



YMCA  
**Camp Henry**

AT POINT PELEE NATIONAL PARK



**YMCA Camp Henry Overnight Camp  
Information Guide**

2020





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## INTERACTIVE LINKS



Throughout this guide you will see many interactive buttons which when clicked will bring you to more information about YMCA Camp Henry!





# Welcome

Welcome to the 2020 Overnight Camp Information Guide for YMCA Camp Henry. We are so excited you have chosen Henry to be a part of your summer this year. Camp provides endless opportunities for kids to learn, grow and have fun in a safe and supportive environment. We hope that this guide will answer many of the questions you and your camper may have and will help build the excitement for our summer together. More information can be found on our website at [www.campheny.ca](http://www.campheny.ca), where you also have the opportunity to sign up for our Camp Henry newsletter and updates.

An essential part of the camper's experience starts right at home. We ask that you prepare your camper by reviewing this guide together and letting them know important things like what to pack, what to expect on a typical camp day, introducing them to our problem-solving steps, and getting them excited to meet new friends!

If you would like to chat further about the upcoming summer or have any additional questions, please contact us at any time.

See you this summer!

A handwritten signature in black ink that reads "T. Kulendranathan".

**Terra Kulendranathan**  
**Camp Director**  
**[terra.kulen@swo.ymca.ca](mailto:terra.kulen@swo.ymca.ca)**  
**519-453-8858 x1103**







# Staying Connected with Camp

## YMCA Camp Henry 2020 Information Nights & Open House

### Stay tuned for the 2020 dates for our Info Nights and Open House!

Join us for our Open house and enjoy a fun day outdoors with your family while getting to explore the place where camp memories come to life.

All guests will be able to have a tour of our campsite, look inside an oTENTik and the opportunity to try some of our camp programs. We will be facilitating many games at camp throughout the day, so participants of all ages can join in the fun whenever they please! There will be opportunities to go for a short hike, try our archery range, hop in the gaga ball court, or spend some time making some crafts.

### Camp Henry Information Nights

Meet us in person at one of our Information Nights. In London, our information night will be a presentation style with time for questions at the end. In Windsor, Chatham and Sarnia, families can drop by and ask questions right in the local branch. Both offer a chance to learn more, meet some staff, and ask any questions you may have.

### Stay tuned for 2020 Information Night dates.

## Contacting Camp During the Summer

### Communicating with your camper:

Everyone loves to get mail while they are at camp, and it is important for campers to hear from home. We encourage all of our campers to write home regularly to tell their families about all of the awesome experiences they are having. Families are more than welcome to mail letters or send emails to campers which we will distribute each day. To respond to your messages, response sheets are available at all times for campers to write home to their family and friends. Each letter written by a camper will be scanned and emailed to you to ensure messages are getting home as quickly as possible. Please ensure you send your camper with the email address(es) you would like replies sent to, just like you would send them with a mailing address.

To send an email to a camper, simply put the camper's full name in the subject heading and send your message to [camp.henry@swo.ymca.ca](mailto:camp.henry@swo.ymca.ca). Each day after dinner we will hand out any camper emails that have been sent into us during the day. If you would like to mail your camper a letter, we encourage you to send it off before your camp session begins to ensure it arrives to us on time!

### Mailing Address:

Attn: CAMPER NAME  
Point Pelee National Park  
c/o YMCA Camp Henry  
407 Monarch Lane  
Leamington, ON N8H 3V4



Our London office number is 519-453-8858. We will have staff answering this line throughout the summer during office hours, although our Camp Henry Director will be available here only until the end of May. Once the Camp Henry team has moved to camp and set up their offices, we can be reached at Camp Henry at 519-322-1970.

### **Some notes and tips on writing to your campers!**

1. Please keep your letters and emails upbeat and positive. It is important for all children to know the people who care about them are thinking of them and want them to have fun at camp.
2. We encourage our campers to write home as much as possible and will ensure you hear from them at least once during the session, but if you do not hear again, chances are, the kids are just having too much fun and will tell you all about it on Friday!
3. If you get an unhappy letter or email from your child, do not panic. In all likelihood, whatever made them unhappy when they wrote the letter is long since forgotten or has been resolved by your camper's counselor and/or staff. If you do have a concern, please call us at camp. We want camp to be a positive experience for both campers and parents.
4. If there are circumstances that change in your family while your child is away at camp which may upset him or her, please contact us directly and we can discuss together the best way to inform your child. Though the phone is not for campers' use, we will make exceptions in extenuating circumstances.
5. Please do not tell your children they can call home or leave camp early if they choose. We find that when campers believe either of these are options, it generally increases the level of homesickness. If you are concerned about your camper please call camp and we will work with you to ensure your camper has the best possible experience based on their situation.
6. Please do not send food packages for your child. Due to the risk of exposing the camp environment to allergens (eg. Nut products) any care package suspected of containing food products will not be opened at camp. Campers receive a full, healthy diet at camp (including snacks) and food in cabins can cause problems with animals around camp. Care packages including magazines, cards, crossword puzzles, etc. are allowed.

