BISHOP’S DAY CAMP
SUMMER 2020
The Bishop’s Summer Day Camp is designed to enrich the lives of children and youth through high quality camp programming. Our camp provides a safe, fun and learning environment for all children, while promoting individual and collective growth. It is our mission that every child;

1. Experiences a healthy and enjoyable summer;

2. Returns to his/her community as a more responsible and compassionate person;

3. Attains new skills and builds connections; and

4. Leaves camp an emotionally and physically stronger person.
The COVID-19 Camp Relaunch Guide has been prepared by the Association des camps du Québec, in close collaboration with the Association du loisir municipal and the Network of regional leisure and sport units in Québec. The document was also commented on by various partners and collaborators, including the Direction générale de la santé publique du Québec (DGSP), which approved its final content and distribution.

There will be a zero tolerance for the following behaviours: coughing without using respiratory hygiene/cough etiquette, deliberately spitting on others or on equipment. Failure to respect and comply with the following changes will result in the direct expulsion from the Bishop’s Day Camp. A refund will not be applicable.

**Physical Distance**
- Ensure a space of 2 meters between participants.
- Organize the physical environment favouring the maintenance of this distance between all individuals.

**Outdoor Activities**
- Favour outdoor sites for the programming of activities.
- Limit the use of indoor premises in case of rain only by respecting the maximum number of participants per room to respect physical distance.

**Limiting Physical Contact**
- Minimize direct and indirect contact between individuals, in particular by scheduling activities and games limiting the sharing of non-disinfected equipment between participants.

**Hygiene Measures**
- Rigorously apply and enforce sanitary rules, including cleaning and disinfection of premises and equipment, and sanitary facilities.
- Personal hygiene routines, including washing hands of participants and staff.
The Bishop’s Day Camp will propose individual and group activities that conform with the ACQ (Association des camps du Québec) and DGSP (Direction générale de la santé publique du Québec) and respect social distancing measures.

Outdoor activities will be given priority when possible. With that said, we are fortunate to have access to many classrooms that are equipped with AC and state-of-the-art technology.

All activities will respect the social distancing norms (2-metres between adults, 1 meter between children) and limit physical contact between the children and animator.

Strict hygiene measures will be enforced by the animators throughout the day:
  - Upon entering camp;
  - Before and after each activity;
  - Before and after meals and snacks;
  - Before and after using the washroom/blowing their nose.

The animators will be going paperless as much as possible. As such, they will be tasked with using Google Drive to share and implement data throughout the day for tracking purposes.
Summer camp is a special type of community where children come together to have fun. Within the camp setting, children develop a sense of independence as they try new adventures away from home. Summer camps are known for providing a safe environment where children gain self-confidence as they learn new skills. Our Animator team is well equipped with the necessary resources and material to help each individual child succeed.

Due to the global pandemic of COVID-19, we highly encourage that parents speak to their child/children about the measures that they need to implement into their daily camp routines in order to create a safe and healthy environment for all. Some of the main issues that we suggest speaking to your child about prior to attending camp include:

- Keeping their hands out of their mouths and off their faces as much as possible
- Washing their hands before and after entering a building
- Washing their hands before eating a snack, drinking from their water bottle and especially after using the washroom.
- Keeping their belongings to themselves and not sharing with others.
- Personal hygiene measures (avoiding touching or picking at their facial features, coughing/sneezing into one's elbow).
MORNING DROP-OFF

Each day, the Animator will greet the parent and/or child and ask the following questions;

1. Have you or any family members experienced fever or flu like symptoms in the last 14 days?
2. Have you or any family members travelled outside the province in the last 14 days?
3. Have you or any family members been affected by Covid-19? If yes, have you recovered from the virus?
4. Lastly, to facilitate an easy pick-up period, you will be asked around what time you or an authorized person may be coming that day.

