



It starts with Scouts.

# CAMP SAMAC

## Senior Programs (CIT/LT): Survival Guide



### Dear Campers & Parents/Guardians...

Our Leadership Training (LT) & Counsellor-in-Training (CIT) Programs provide adolescents (13–16+ years) opportunities for personal and professional development. These Senior Programs are designed with an outdoor experience and participant growth in mind.



#### Counsellor-in-Training (CIT) Dates

\* Please note that Week 1 is a short week for a reduced rate.

Week 1: July 4–7\*

Week 3: July 17–21

Week 5: July 31–August 4

Week 7: August 14–18

Week 9: August 28–September 1

#### Leadership Training Dates (LT)

\* Please note that Week 6 is a short week for a reduced rate.

Week 2: July 10–14

Week 4: July 24–28

Week 6: August 8–11\*

Week 8: August 21–25

### Arrival & Pick Up

Campers are to be dropped off between **8:30AM–9:00AM on their first day of camp**. Please use **275 Conlin Road East** entrance to the Camp Samac and follow the directions of the Camp Staff. Pick-up for CIT/LT participants is **between 4:00PM–4:30PM** each day.

Arrangements can be made for extended hours at a minimal fee. Please e-mail our Administrative Coordinator at [campsamac@scouts.ca](mailto:campsamac@scouts.ca) for more details.



[Scouts.ca/camps/camp-samac.html](https://scouts.ca/camps/camp-samac.html)



Camp Samac was voted "Best Kids Camp" & "Best Summer Camp" in the Best of the Diamonds Readers' Choice Awards (Durham Region) for 2022.

## Important Information

### Medication

If medication is required, please ensure that this information is on your child's registration form. It must be in a secure package (e.g., Ziploc bag), and delivered to the staff at camp. The medication is to be labeled as follows: Camper's name, program and dates, type of medication and dosage, treatment and reason for medication. Medication will be stored with our Senior Programs Coordinators and will be given as you have directed. Please advise our Summer Program Director if there are any changes to medication during your camper's stay with us.

### Lost & Found

All Lost & Found articles will be available at the Pick-Up site at the week's end. After the camp season, our Lost & Found will be sorted and only those deemed valuable will be kept at the Summer Office (Cabin 1) until the end of summer, at which time any unclaimed articles will be donated to a charitable organization.

### Behaviour

The rules and regulations of the camp will be discussed with each LT/CIT on the first day of camp. Participants are not permitted to wander off unsupervised or leave their groups without permission.

The utmost respect is expected from LT/CIT members as this is a program for leaders, who are role models for our younger campers. We reserve the right to send home any participant who continually displays disrespectful or unsafe behaviour.



### T-Shirts

Each youth will receive a t-shirt as a memento from summer camp. Please indicate the preferred size in the appropriate section of the online registration form. Every effort will be made to accommodate your size selection. T-shirt sizes are available in the following sizes:

**YOUTH SIZES:** small (size 6–8), medium (size 10–12), and large (size 14–16).

**ADULT SIZES:** small, medium, large, extra-large, 2X-large, and 3X-large.



## Nitty Gritty Program Details

Our **Leadership Training (LT)** program works to develop campers' personal skills through a variety of workshops and activities. Topics include: Team Building, Effective Communication, and Conflict Resolution.

Focuses of this program includes outdoor skills, trust and teambuilding through activities such as hiking, canoeing, swimming, shelter building and survival challenges. We endeavor to challenge our campers with adventure while placing an emphasis on safety. Our **Counsellor-in-Training (CIT)** is a program that aims to build on participants' professional skill-set and prepare them for professional opportunities in the future. This program provides adolescents with an opportunity to work on resume development, interview preparation and experience, as well as exploration into varying leadership styles. The participants will receive outdoor skill training and shadow our Summer Staff throughout their week in the program. At the end of the week, all participants will have an opportunity to develop and lead their own activity for a group of campers and receive constructive feedback from our team.

*Note: Activities may vary based on weather.*



## Safety Measures

Our summer programs will be planned in alignment with the Ministry of Health Day Camp guidelines and Durham Region Public Health guidelines. Any changes to this guidance may result in changes to camp offerings, protocols, services, and/or cancellations of programs/services with little notice. Measures that will be in place to ensure a safe and healthy camping experience include but aren't limited to:

- Staff roles dedicated to routine cleaning and equipment disinfection
- Outdoor programming as much as possible; designated indoor locations for each cohort in inclement weather
- No food services

## Parent/Guardian Feedback

Our Staff team appreciates your feedback, suggestions and ideas, as we feel that parents/guardians do contribute to the quality of our program. We encourage you to speak with our Senior Programs Coordinators regarding special instructions and considerations that will contribute to the camping experience for your camper. Written notes regarding specific instructions are handy. If you have questions, wish to express concerns, or highlight the extra efforts of our dedicated staff, please speak with our Summer Program Director or Senior Program Coordinators directly. **During the Camp season (July 3 to September 1) connect with our team directly at the Summer Program Office (905-259-8865).**

## Reminders

Please remember that if your camper has any dietary restrictions, allergies, medication conditions, disorders, and/or special care requirements, **please ensure you detail any pertinent information in the online registration form** to share this information with staff. **Please do NOT bring valuable items** such as jewelry or cell phones. These items will be confiscated and returned at end of week. We are not responsible for lost or stolen items.

## Your CIT/LT Will Need (Packing Checklist)

- |   |   |
|---|---|
| <input type="checkbox"/> Lunch + two snacks (peanut free) | <input type="checkbox"/> Swimsuit & towel               |
| <input type="checkbox"/> Sunscreen                        | <input type="checkbox"/> Canteen money (optional)       |
| <input type="checkbox"/> Refillable water bottle          | <input type="checkbox"/> Lifejacket (optional)          |
| <input type="checkbox"/> Hat                              | <input type="checkbox"/> Rainy day gear (if applicable) |
| <input type="checkbox"/> Running shoes                    | <input type="checkbox"/> Bug spray                      |
| <input type="checkbox"/> Extra clothes & socks in case    | <input type="checkbox"/> Hand sanitizer                 |

### WARNING!

#### Camp = Nut Free Zone



Due to the severity of tree nut and peanut allergies, our camp, like many others, endeavors to be as nut-free as possible. This means that ALL nut products are restricted from camp. Please read labels of purchased food goods being sent in lunches. If nut products are found they will be confiscated and parents/guardians will be contacted.

Thank you for your assistance in this matter and in providing a healthy, safe environment for all our campers.

## Camp Absenteeism

It is a parent/guardian's responsibility to notify us if your child will not be attending camp on any given day. Loved ones are requested to call the direct line to the Summer Program Office or provide written notification in advance. The Summer Program Office is located in Cabin 1 and the direct line is at **905-259-8865**. Please contact this number to inform us of absenteeism.



See you soon!

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