**\*We strongly encourage our campers to write home and set aside time throughout the week for them to do so, however campers may not reply every day as they may be so immersed in camp life.**





## Cell Phones and Electronics at Camp

Camp is a place where we focus on unplugging from technology and making real world connections within the camp community. Cell phones are a distraction from this focus and therefore **we do not allow any campers to have cell phones at camp**. We encourage you to leave cell phones at home and embrace the friendships you can make at camp. Any cell phones that do come to camp with campers will be kept in the camp office and returned on the last day.

### Up-to-date information while your child is at camp:



**www.camphenry.ca** : Our website is an excellent place to go for information for both campers and parents. There are links here to any of the paperwork you will need to get ready for camp. You can also sign up for email updates here to ensure you are getting information first.



**Facebook:** We encourage you to become an active member of the Camp Henry community by joining the YMCA Camp Henry page on Facebook. Photos, videos, camp updates and on-going discussions about Camp Henry are just a few of the things happening on our page (Search Facebook for YMCA Camp Henry).



**Twitter:** YMCA Camp Henry's twitter feed is updated throughout the summer on an ongoing basis. It is most useful on arrival and departure day, when any transportation delays will be tweeted. Our twitter feed is @ymcacamphenry



**Instagram:** Follow what's going on through pictures on Instagram @ymcacamphenry

We will use the facebook page and twitter to post any immediate or time-sensitive updates.

### After Camp

If you would like to contact us after your camp, please call or email us anytime. We will move back to our London office in October.

165 Elmwood Ave E, London, ON, N6C 0A8

519-453-8858

[www.camphenry.ca](http://www.camphenry.ca)

[www.ymcawo.ca](http://www.ymcawo.ca)





# Getting Ready For Camp

## Healthy & Safe Campers



### 2020 Health History Form

The Health History Form will assist us in ensuring your child's well-being and provide vital information in case of illness or accident. YMCA Camp Henry recognizes health history as the record of care given or being given by the personal physician. This form must be completed and submitted by email one week before your camper arrives to [camp.henry@swo.ymca.ca](mailto:camp.henry@swo.ymca.ca) and will be available online in June 2020. All families registered for programs or on our mailing list will be emailed this form once it becomes available.

Camper medical forms are an example of what OHIP defines as a third-party request, and is therefore not covered by OHIP. While it is preferable that this health history be completed and signed by a physician, it may be completed and signed by the parent and guardian. YMCA Camp Henry is not responsible for fees incurred by families who choose to have a physician complete the Health History Form. Yearly medical checkups are a matter for families to discuss with their physician. Wait to fill out section B of the form until the week before camp so we have accurate and up to date information. Our counselors will go with your child to meet the Section Heads on the first day of camp, and the Health History Form and any medication brought to camp by your camper will be kept by the Camp office during your child's stay at Camp Henry. After camp is complete, camper forms will be securely stored according to the YMCA privacy policy.

### Healthy Campers

Camp is a place with close contact and busy schedules. In the event that your camper contracts a communicable illness, lice, or another condition before camp, please contact Camp Henry. Campers with communicable illnesses may be asked to delay their arrival at camp or may be required to leave camp at the discretion of the Camp Director.

### Lice

Given our overnight camp environment and the ability for head lice to transfer so easily, our policies and practices are in place in order to protect our camp community as best as we can. **We ask that you please check your child's head for signs of lice thoroughly prior to departure for camp. If your camper arrives at camp with head lice, we will ask you to take him or her home with you to be sure they are given the proper treatment.** We do not have the resources or facilities to treat and manage lice during our camp program. It is the responsibility of the family to ensure campers are arriving to Camp Henry healthy and ready to engage in all aspects of camp life. Refunds will not be issued if a camper missing part of their program due to head lice and any fees incurred do to head lice will not be compensated for by camp.

We cannot guarantee that our arrival day screening will find all instances of lice. If a camper show signs of lice midway through a camp session, families will be contacted immediately and the camper will be removed from program to prevent further spread. Cabin mates will also be screened for lice and families contacted as a precautionary measure.

### Food Sensitivities and Allergies

At YMCA Camp Henry we are committed to creating a safe and inclusive environment for everyone. With this in mind, we have a number of campers with severe food allergies and food sensitivities. We recognize that nut allergies



are a common concern and because of this our camp is a nut sensitive site. While our camp works to limit the introduction of nut products into our space, we do carry some products that may contain traces of nuts. If your camper has a severe allergy to nut products or any other food item, we will not serve that camper any food that contains or may contain traces of the allergen. An anaphylaxis policy and emergency protocol are in place to ensure that campers with severe allergies are identified, and the camp will work towards eliminating camper contact with the allergen. All campers with anaphylactic allergies are communicated to staff. The Food Service team and Camp Director will revise menu plans, ingredient lists and products to ensure that the product is removed from that camper's meals

If you have any concerns about a specific food allergy or dietary restriction, please feel free to reach out to us at any time so we can answer any questions and discuss your concerns.



