at night
- ✓ Share with others
- ✓ Treat others fairly, cooperate, and be a good sport
- ✓ Contribute to the community and do what you can to make everyone feel welcome and included
- ✓ Report any incidence of bullying or exclusion, and do not participate in it
- ✓ Participate in dorm clean up and duties with your camp family
- ✓ Be ready and on time for activities, and participate fully in all camp programs
- ✓ During sessions and other group activities sit up, face the front and give the leader your full attention
- ✓ When a TEAM member raises their hand, everyone should be quiet immediately and raise their hand as well
- ✓ Have a positive attitude
- ✓ Dress modestly
- ✓ Take care of the buildings, furniture and equipment, don't write your name on dorm walls etc. or vandalize camp property in any way

RESPECT FOR GOD

- ✓ No foul language
- ✓ Keep the chapel quiet for personal prayer time during the day
- ✓ Respect nature - Don't pull leaves off the trees or pick the grass
- ✓ Appreciate the food we have by not taking more than you can eat (not wasting) and being grateful for it (taking a little bit of everything and not complaining)
- ✓ Participate in campfire, prayer times and Mass



CODE OF CONDUCT

At Camp St. Louis, we firmly believe that every person has the right to feel safe, both physically and emotionally, at camp. When the aims of "Respect for self, others and God" are not met, and challenges present themselves, a hierarchical problem solving method of intervention is used and every effort is made to remedy various situations of mild/minor behaviour at the immediate level. The camp staff is trained to work with understanding, care and patience. Corporal or physical punishment is not permitted, nor is humiliating or degrading measures.

In order to avoid having more serious, but increasingly common, social problems occurring at camp and to promote a safe environment it is necessary to incorporate safe practices and consistent consequences. Campers, counsellors, and staff are asked to agree to a Code of Conduct to indicate that they understand the rules and the potential consequences of violating them while attending camp. Please read and discuss this code of conduct with your camper/counsellor.

Mitigating factors are taken into consideration when deciding on consequences for camper/counsellor/staff behaviour. Additional consequences may be added (for example: in the case of vandalism we may require the person to remove graffiti or repair damage). Any violation of the laws of the Province of Alberta results in automatic removal from camp (or dismissal for staff).

The Camp Directors and TEAM reserves the right to withdraw any camper without warning who, in their opinion, compromises the physical or emotional safety of any person at camp, or who is an immediate hazard to the safety of themselves or others.

THERE ARE NO REFUNDS GIVEN FOR THOSE WHO ARE SENT HOME DUE TO VIOLATION OF BEHAVIOUR POLICIES OR THE CODE OF CONDUCT.

Our Camp Directors and TEAM will be pleased to discuss this policy if it requires further clarification.

CODE OF CONDUCT CHART

Problem Area	Description	Clear Warning	Written Report by TEAM	Written Report to Executive Director	Phone Call to the Parents	Dismissal from Camp
Alcohol	Consumption or possession of alcohol on Camp property or while in the Camp's charge.				✓	✓
Bullying	Physical assault or aggression. Threat of physical aggression Ongoing and deliberate exclusion. Emotional abuse and/or harassment.	✓	✓	✓	✓	✓
Defiance	Refusal to comply with persons in authority. Persistent opposition to authority. Behaviour contrary to positive moral tone	✓	✓	✓	✓	
Drugs - Legal	Use of non-prescription or prescription drugs not administered or approved by a Health Care professional (including the Camp Nurse or Administration).	✓	✓	✓	✓	✓
Drugs - Illegal	Use or possession of illegal drugs on Camp property or while in the Camp's charge.				✓	✓
Harassment	Repeated comments or conduct that is known or ought to be known as unwelcome (including racial discrimination and slurs).	✓	✓	✓	✓	✓
Profanity	Swearing or the use of obscene or foul language.	✓	✓	✓	✓	
Sexual Activity	Engaging in sexual activity which compromises the physical or emotional safety of self or others.	✓	✓	✓	✓	✓
Smoking	Use of any tobacco products (not limited to cigarettes) or cannabis on Camp property or while in the Camp's charge.				✓	✓
Theft	Taking or possessing property without the permission of the owner.			✓	✓	✓
Vandalism	Acts of vandalism include graffiti and the willful destruction of property.	✓	✓	✓	✓	✓
Weapons	Possession, use of, or threat of use of a weapon (including but not limited to a firearm or knife).				✓	✓

DURING CAMP

CONTACTS AT CAMP

For any registration/volunteer related questions, contact the Executive Director:

Phone: 780.379.7929
Email: campstlouis@dostp.ca
Camp Office Phone: 587.792.2324

For any camper/counsellor related questions, contact the Program Director:

Phone: 780.379.7929
Email: campstlouis@dostp.ca
Camp Office Phone: 587.792.2324

Please note the camp office phone is not monitored 24/7. Leave daytime and evening contact numbers and we will contact you as soon as possible.

