

2019 Keats Overnight Camp Information

**Located on Keats Island in the Howe Sound Region of British
Columbia**

<http://keatscamps.com/>

CAN Families and participants, below you will find important information regarding your upcoming Overnight Camp on Keats Island. If you have any further questions please contact the Camp Coordinator, Ali Gorsak, at ali.gorsak@canucksautism.ca

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Camp Forms

Below are the list of forms that must be completed and the timeline they need to be submitted. If forms are not submitted on time, participants will be withdrawn and participants on the waitlist will be added.

Camp Form Links	Form Completed by	Due Date	Format
Overnight Camp Medical Form	Doctor	Friday July 5 th	Printed, completed by Doctor, emailed to info@canucksautism.ca
Overnight Camp Participant Information Form	Parent / Guardian	Friday July 5 th	Online Form
Keats Waiver	Parent / Guardian	Friday July 5 th	Printed, completed and emailed to info@canucksautism.ca Or completed on computer and emailed to info@canucksautism.ca

Please note

- If your participant’s medication changes between July 5th and August 27, you **will be required to print and complete another medication form and have it signed by the doctor. Please bring with you to camp check in.**

Camp Fee

- Overnight camp fee must be processed by end of day July 5th
- Please see confirmation email for additional information about [payment options](#)

Medications and Allergies

Medication

- All medication, prescription and non-prescription must be in a labeled zip lock bag (first and last name), in their original package, with participants name on it
- Pill packs / Blister packs are *highly recommended*
 - *Ask your local pharmacy if they are able to create a pill pack*
- All medication will be kept with the Camp Nurse

PLEASE NOTE

Every Overnight Camp participant must have the medical form completed by a doctor, even if they do not take medication. For those who do take medication, if your participant's medication schedule changes between your original Doctor's appointment and the departure date of camp, you will need to have a doctor complete a new medical form.

Epi-Pens/inhalers/seizure medication

- Any participants, who are required to carry these items on them, please make sure you send along a fanny pack or other type of bag with your participant to hold these items.

Allergens

- We cannot ensure an allergen-free environment; but we strive to provide an allergen-aware environment
- The use of strongly scented products is strongly discouraged-Please try and pack unscented products.

Dietary restrictions/food allergies

- We are working alongside the camp's chef to accommodate these restrictions
- Participants with complicated food requirements may be asked to provide their own food and/or snacks
- Please pack these items in a small cooler bag labeled with your participant's first and last name
- **PLEASE NOTE THAT CAMP IS A NUT FREE ENVIRONMENT.**

Drop Off and Pick up Information

Transportation

Families are responsible for getting their participant's to the drop off and pickup locations.

Drop off

Drop off is located in Coal Harbor, Parking Lot #37, at 501 Denman Street (Denman and West Georgia) [See map on last page](#)

- **Sign in Tuesday August 27th**
- Sign in will take place starting at 8:15am in Parking Lot #37, and will close at 8:45am
- The boat will depart at 9:00am sharp
- *Families will check-in at registration first and then drop off medication and any food items to the nurse for review*
- *Families must stay with participants until the boat departs*

Pick up

The pickup location is the same location as the drop off location-- in Coal Harbor, Parking Lot #37, at 501 Denman Street (Denman and West Georgia) [See map on last page](#)

- **Sign out Thursday August 29th**
- Participants will arrive by 5:00pm, parents/guardians please arrive by 4:45pm

Help make check-in faster

Here are some tips to help speed up the process:

1. Arrive on time
2. Line up at the registration tent
3. Provide participants full name
4. Once checked in you will make your way to the Nurses table to drop off any **non-prescription and prescription medication**. Please make sure that medication is labeled in zip lock bags (first and last name), in their original package, with participants name on it OR we highly recommend [Blister Packs](#)
5. Nurses will also collect any food brought to camp, please make sure these are stored in a small cooler bag labeled with participants first and last name.
6. Once you are all checked in, families will go and meet their assigned support worker, who can then help get bags from the car and load for the boat
7. All families must remain with their participant until departure time. This is a great opportunity to talk with CAN staff and relay any last minute info.