### **In Case of Illness or Injury**

All of our staff members at Camp Henry will have a minimum of Standard First Aid and CPR C certifications. Our staff also receive site specific emergency response training. Any staff members leading water activities are certified lifeguards. During camp activities, staff carry first aid kits to ensure that bumps, scrapes, and bruises can be taken care of immediately. After each meal campers are able to visit the Wellness Centre and meet with our Section Heads if they have any questions or concerns. These senior staff members are dedicated to ensuring the health and wellness of our campers and staff throughout the summer. Due to our proximity to the Erie Shores HealthCare, as well as our quick EMS response time, Camp Henry will not have a nurse or physician onsite. Our Section Heads will ensure all campers are receiving their medications at the correct times, and will be available to help with any illnesses or injuries.

If your camper becomes ill or injured and is diagnosed by a medical professional from the Erie Shores HealthCare as being either contagious, too ill, or unable to remain at camp, we will contact you and ask you to pick your child up from camp. Until that time, your child will be isolated from other campers in the Wellness Centre and cared for by the camp staff. If your camper's stay is delayed or cut short by illness or injury, a camp refund is generally not warranted.

### **Off Site Medical Attention**

In the event that your child needs medical attention, our staff will provide transportation to the Erie Shores HealthCare. We will make every effort to contact you as soon as possible should medical treatment be necessary, and will stay with your camper until the situation is resolved. If any prescription drugs are necessary as a result of consultation with the doctor, you will be contacted and billed for the amount after camp.

### **Homesickness**

Camp is an exciting and fun-filled place with new friends, new adventures, new skills, and new experiences. It's also a very different place – a different bed, different washrooms, food, schedule, and people.

When campers are away from home for the first time, it is reasonable to expect that until they become adjusted to the camp environment, they may go through a period of homesickness. This is a natural reaction among





many young people. It is important that parents realize, however, that this is something that a child may need to experience and see through in order to attain the degree of independence which is necessary to make them self-reliant, mature individuals. Our camp staff are trained to detect early symptoms of homesickness. Counsellors receive training on how to help children feel comfortable at camp and how to respond to their individual needs. They are caring people who enjoy being with kids and taken the time to listen. Campers are not typically permitted to call home as we have found this usually increases the level of homesickness. If there is a situation at camp that requires a phone call, we will contact you immediately. Please refrain from telling your children they can call home if they wish.

## Camp Behaviour Policy

While camp offers opportunities for close friendships and new group skills, young people can react to these changes in many different ways. At YMCA Camp Henry, it is our goal to provide a safe, comfortable and supportive environment for each individual. Camp Henry is a positive space, where people of any background, belief, and ability are welcomed and respected. Our staff are trained and experienced in providing high quality care for our campers and ensuring that the needs of each individual are met. If a situation arises where a camper threatens the safety or security of another camper, or themselves, we will make every appropriate step to inform the parents involved, correct the behaviour and provide a positive camp experience for everyone. However, should disruptive behaviour continue, the child may be dismissed from camp at the discretion of the Camp Director or her designate.

**Note: In extreme circumstances, a camper may be removed from the camp environment without warning if his or her behaviour jeopardizes the safety of campers or staff, or where the camper is engaged in illegal activities (including possession of non-prescription drugs, alcohol, and/or nicotine products). The camp will not be held responsible for any costs associated with a camper's dismissal and will not provide a refund.**

## Problem Solving

We do not foresee problems occurring at camp for your child and our staff work very hard to address the needs of each camper, but sometimes children can encounter problems or issues that they do not feel they can solve on their own because camp is a different place for children. We want to make sure that they know what to do if they encounter such a situation. We also encourage you to go through the following information with your child:

- If a camper has a problem they feel they cannot deal with on their own, they should make sure they speak to their counsellor about it.
- If for some reason they don't feel their counsellor could help them, they should speak with someone else in charge who they feel comfortable with (ie- another counsellor, the Section Heads, a program coordinator, etc.)
- If a camper feels that people are not listening to or addressing their problem, go directly to the Camp Director. They are always available to talk with a camper. . . it's their favourite part of the job! Camp Henry staff are there because they care about kids. No matter how busy camp is, Camp Henry staff will make time for a camper who has a problem. They won't get angry, and they will listen.



*Check with your child before they head off to camp to make sure they understand the problem-solving process.*



## A Phone Call from Camp

Throughout your child's time at camp, you may get a call from one of our staff members to update you on your child's experience. Please make sure that we have accurate phone numbers on file for you throughout your child's stay. There are many reasons why we might call home – obtaining missing health history information, seeking advice on helping your child adjust to camp life, sharing and celebrating your child's success at camp, and much more. You can also expect that camp will call if:

- Your camper misses more than half a day of participation in camp activities due to illness or injury
- Your camper has an illness requiring prescription medication
- Your camper has an injury or illness requiring a visit to the hospital
- Your camper has significantly breached our camp behaviour policy
- Your camper has been significantly impacted by someone else breaching our camp behaviour policy

## Packing Guide



A handy, one-page packing guide is available online. Please remember that your camper will be active, and that camp can be rough on clothes. For this reason, we recommend that campers do not bring expensive clothing to camp. As well, electronics and other expensive, easily damaged items are best left at home.