STAFF QUALIFICATIONS

We have high expectations of all our staff members at Camp St. Louis. Each TEAM member is required to attend many hours of preseason instruction and preparation at our TEAM training week in June. All TEAM members are First Aid and CPR certified. Our Executive Director and Head Chef have certification in safe food handling practices.

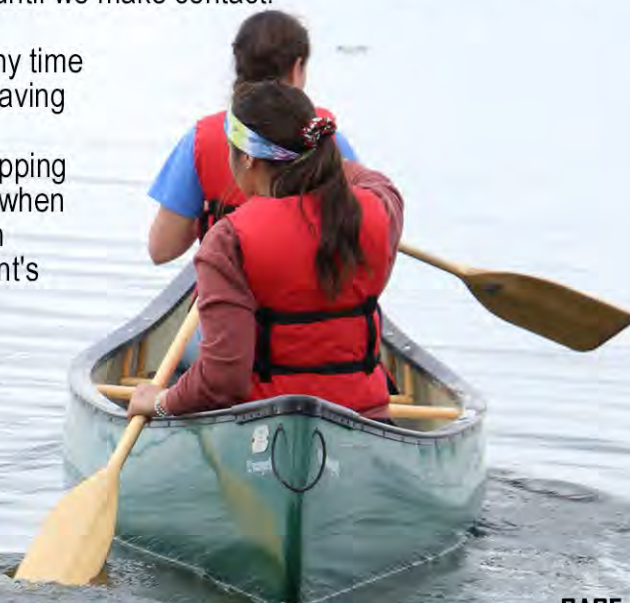
CAMP ST. LOUIS STAFF CONTACTING YOU

Do not be alarmed if someone from camp contacts you during your child's stay. Most often there is just a bit of administration that needs clarification or confirmation. It does not mean that anything is wrong.

We will contact you if your child has to go to the hospital or to the doctor's (non-emergency and emergency situations), is having severe homesickness, or at the TEAM's discretion for behavioural problems. We do not automatically contact you if your child visits the Camp First Aid station during the day or has typical camper problems. If you wish us to handle this in any other way, please make this request in writing to the Director prior to the start of camp.

If there is a medical emergency, we make every attempt to contact you - first at your home or main number, then at work, then at any alternative numbers you have provided (cell phone or cottage). If we cannot reach you, we then contact the person you listed as the emergency contact. It is important to make your wishes known to any person acting as your emergency contact. In the case where a decision is necessary and contact has not successfully been made, the Camp TEAM will need to make a decision on your behalf in your child's best interest. We will, of course, continue to try and reach you until we make contact.

While parents are free to remove their children from camp at any time throughout the week, no parents are permitted onsite without having previously notified and been given express permission by the Program Director; the only exceptions to this rule are when dropping off children for registration after Mass on the first day of camp, when picking up children after Mass on the last day of camp, or when attending any Mass during the week. We must balance a parent's right of access to their children with ensuring the safety of all remaining campers. As parents are not screened through our Safe Parish Communities program, access must be controlled.





CELLPHONES AT CAMP

Campers and counsellors are NOT permitted to bring cellphones (or similar devices, including iPods) with them to camp.

We believe strongly that part of a healthy camp experience is providing campers with opportunities to strengthen their sense of independence. Camp is unique in that it emphasizes community living in a safe and healthy natural setting.

Our experience is that campers thrive at camp as they learn to develop relationships and negotiate challenges with those they are sharing the camp community. They also benefit from camp because it gives them a break from common technology. We believe that the success of each child at camp is compromised by the distraction of cellphone use.