Packing List

Below is a list of items for camp. We suggest labeling clothes, as well as sending a list of what you packed, so we can ensure those items return home. Each piece of luggage must be labeled with participants first and last name.

Required Items	Required Toiletries	Optional Items
1 Sleeping bag	Hairbrush	Stuffed animal
1 Pillow	Toothbrush	Toque
1 Jacket	Tooth paste	Rain Boots
2 t-shirts	Wash cloth	Journal
1 sweater	Shampoo	Sunglasses
2 shorts	Conditioner	Camera
1 pants	Soap/body wash	
3 underwear	Deodorant/antiperspirant	
3 pairs socks	Sunscreen	
1 swim suit		
1 towel		
1 pair runners		
1 pair sandals		
Hat		
Flashlight		

Camp Amenities

Camp Menu

- A copy of the camp menu can be found [here](#)
- Feel free to print off and make notes on the menu as to what your participant will and will not eat- email menu notes to ali.gorsak@canucksautism.ca

Accommodation

- Participants will be staying in heated cabins with electricity
- All cabins contain bunk beds with mattresses
- Participants are required to bring their own bedding (blankets, comforter or sleeping bag, stuffed animals and pillow, whatever will make them more comfortable for their stay)
- **Items must be packed in a clear garbage bag and labelled with participants first and last name**
- Participants of the same gender and age range will be assigned to cabins.

Bathrooms

- Washroom facilities are located in each cabin, 2 showers and 2 washroom stalls.

Bathing/Hygiene

- There will be time allocated for participants to shower in the evening before bed
- We will be encouraging this of all participants
- If your participant wears deodorant or antiperspirant please make sure it is packed.

Schedule will be sent out closer to camp date

Camp Activities

Swimming

- Swimming will be in the ocean
- There is NO beach entry, but a number of docks around the designated swimming area
- Lifeguards will be overseeing this activity and lifejackets are available for participants
- Participants are welcome to bring a wetsuit if they prefer

Swim Test

- All participants wishing to swim without a lifejacket will take a swim test given by the lifeguards
- This will consist of jumping off the dock into the water, surfacing and swimming across to the other dock (25meters)
- If your participant is unable to complete the swim test a lifejacket must be worn

Boating

- Participants will have an opportunity to try kayaking or canoeing
- Life jackets must be worn for this activity

Life jackets are provided by the facility

Activities at Camp

- Field games, boating, rock climbing, archery, low ropes course, arts and crafts
- Closed toed shoes are required for rock climbing, archery, low ropes and special activities

Special activities at Camp: Throughout your stay at camp the CAN team will be hosting a number of special activities. This year the Camp Theme is Wizards. We will be focusing on the first Harry Potter book & movie, *Harry Potter and the Philosopher's Stone*

Schedule & Visuals: All participants will have access to a schedule, and Camp visuals during their stay

Activity Storybook: [Click here](#) to visit the Camp activity storybook to help prepare participants for their time at camp.

Camp songs: [Click here](#) to read or print off and practice the list of camp songs that we will be singing at camp.

Electronics/Communication Devices

- Participants are welcome to bring their own devices
- There is no Wi-Fi at camp
- Canucks Autism Network is not responsible for any items lost, stolen or damaged
- These items may only be used during choice time, and bedtime or if your participant uses a device for communication
- Please make sure these items are labeled with participant's first and last name.

Cell Phones

- Participants 16yrs and older are allowed to bring cell phones to camp
- There is no Wi-Fi at camp
- Canucks Autism Network is not responsible for any items lost, stolen or damaged
- These items may only be used during choice time, and bedtime or if your participant uses a device for communication
- Rules will be reviewed with campers and the Support Team Leaders onsite

Camp 2019 Photos

CAN staff will be taking photos throughout the stay at camp. These photos will be posted to the CAN Facebook Page during the month of September for families. *Only those participants with photo consent will be included in the photos posted online.*

There is no Wi-Fi available at camp.

If you have any further questions please contact the camp coordinator Ali
ali.gorsak@canucksautism.ca

Map

Drop off, Tuesday August 27th at 8:15am
Pickup, Thursday August 29th at 4:45pm

501 Denman Street, Vancouver (Harbour Cruises Parking Lot)