*if yes was answered to question one or two, your child will not be able to attend camp. If yes and then no have been answered to question three, your child will not be able to attend camp. – the camp will contact you for more information*

If it is safe for the child to attend camp, the Animator will then sign the child in by initialing the sign in sheet and have the child wash his or her hands before entering the building.

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<tbody>
<tr>
<td><strong>5-6’S</strong></td>
<td><strong>7-8’S</strong></td>
<td><strong>9-11’S</strong></td>
<td><strong>12-14’S</strong></td>
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<tr>
<td>Children in the 5-6 age group will be dropped off next to Nicolls Building. The children’s hubs will be on the first floor.</td>
<td>Children in the 7-8 age group will also be dropped off next to Nicolls Building. The children’s hubs will be on the third and fourth floors.</td>
<td>Children in the 9-11 age group will be dropped off next to the Sports Centre. The children’s hubs will be inside the Sports Centre.</td>
<td>Children in the 12-14 age group will be dropped off next to the Sports Centre. The children’s hubs will be inside the Sports Centre.</td>
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Please expect delays when arriving at camp. The steps we are taking is to ensure the health and safety of all campers and staff. Thank you for your cooperation. In accordance of the ACQ guide, parents and/or guardians are not permitted in the buildings on campus.
Evening pick-up is a great way for parents to check-in with the Animator and see how their day went. We encourage parents to speak with the Animators throughout the summer as we feel this enhances the summer camp experience.

With that said, given the restrictions in place from the ACQ day camp guide, this will not be as easy. We invite parents to email or call the coordinators at camps@ubishops.ca or 819-822-9600 ext. 2537 if there is an urgent matter or question about the camp programming or keep conversations short while respecting social distancing measures.

Again, the camp is trying to limit the use of "physical contact" as much as possible, hence why the animator will be signing out the child on the sheet. Parents are welcome to share their "safe code" with a neighbor who is picking up the two children for example. The health and safety of the children remains our number one priority and in the event the person does not know the "safe code", he or she will not be able to pick up the child.

Please expect delays when leaving camp. The steps we are taking is to ensure the health and safety of all campers and staff. Thank you for your cooperation.

If you are unable to pick-up your child before 5:00 pm, a $5.00 fee will first be charged, followed by a continued additional fee of $5.00 per every 10 minutes.
WHAT TO BRING EVERYDAY?

Each group will have their own classroom or hub during the summer. These will be off-limits from the public and only be accessible by the animator, children in that group and a limited number of staff. Due to the nature of the ACQ guide and focus of “individual” games and/or social distancing games, access to “free for all” bins will be off limits for the summer.

NEW THIS SUMMER - Children will be entitled to bring in one small bag of their own games to camp (26.8 x 27.7 cm large freezer bag at most). The bag will be disinfected upon entering the room. Children may leave their personal belongings overnight in the classroom. They will be asked to bring home their lunchbox and water bottle, as well as their wet bathing suit and towel if applicable. The areas will be locked from the public during the day.

CLOTHING & SHOES

Our camps will involve a great deal of movement. Sneakers, shorts or long pants, T-shirt and jacket/sweater will provide the best clothing options for your child during the day. The children will have access to the pool and are encouraged to bring a bathing suit and towel. In the event they do not go swimming that day, they may leave the dry towel and bathing suit in the classroom overnight.

WATER BOTTLES

Water is a vital component when physically active. Parents MUST send their child with a water bottle each day, labelled with his or her name. There are water fountains on site, however, they may only be used to fill up the bottles and not drink from, as per the ACQ guide.

BACKPACK

Getting all this gear here can be a challenge. For ease of transport, we recommend your child carries a backpack to keep things together. Labeling your child’s belongings also makes it easier for our staff to identify items that belong to your child and return them promptly.

VALUABLES

We strongly encourage you and your child to leave collector cards, valuable items, etc., at home. This also applies to any items that have special meaning, as well as cash or debit cards. Given the nature of activity in our camps and the value of a cell phone, we also encourage your child to leave their cell phone at home where it cannot be misplaced or damaged.