Sometimes parents have sent a cellphone to camp because they want to be able to get in touch with their child in case of an emergency. Please be assured, we will pass along any urgent messages from a parent to their child. In the unlikely event that we need to reach families because of something that happens at camp, we will be in touch as soon as possible.

To that end, we ask that parents support the camp experience by ensuring their child does not bring a cellphone with them to camp. If a camper or counsellor does bring a cellphone with them to camp it will be confiscated by the camp staff and returned at the end of camp.



PHONE USE

For many of the same reasons that we do not allow cellphones at camp, campers may have access to phones in our office etc. at camp on a very limited basis. PLEASE DO NOT ENCOURAGE YOUR CAMPERS TO CALL HOME!! It continues to be our policy to contact families if any concerns arise including extreme home sickness.

CARE PACKAGES

We do not encourage parents to pack care packages containing food etc. in their camper/counsellor's bag. Food in cabins can be divisive within a cabin despite the good intentions of parents. A surprise note or card will be just as appreciated without other campers feeling left out. The program runs for less than a week and time really flies at camp. We encourage parents to minimize talking about them being away and how much they will be missed as this tends to make it sound like going to camp could be lonely and difficult. Instead, emphasizing the positive, that they will meet new friends and have lots of fun is most helpful! Becoming a confident, independent individual is an important milestone in a young person's life and a parent's attitude and preparation before camp is an invaluable help to camp staff!

SAFETY FIRST

Because all staff and volunteers are screened we are not able to accommodate mid-week visitations from parents, especially unannounced. Please understand for the safety and security of all the participants and staff, we cannot have extra people (not in the program) on-site during the week. If you must visit camp mid-week, please first confirm with the Program Director before coming. The Program Director can be reached at:

Phone: 780.379.7929

Email: campstlouis@dostp.ca

Camp Office Phone: 587.792.2324 (Note: This phone is NOT monitored 24/7)

Thank you in advance for your cooperation.



FOOD SERVICE

Under the direction of our Head Chef, three home-style meals and up to two snacks are prepared each day. For those that require special diets or have food allergies, notification in writing is required with registration no later than two weeks in advance of the first day of the camper/counsellor's week.

The Head Chef can be contacted through the Camp St. Louis phone: 587.792.2324 to answer any questions or to coordinate necessary substitutions. We can only accommodate dietary needs based on medical needs and allergies, religious beliefs and well established/long standing lifestyle choices. Camp does not accommodate individual taste and food preferences.

In some cases, parents may be requested to provide the special food required by their child. In those circumstances, both refrigerator and freezer space can be provided.

NUT POLICY

Our entire summer camping season is designated as "nut sensitive". Each summer we welcome numerous campers, counsellors, and staff to camp with life threatening nut allergies. In no way do we compromise their personal safety during their stay at camp. Our camp menu is created with this in mind.

Any supplemental food items sent by families should be cleared in advance with the Head Chef, and **MUST** not contain nuts, nut products or traces of nuts, or be made in a facility that also processes nuts.

Please Note: Camp St. Louis is NOT a designated NUT FREE camp.

MEDICATION

We ask all parents to fully complete the Medical Information/Medical Release portion of the registration form. Failure to provide complete information puts both your child and the camp in a compromising position.

If your child is bringing any medication to Camp, observe the following:

- Medication must be brought to camp in the original container. Many drugstores offer a service whereby they can blister package necessary medications for the week and this is acceptable.
- Carefully detail the normal time for medication and send this with the medication. Medication is dispensed just before each meal and before bedtime. If your child's routine cannot fit in to this schedule, or any breach of the routine could result in serious health consequences, a letter of explanation is required in advance of camp.
- Send clear instructions in writing for the administration of medication, including the reason for taking the medication. Verbal instructions are not sufficient.
- Send enough medication to last the full week attending.
- All medications including cough drops, vitamins etc. must be turned into the camp TEAM during Sunday or Monday registration. Medications are stored (and locked) and are distributed according to instructions.

Inhalers and epi-pens are also kept stored to avoid panic if they are difficult to find or are lost during a game etc. If your child's condition requires them to keep their inhaler or epi-pen on them at all times this request must be approved in advance and a backup (not expired) inhaler or epi-pen must be provided to be kept. *Please ensure that all inhalers, medication and epi-pens are not expired and the prescription must be for the camper or counsellor using them only (they cannot be borrowed from or shared with another family member).*

IN-TOWN DOCTOR/HOSPITAL VISITS

If, at any time, a prescription needs to be filled for medication that has been prescribed subsequent to a hospital visit, camp pays the up-front costs. You will be responsible to reimburse camp for all medical expenses that occur. The original prescription receipt will be given to you when you come to pick up your camper/counsellor so that you can be reimbursed by your personal drug plan.