We do everything we can to keep belongings with its owner. YMCA Camp Henry does not accept responsibility for any belongings lost at camp or in transit (buses). Please encourage your camper to keep track and take care of the items they bring to camp.

### Lifejackets

Each camper at Camp Henry will use a government approved Personal Flotation Device (PFD) throughout their time at camp. Although we have some available, we recommend your camper to bring their own. Be sure to label your PFD clearly with your camper's name.

### Biodegradable Soap

We encourage all soap products used at camp (soap, shampoo, and conditioner) are biodegradable. Even when using proper shower facilities, it is helpful to our surrounding environments to use biodegradable products as much as possible. We are so lucky to be located in a national park, we want to do our best to treat our environment with as much respect as possible.

### Label Everything

Label everything your camper brings to camp: clothing, shoes, toothbrush, flashlight, etc. the chances of everything making its way home are much greater if your camper's name is on it. YMCA Camp Henry has an account with Mabel's Labels that can be found here <http://mabelslabels.com/support-a-fundraiser>

### Backpacks

Although many of our programs will be run right at Camp Henry, we have the entirety of Point Pelee National Park to explore during each week of the summer. Many of our activities will happen at various points throughout the park. Your camper will appreciate having a small backpack with them while at camp to easily bring necessary items with them wherever they go!





## Rain Gear

Good rain gear is very important. Camp programs continue despite the occasional rainy day. Your camper will be more comfortable if he/she is prepared for the weather. Windbreakers are not generally waterproof and are ineffective as rain gear. It is worthwhile to invest in quality rain gear; it will last longer and keep your camper happier on those wet Pelee days.

## Sun-sense

Sunscreens with a SPF (Sun Protection Factor) of 15 or more which contain UVA (tanning) and UVB (burning) protection are best. We strongly recommend a waterproof sunscreen with a SPF of 30 or more. All of our counsellors and senior staff work closely with campers to ensure adequate sun protection at camp. We encourage campers to wear hats and sunglasses and drink water as much as possible during their stay at camp. Spend some time talking with your child prior to their departure about the importance of sun-safety while at camp.

## Tuck

YMCA Camp Henry does not operate a tuck shop during the summer. While in a camp session, campers will have no opportunities to spend money and should not bring any with them to camp. A well-balanced diet along with snacks is provided to keep every camper satisfied. We do, however, have YMCA Camp Henry merchandise available. Merchandise order forms will be available on our website in early 2020. We will also have all merchandise available for purchase at camp on arrival and departure days, as well as at our Open House. If you want to be sure to secure the correct size, please consider ordering in advance. We will set aside all ordered items for your camper to receive on their first day of camp.

## Lost & Found

We encourage families to include their children in the packing process as much as possible. Not only will this help them focus their excitement on preparing for camp, but it will also help them take ownership over their belongings and know exactly what they have brought with them. An excellent tip for families is to label all of your camper's items to help us ensure everything gets home to you at the end of the session! If a camper realizes something is missing while at camp, they should talk to their counselor so we can help look for it before the camper heads home. If your camper arrives home and realize something is missing, please contact camp as soon as possible by emailing [camp.henry@sw.ymca.ca](mailto:camp.henry@sw.ymca.ca) a detailed description of the item and we will do our best to recover and return the item.

All clothing and equipment found at camp will be returned to the YMCA of Southwestern Ontario in October. These items will be available for pickup at our London offices during scheduled pickup times. If by November items have not been claimed, any remaining items will be donated to charity. If you live outside of London please be sure to contact our London office to inquire about lost items.





# Packing List

## PLEASE NOTE

Remember that while at Camp Henry, campers will spend the majority of their time outside. Campers should bring clothing and items that are intended for our rugged camp environment. We recommend durable, simple items that will prepare campers to be comfortable outside in all conditions. We also recommend that campers label all of their belongings.

**While we will do everything in our power to keep camper belongings with them for the duration of their time at camp, we are unable to take responsibility for lost, damaged, or stolen items.**

### MANDATORY ITEMS

- Health History Form
- Sleeping Bag
- Pillow

### CLOTHING

- Underwear ————— Please bring an adequate supply.
- Socks – 6 pairs ————— Long johns may be appreciated!
- Shorts – 2
- Pants – 2 ————— Please include at least one pair of pants that dry quickly.
- T-Shirts – 5
- Light Jacket *or* Fleece Jacket – 1
- Long Sleeved Shirts – 2
- Sweatshirt – 1
- Sun Hat – 1
- Warm Hat *or* Toque – 1
- Waterproof Rain Gear – 1 set
- Pyjamas – 2 pairs
- Running Shoes – 1 pair — Running shoes should be closed toe, sturdy with laces, and rubber soles.
- Bathing Suits – 2
- Sandals – 1 pair ————— Athletic sandals with straps at the back are highly recommended. Flip flops are not suitable for any program activities.