FOOD & SNACKS

Lunch is not provided. Your child must come to camp with a cold lunch (microwaves are not available) and a minimum of two snacks. We ask that all food is nut-free. Please help us ensure your child has the energy needed to enjoy camp by making sure they eat a good breakfast and have snacks packed each day!

HAT & SUNSCREEN

Children will spend a great deal of time outdoors and in the sun this summer. It is vital they come with sunscreen and a hat. Please put sunscreen on your child before coming to camp in the morning as this allows activities to begin sooner.
EXAMPLES OF ACCEPTABLE MATERIAL

What your child is allowed to put in their ‘free-time’ bag:

› Coloring books, crayons, pencils, non-permanent markers, stickers etc.
› School supplies including their pencil case with glue, scissors, pencils etc.
› Notebooks, drawing pads, word searches etc.
› Rubik’s cubes, small individual games
› Small dolls
› Blocks or Lego
› Playdoh
› Stress balls
› Bracelet & beads
› Personal hand sanitizer bottle

What your child is not allowed to put their ‘free-time’ bag:

› Weapons; pocketknives, toy guns,
› Cellphones, iPad’s, tablets
› Gaming devices (DSI, PSP’s, handheld devices etc.)
Accidents can happen and, in the event they do, campus security and facility supervisors are readily available. We will assess the situation, take appropriate first-aid measures and inform you as quickly as possible using the contact information you have provided.

EMERGENCIES

In the event of an emergency while at camp, you will be notified. We do not have a registered nurse on staff; therefore we will ask you to make the decision whether to remove your child from the program for the day. Examples include but are not limited to headaches, stomachaches, nausea, etc. The Coordinator will specify a pick-up point on campus.
YOUR CHILD MUST NOT GO TO CAMP IF:

1. Isolation was recommended for them:
   • Because they received a COVID-19 diagnosis.
   • Because they are moderate- or high-risk contacts for COVID-19 cases.
   • Because they are symptomatic and awaiting the results of a COVID-19 screening test.

2. They are living under the same roof as a person with COVID symptoms AND who is being investigated pending the results of a NAAT test.

3. They present with one or more of these signs or symptoms:
   • Fever
   • Sudden loss of smell without nasal congestion, with or without loss of taste
   • Respiratory symptoms: cough (new or worsened), shortness of breath, difficulty breathing, sore throat
   • General symptoms: intense fatigue, significant loss of appetite, generalized muscle aches (not related to physical exertion)
   • Gastrointestinal symptoms: vomiting and diarrhea
WHEN SHOULD MY CHILD HAVE THE COVID-19 NASAL SWAB TEST?

1. When my child has symptoms consistent with COVID-19.
   • Parents must contact 1 877 644-4545.

2. Where appropriate, at the request of the Direction de santé publique (e.g., in the presence of one or more affected people in the community):
   • You will be informed of this request verbally or in writing.
WHEN CAN MY CHILD RETURN TO CAMP?

1. **24 hours after the end of symptoms:**
   - If they have been tested for COVID-19 and the result is negative OR
   - If they have not tested and presented with one or more of the following symptoms:
     - Sore throat
     - Intense fatigue
     - Significant loss of appetite
     - Unusual generalized muscle aches (not related to physical exertion)
     - Vomiting
     - Diarrhea
   
   **OR**
   - If they have a medical assessment that identifies another apparent cause that accounts for the illness.

2. **After 14 days of home isolation and no acute symptoms for 24 hours (excluding cough and loss of taste or smell), and no fever for 48 hours (without taking fever medication) if:**
   - No test has been performed and no medical diagnosis has been made and that the child has had one of the following symptoms since the onset of the illness:
     - Fever
     - Cough (new or worsened)
     - Shortness of breath, difficulty breathing
     - Sudden loss of smell or taste
   - If the coronavirus test is positive.
Bishop’s Day camp staff and animators will strictly enforce all protocol measures concerning the health and safety of all campers. We will treat all possible symptoms as cases. Medical information will be kept confidential. In the event a child shows symptoms, the following procedures will be followed. Bishop’s University and the Bishop’s Day Camp will not be held responsible or liable for any claims resulting or arising from the sole discretionary decision to refuse a child, to suspend admission or to cancel the day camp week due to a possible or confirmed case.