If your child requires transport to a walk-in clinic, TEAM staff will remain with your child at all times. However, if your child requires transportation to the local hospital, a parent must attend the hospital immediately to assume care of your child. Once your child is discharged, they are welcome to return to camp if medically appropriate.

CHECK YOUR CHILD

Campers and counsellors should not come to camp with known communicable diseases or health nuisances (such as chicken pox, lice, viral infections, rashes, athlete's foot, impetigo, etc.). If your child has been exposed to anything communicable within three weeks of the start of their camp session, alert the camp staff. Together, we will determine whether to consider keeping your child at home for an extra day. In the event that a camper arrives at camp unaware that he/she has a communicable disease, Alberta Health Services will be consulted and if directed, we will advise parents that their child has been exposed.

Ensure that young female campers know about and understand menstruation and have appropriate sanitary napkins. It is not unheard of for the onset of menses to begin at camp. Supplies are also available from TEAM for anyone who may have forgotten or run out.

HEAD LICE

Please check your child thoroughly for head lice/nits within three days of their first day at camp. Because of the potential for head lice to spread in a communal setting, we want to be proactive and avoid any issues. Please remind campers and counsellors not to share personal items such as pillows, hats and combs/brushes.

If your child is found to have head lice a parent/guardian will be asked to pick up the camper/counsellor from camp and he or she may return when their head is clear of nits and/or lice. If the camper is clear of nits and lice and there is still room in the following week the camper may be transferred to the next week. If there is no room in the week, a credit for the next season may be issued.

SUN SAFETY

We are aware of the dangers of over-exposure to the sun and strive to take reasonable precautions to prevent adverse effects of the sun and UV rays. Help us in this endeavor by packing a hat with a brim and sunglasses, and sending sunscreen for your child (minimum SPF 15, but SPF 30 or higher is preferable), and a water bottle with your child's name on it. Sunscreen is available at the kitchen should campers run out. Water is available in the Mess Hall at all times. Campers and counsellors are encouraged to wear light clothing that covers shoulders and arms.



A TYPICAL DAY AT CAMP

Time*	Activity
8:00 am	Wake-Up
8:15 am	Morning Exercises and Morning Prayer
8:30 am	BREAKFAST
9:15 am	Duties and Cabin Clean-Up
10:00 am	Mass
10:45 am	Counsellor Meeting/Camper Game
11:15 am	Activity/Talk
12:00 pm	LUNCH
12:45 pm	Duties/Campfire
1:15 pm	Activity
2:45 pm	Showers
3:45 pm	SNACK
4:00 pm	Game
4:30 pm	Faith Sharing/Camper Craft
5:30 pm	SUPPER
6:30 pm	Duties/Dorms/Team Meeting
7:15 pm	Cabin Inspection
7:30 pm	Game
7:45 pm	Passion Play/Stations of the Cross
8:45 pm	SNACK
9:00 pm	Campfire
9:45 pm	Bed Time

**Note: Times vary by age. Campers and counsellors are generally in bed between 9:30-10:30 pm.*





AFTER CAMP

Just as it takes about 48 hours for campers to fully adjust to camp, so too will there be a readjustment period when your child returns home from camp. Your child will likely be tired and full of many emotions. It is common for younger campers to be over-excited while older campers and counsellors are often more melancholy over the separation from their friends. Allow your child to tell you about his or her experience when he or she is ready.

LOST AND FOUND

Despite our best efforts to return lost articles to their owners during the summer, there are always, inevitably, several bags of lost and found at the end of the season. It continues to be our policy to make every attempt to return any labeled clothing to their owners. If you discover that you are missing anything, please contact the Directors as soon as possible. After counsellor's reunion each year, unclaimed lost and found is donated to a local charity.

Please Note: Staff are not on site at Camp St. Louis year-round. Any requests to locate lost and found items after the last week of camp may result in a delay of several months to accomodate. Please ensure you check all items at lost and found prior to leaving camp.