### OTHER ITEMS

- Soap *and* Shampoo ————— Biodegradeable is preferred!
- Personal Toiletries ————— Toothbrush, toothpaste, hairbrush, tissues, etc.
- Insect Repellent ————— No aerosols, and less than 10% DEET please!
- Sunscreen ————— SPF 30+ is recommended
- Water Bottle
- Flashlight *or* Headlamp — And extra batteries!
- Towels – 2
- Backpack ————— Excellent for being prepared as we explore the park!

### OPTIONAL ITEMS

Stationary and Pens; Books (reading and/or colouring); Camera; Blanket; Journal; Sunglasses; Paddle; Cards;

### PROHIBITED ITEMS

The following items are not permitted at YMCA Camp Henry due to their inherent danger, illegality, or because they are not in line with our program philosophy. Campers found with these items will be asked to hand them into the Camp Office for the duration of their stay.

**If an item is illegal or is deemed to pose a threat to the safety of the campers or staff at Camp Henry, the camper may be dismissed from their program without warning.** The camp will not be held responsible for any costs associated with a camper's dismissal or provide a refund.

- NO Cell Phones
- NO Electronic Games
- NO Laptops
- NO Firearms
- NO Knives
- NO Hatchets
- NO Matches
- NO Nicotine Products
- NO Offensive Material
- NO Non-prescription Drugs
- NO Outside Food
- NO Candy or Gum





## Insects

Bugs are a part of camp life in any part of Canada. It is important to us that our staff and campers are informed about the various insects that may disrupt our experience while at camp. All of our Henry staff will be trained before campers arrive to be sure we are able to prevent any discomfort as much as possible. Staff will be sure to encourage campers to wear socks, long pants, and long sleeves when outside during dusk, as well as during forest activities. Counsellors will have bug repellent available for campers, however it is always great for campers to have their own as well. Health Canada recommends a DEET percentage of 10% or lower for children.

## Ticks

Being informed on the creatures and possible risks in our environment at camp is the best way to ensure proper prevention. Through our staff training and our camper orientation each arrival day, we will ensure our Camp Henry community understands how to best protect themselves from ticks. Our camp staff work with the National Parks staff to ensure we are as informed as possible and able to take all preventative measures from ticks and other insects while at Camp Henry. We will have information posters on ticks and Tick Checks posted in washrooms, cabins, and other areas of YMCA Camp Henry.

When hiking on the wooded trails throughout Point Pelee National Park, campers will be encouraged to wear long pants and high socks to prevent the possibility of a tick landing on them. Insect repellent will be available in all cabins and campers are encouraged to bring their own as well. For children under the age of 12, Health Canada recommends repellent with a DEET percentage of 10% or lower.

Swimming and bathing is an excellent way to remove ticks before they have a chance to bite. Between showering and swimming, campers will have numerous opportunities for this and we will encourage them to do so each day.

Along with these preventative measures, daily Tick Checks are the best way to ensure our campers and staff are not bitten. On the first day of camp, all Camp Henry campers will be taught how to properly check for ticks. Each night during the cabin's bedtime routine, cabin counsellors will ensure all campers conduct a proper tick check and talk with their counsellor about any concerns before bed.

Should a camper be bitten by a tick, parents/guardians will be notified and your camper will be taken to see a medical professional.





Exposure to an embedded tick for under 24 hours is considered very low risk for any transfer of Lyme Disease. Lyme Disease is a serious illness caused by a bacterium that is spread by the bite of an infected blacklegged ticks which are found in Ontario. For more information on ticks and Lyme Disease, see

<https://www.canada.ca/en/public-health/services/diseases/lyme-disease.html>

Point Pelee National Park on Ticks and Lyme Disease:

“Stay on trails to avoid contact with ticks. The black-legged tick has become firmly established at Point Pelee. This creature, which has spread to areas throughout North America, can carry a bacterium, which causes the Lyme disease. Research to date suggests the risk of contracting Lyme disease at Point Pelee is very low. Through annual monitoring, the bacterium has now been detected at Point Pelee in a small percentage of the tick population.”

<https://www.pc.gc.ca/en/pn-np/on/pelee/securite-safety>

### Bed Bugs

In an effort to be proactive with our brand new camping facilities, it is important for us to recognize the increasing presence of bed bugs in our communities across Canada. Although not known to carry any blood-borne diseases or pose any serious health risks, bed bugs are a pest and we hope to keep them out of Camp Henry. Similarly to mosquitos, people can be allergic to bed bug bites which can cause swelling, itchy welts.