A child that may be presenting symptoms at camp will first be separated from the group. Each building will be equipped with a quarantine room. Animators will contact the Coordinator or Manager of the camp.

The Camp Coordinator will contact the child’s parent(s) or guardian(s). The parent or guardian MUST come to the camp site right away. The parent will be asked to call 1 877 644-4545 and have an “over the phone” assessment. If the child requires a nasal swab test, he or she will be allowed to return to campus only after the result and if same is negative. If the test results positive, the children and animator from the specific age group (for example 5-6’s Group A) must quarantine for 14-days. All are encouraged to get tested, as well.

If the assessment is favorable, the children, in that specific age group, will be allowed to stay at camp. The children will be closely monitored.
Participation in the Bishop's University Day Camp brings a variety of campers, parents, instructors and support staff together. The success of the camps depends on all persons taking responsibility for their experience and respecting the differences that exist between campers. It is essential campers come with a willingness to participate with enthusiasm, however, we understand everyone has a challenging day once in a while.

First and foremost, we want to resolve any conflicts that keep your child or other youth from participating in camp activities. On occasion it may be necessary to give a participant the opportunity to re-group away from the activity. If difficulties continue to persist, a parent or guardian will be contacted.

**CODE OF CONDUCT**

Bullying will not be tolerated at the Bishop’s Day Camp. The RCMP defines bullying as “an imbalance of power; where someone purposely and repeatedly says or does hurtful things to someone else. Bullying can occur one on one or in a group(s) of people. There are many different forms of bullying: Physical bullying (using your body or objects to cause harm): includes hitting, punching, kicking, spitting or breaking someone else’s belongings. Verbal bullying (using words to hurt someone): includes name calling, put-downs, threats and teasing. Social bullying (using your friends and relationships to hurt someone): includes spreading rumours, gossiping, excluding others from a group or making others look foolish or unintelligent”. (Bullying and Cyberbullying, 2017)

We ask campers to be responsible for the following actions: To play by the camp rules. To be fair to other campers and to treat them well - without them there would be no camp. To encourage your camp mates and help them to succeed. To treat your camp leaders with respect and to work with them for the betterment of the “team.” To speak respectfully and honestly in private to your camp leader should a dispute arise. Zero tolerance of profanity, temper tantrums, violent behaviour, bullying, drugs or alcohol.

Parents, please support your children and our leaders with the following actions: Help us by setting an example for your child. Adhere to the policies and procedures of the Bishop's Day Camp. Communicate ideas, questions or problems, to ensure positive outcomes for everyone.
COMMUNICATIONS

If you would like to email or call our Day Camp Coordinator during the day, feel free to do so at camps@ubishops.ca or at 819-822-9600 #2537.

A Bishop’s Day Camp group is now available on Facebook. This group is designed to share information, post questions, share photos, etc. For personal comments, it is preferable to call us or send them by e-mail to camps@ubishops.ca.
CHILDREN IN THE 5-6 AND 7-8 AGE GROUPS WILL BE DROPPED OFF / PICKED UP NEXT TO NICOLLS BUILDING ON CAMPUS (#1). PARENTS MAY USE THE FIRST ENTRANCE ONTO CAMPUS. WHEN LEAVING, PARENTS MAY EXIT AT THE LIGHTS (COLLEGE AND ST-FRANCIS STREETS).

CHILDREN IN THE 9-11 AND 12-14 AGE GROUPS WILL BE DROPPED OFF / PICKED UP NEXT TO THE SPORTS CENTRE ON CAMPUS (#2). PARENTS MAY USE THE MAIN ENTRANCE.