During our training week, all Camp Henry staff will be informed on bed bugs and how to detect early signs. Each week when campers are offsite, our staff team will thoroughly clean all cabins and camp facilities. Part of this weekly clean will include an inspection of all living areas for signs of bed bugs.

In order to prevent bed bugs from entering our environment, we are asking all participants visiting YMCA Camp Henry to help us by taking the following steps:

- If there is any possibility a participant coming to Camp Henry may have been in contact with bed bugs, we request prior to arrival, all personal belongings are washed with hot water and dried at the highest dryer setting for a minimum of 30 minutes. It is recommended for any other items to be steam cleaned, or placed loosely into a tightly sealed bag in a freezer for a minimum of 4 days at a temperature of -15°C or lower.
- Immediately upon returning home, we recommend this process is repeated to prevent the possibility of spreading.

**At YMCA Camp Henry, we are taking every reasonable precaution to prevent the incident of bed bugs or tick bites and cannot be held liable for any effects of such instances.**

Any questions regarding our protocols at YMCA Camp Henry to prevent and manage ticks, bed bugs, and other insects, please contact our Camp Director at [terra.kulen@swo.ymca.ca](mailto:terra.kulen@swo.ymca.ca)





## The Camp Experience

We are a values-based, overnight summer camp that uses fun, active, outdoor-based programs to foster honesty, caring, respect, and responsibility in each one of our campers. Our goal is to create a home away from home for each camper and family that joins us this summer season. Campers will be given the skills, opportunities, and support to realize their full potential.

YMCA Camp Henry is committed to providing a high-quality camping experience that nurtures the potential of children and youth. Our focus is on the healthy development of spirit, mind, and body in all of our participants and as a camping community, to this end, all of our programs reflect our mission and core values, and staff members are hired for their skills, expertise, and personal commitment to role modelling our values. We also incorporate the YMCA Camping Quality Recommended Practices into our programs and operations.

Being in a national park, Camp Henry is very lucky to work closely with the wonderful staff of Point Pelee National Park to ensure our campers have many opportunities to connect with the unique setting we are in.

### **Our Mission:**

The YMCA of Southwestern Ontario's mission is to be a multi-service charity that provides opportunities for personal growth in spirit, mind and body for people of all backgrounds, beliefs and abilities.

**Values:** Respect, Responsibility, Caring , Honesty, Inclusiveness

### **Quality 8:**

The Quality 8 are a set of principles that outline what every camper and family can expect from a YMCA camp. The Camp Quality Recommended Practices inform our camp programs and operations and are designed to ensure that the Quality 8 are an integral part of every camper's experience.

- YMCA Camp Henry is fun.
- YMCA Camp Henry is safe socially, emotionally, and physically.
- YMCA Camp Henry is a place of friendship.
- YMCA Camp Henry is a place of caring, belonging, and responsibility.
- YMCA Camp Henry participants learn and are challenged.
- YMCA Camp Henry treasures the natural world.
- YMCA Camp Henry meets personal life needs.
- YMCA Camp Henry is a place to return to.





## Transportation

Please note that for all methods of transportation, persons picking up and dropping off campers must show valid government issued I.D matching the listed authorized pick up and drop off on the camper registration.

### Travelling by car:

Families bringing their campers to Point Pelee National Park by car will be directed by both Parks and YMCA staff from the gates of the park to YMCA Camp Henry. You do not need to purchase a park pass to drop off or pickup campers from YMCA Camp Henry.

### Travelling by bus:

Buses do not stop on the way to or from camp, so there is no need for campers to have spending money. All buses are supervised by a YMCA Camp Henry staff member who will be equipped with a cellular phone for contact. If you are curious about bus times or the possibility of a delay, the most up to date information will be posted on the Facebook and Twitter Page (YMCA Camp Henry and @ymcacamphenry) which can be accessed from our website.

All bussing will cost \$50 each way, \$100 for both to and from camp. Families can sign their campers up to ride the bus to and from camp, or only one way. Bus registration should be done a minimum of two weeks before your camper's departure for camp. Please call YMCA Camp Henry if there are any last minute changes for your families transportation plans.

### Pick-up and drop-off locations:

London – Wortley YMCA offices at 165 Elmwood Ave E  
Chatham – YMCA 101 Courthouse Lane

Camp Session	Camp Arrival	Camp Departure
Chickadees 1	Mon. June 29	Fri. July 3
Session 1 & Leadership	Sun. July 5	Fri. July 10
Session 2	Sun. July 12	Fri. July 17
Session 3 & Leadership	Sun. July 19	Fri. July 24
Chickadees 2	Mon. August 3	Fri. August 7
Session 4	Mon. August 9	Fri. August 14
Session 5 & Leadership	Sun. August 16	Fri. August 21

Bus Location	Camp Arrival (Bus TO Camp)	Camp Departure (Bus FROM Camp)
London - Wortley YMCA Offices – 165 Elmwood Ave E	12:30pm	5:00pm
Chatham - YMCA – 101 Courthouse Lane	2:00 pm	3:30pm

Personal Transportation (By Car)	Camp Arrival (Drop Off)	Camp Departure (Pick Up)
	3:00pm -4:00pm	2:00pm – 3:00pm



# The YMCA Camp Henry Program

## 2020 Programs

All of our traditional session programs are for campers between the ages of 6-13 years old. Our Chickadees program is a condensed camp week and has been designed to give younger campers a taste of overnight camping. This program is for campers between the ages of 5 - 12 years old.

Campers ages 14-16 years can register in Session 1, 3, and 5 to be a part of our Leadership program.

Chickadees 1: June 29-July 3, 2020

Session 1: July 5-10, 2020

Leadership Session 1: July 5-10, 2020

Session 2: July 12-17, 2020

Session 3: July 19-24, 2020

Leadership Session 3: July 19-24, 2020

Family Camp 1: July 26-30, 2020

Chickadees 2: August 3-7, 2020

Session 4: August 9-14, 2020

Session 5: August 16-21, 2020

Leadership Session 5: August 16-21, 2020

Family Camp 2: August 23-27, 2020

Family Camp 3: August 30-Sept. 3, 2020



## A Typical Day at Camp Henry

7:30 – Early Risers

8:10 – Tablesetters

8:20 – Flagraising

8:30 – Breakfast

9:30 – Cabin Activity

11:00 – Cabin Activity

12:30 – Tablesetters

12:45 – Lunch

1:30 – Rest Hour

2:30 – Choice Activity

3:45 – Refuel

4:00 – Cabin Activity

5:30 – Tablesetters

5:45 – Dinner

7:00 – Cabin Clean

7:30 – CYOA

8:10 – Evening Program

9:00 – Bedtime (depending on age)







## Cabin Programs and Personal Choice Options

Each cabin group will be living in their own Otentik while at Camp Henry. In each cabin, there will be a group of approximately 6 campers similar in age with one counsellor. Camp is an incredible place for creating new friendships and bonds. These small cabin groups serve as a perfect opportunity to facilitate these bonds among our campers. In cabin groups, campers will have opportunities to try a wide range of our programs here at Camp Henry. Campers will be able to talk as a group and with their counsellor to request certain types of activities and games they wish to do throughout the week.

While trying new things with new friends in cabin groups is important to our program, it is also essential to us that each individual has the chance to focus on developing skills in certain areas that interest them most. Each camper will have the opportunity to select programs of their choice at times throughout their camp session. This balance of individual choice and group activities allows our campers to be provided with the best situations for personal growth and development in all aspects of camp.

All campers will have the opportunity to try each activity while at Camp Henry even if it is not one of their Choice programs.

**Boating:** Campers will have a choice of either kayaking and/or canoeing for our boating programs. We will guarantee at least one boating option for campers hoping to select one of these areas for their choice activities. Most of our boating activities will occur in the marsh areas of Point Pelee National Park, allowing for us to explore this special area of the park first hand. The goal of our kayaking and canoeing programs is to help campers to be comfortable and have confidence in a canoe or kayak so they can safely paddle both at camp and with family and friends once they return home.

**Kayaking:** Kayaking levels begin by familiarizing our campers with the parts and functions of the boat and paddle. Campers will focus on straight line paddling and becoming comfortable in their boat.

**Canoeing:** Our canoeing levels begin helping campers to become familiar and comfortable in a canoe and learning basic strokes. From here, campers will progress to being able to stern a canoe, and onto advanced soloing techniques for experience paddlers.

**Games:** This program is a fun collection of different games and activities at Camp Henry! Campers will participate in creative, challenging activities that may include swimming, capture the flag, initiative tasks, etc. Our focus here is to use fun activities every camper can do to help build confidence, cooperation, and teamwork in campers.

**Arts & Crafts:** This program brings out the creative side of every camper. We will offer a mix of traditional camp crafts such as beading, candle making, painting, bracelet making, and tie-dyeing, as well as new creative ideas.

**Biking:** Camp Henry is now home to a beautiful fleet of bikes for our campers to use to explore the trails of Point Pelee! This program will allow campers to ride bikes throughout the park, exploring all that there is to see while also working on their cycling skills and knowledge of how bikes work.

**Archery:** Learn about the history and technique of this popular sport, make your own quiver, and try your hand at target practice in this classic camp activity.

**Outdoor Living Skills:** This program is the perfect chance for campers to develop their skills and knowledge about living in the outdoors. Activities include fire building, outdoor cooking, shelter building, environmental camping practices, etc. This area works to foster valuable outdoor living and camping skills in campers, while heightening their awareness of their natural surroundings.

**Tip Hike:** Did you know that Point Pelee National Park is the southern most point of mainland Canada? All of our campers have the opportunity to hike down to the beautiful tip of Point Pelee National Park and see some cool sites along the way.





## Other Programs

### Early Risers

Each morning we will have staff ready to rock at 7:30am for those campers who wake up nice and early! This activity will be different each day and will include options such as swimming, basketball, kick the can, etc. If any campers have specific requests for early rise activities, be sure to tell your counsellor!

### CYOA – Choose Your Own Adventure

This is another great opportunity for individual campers to choose the programs they're most excited about. Staff will present a number of activity options for campers to choose from at dinner time.

### Special Events

Throughout each session at Camp Henry, there will be a number of camp wide programs and games. Just like all of our programs, we use these times to emphasize creativity, imagination, and adventure, in a safe and fun atmosphere designed to encourage personal growth and the development of self-confidence. Most evenings at camp, we gather everyone together for camp wide programs. On the first day we will have an opening campfire with songs and stories. Throughout the week we run a variety of exciting evening programs which vary each week. Our Camp Henry Talent Show happens each Thursday evening and is always a highlight. And of course, Fridays once campers are packed up for departure, we head out for a beach party to finish off each session!





## Camp Henry Programs

### Traditional Sessions 1-5

Ages 6-13

All of our numbered sessions (1 through 5) serve as our traditional camp program. Campers join us for this five night camping experience. This program balances group cabin activities with independent program selection for each camper. Throughout the week, campers will participate in many activities with their cabin mates allowing for time to establish strong friendships and try all of our programs. Campers will also have the opportunity to learn and develop new skills in activities of their choice! If your camper is interested in trying out canoeing for the first time with their friends, but is really hoping to spend more time perfecting their archery skills, this is an ideal set up!

### Leadership

Session 1, 3, and 5, age 14-16

This summer, we are offering a leadership program for campers age 14-16 in Session 1, 3, and 5. This program will have the same activity opportunities as all of our camp programs, but will also have a focus on leadership development. Participants will have the opportunity not only to be part of programs, but also learn how to lead and role model to younger campers in each activity.

### Chickadees

Age 5-12

This slightly shorter program is an opportunity for young adventurers to join us for their first taste of overnight camp! This week will run similarly to our traditional camp sessions, and will have opportunities to participate in the same programs. If your camper is ready to dip their toe into overnight camping, this is the perfect introduction!

### Things to know when sending your young ones to camp:

We are so excited to have young campers joining us this summer at Camp Henry! It is, however, important to their success that all campers have the ability to take care of themselves in the most basic way. All campers at Camp Henry are expected to be completely toilet trained, to be able to feed and dress themselves, and to communicate properly to others what they need to be happy. If you are concerned your camper is not yet developed to this point, please contact our director to discuss ways to be sure we can offer your camper the best possible camp experience. Our director can be reached at [terra.kulen@swo.ymca.ca](mailto:terra.kulen@swo.ymca.ca) or 519-453-8858 x1103



*\*Photo courtesy of Parks Canada*





## Family Camp

### All Ages Welcome

Join us for one of our three Family Camps throughout the summer. Your family will stay in their very own oTENTik, be provided all meals in our dining hall, and have endless opportunities to try new activities and have fun. This is an ideal opportunity to reconnect with the people you love and spend time appreciating the outdoors together as a family.

The YMCA Camp Henry staff will ensure there are program options that suit each individual participant's interests and abilities. At any given time during our Family Camp there will be a number of programs each person can choose from. Families can attend programs together, or can choose individually allowing adults some peace and quiet, while giving children opportunities to try new things and expend their energy throughout each day. Whether you would like to go for a paddle together, or have some time to relax on the beach while one child hits a bullseye in archery and another heads off to perfect their canoeing strokes, there is always something for everyone! Our 2020 Family Camp Registration Form can be found [here](#)

Everyone has their own definition of a family and we welcome all of them at YMCA Camp Henry, we just ask that two generations attend with each group that registered.



## Spring and Fall at Camp Henry

This year we are opening our doors to various groups in the spring and fall season. We are offering customized programs to suit each group's goals and interests. If you, or someone you know may be interested in booking a group program for the fall season, please contact Terra Kulen at [terra.kulen@swo.ymca.ca](mailto:terra.kulen@swo.ymca.ca) or 519-453-8858 x1103. During the Fall and Spring seasons at Henry we will have all of our traditional camp programs available, as well as workshops focusing on team building, goal setting, and leadership.

[View our Outdoor Education Guide here](#)





For more information, please visit us online at  
[www.camphenry.ca](http://www.camphenry.ca)

**Spring, Summer & Fall Operations**  
**(June - September)**  
**YMCA Camp Henry**  
1118 Point Pelee Drive  
Leamington ON N8H 3V4  
tel: 519-322-1970

**Winter Season (October-May)**  
**YMCA of Southwestern Ontario**  
**Camping Branch**  
165 Elmwood Ave E., London, ON, N6C 0A8  
tel: 519-453-8858

**Terra Kulendranathan, Camp Director**  
519-453-8858  
Ext. 1103  
[terra.kulen@swo.ymca.ca](mailto:terra.kulen@swo.ymca.ca)

