

2022 Keats Overnight Camp Information

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

<http://keatscamps.com/>

Hello CAN Families & Participants!

We are so excited to have you join us for Overnight Camp on Keats Island this year. Below you will find information about Overnight Camp – if you have any further questions please contact Camp Coordinator, Carly Herman (carly.herman@canucksautism.ca).

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Medications and Allergies

Medication

- All medication, prescription, and non-prescription must:
 - be in the original package,
 - have the participant's name on it,
 - be stored in a Ziplock bag labelled with the participant's first and last name.
- [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 -

If your participant's medication changes between now and August 30th, you are required to:

- print and complete another medication form,
- have it signed by a doctor,
- bring this form with you to camp check in.

Epi-Pens/Inhalers/Seizure Medication

- Any participants who are required to carry these items on them please bring a fanny pack or small backpack 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 contacted and asked to provide their own food and/or snacks.
- If you are asked to provide your own food/snacks, please pack these items in a small cooler bag labeled with the 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 - Tuesday August 30th

Drop off is located in Coal Harbor

- Parking Lot #37 at 501 Denman Street (Denman & West Georgia). [See map on last page.](#)
- 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/Participants 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 – Thursday September 1st

The pickup location is the same location as the drop off location:

- Parking Lot #37, at 501 Denman Street (Denman & West Georgia). [See map on last page.](#)
- Parents/Guardians please arrive by **4:45pm**.
- Participants will arrive by 5:00pm.

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 the participant's full name
4. Once checked in you will make your way to the Nurse's table to drop off any **non-prescription and prescription medication**. Please make sure that medication is:
 - in the original package,
 - has the participant's name on it,
 - stored in a Ziplock bag labelled with the participant's first and last name.
 - [Pill packs / Blister packs](#) are *highly recommended*
5. Nurses will also collect any food brought to camp, please make sure these are stored in a small cooler bag labeled with participant's first and last name.
6. Once participants are fully checked in, they will meet their assigned support worker.
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 – you can [click here](#) for a visual packing list. Each piece of luggage must be labeled with participant’s first and last name. We also suggest labeling clothes, as well as sending a list of what you packed, so we can ensure those items return home.

Required Items	Required Toiletries	Optional Items
1 Sleeping bag	Hairbrush	Stuffed animal
1 Pillow	Toothbrush	Toque
1 Jacket	Toothpaste	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 Swimsuit		
1 Towel		
1 Pair runners		
1 Pair sandals		
Hat		
Flashlight		

Camp Amenities

Camp Menu

- A copy of the camp menu can be found [here](#).
- If upon reviewing the menu you would like to pack your own food, please notify Camp Coordinator, Carly Herman (carly.herman@canucksautism.ca).
- If packing your own food:
 - Please pack these items in a small cooler bag labeled with the participant's first and last name.
 - **PLEASE NOTE THAT CAMP IS A NUT FREE ENVIRONMENT.**

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).
- **Bedding items must be packed in a clear garbage bag and labelled with participant's first and last name. All other items (clothing & personal care) can be packed into a backpack or duffel bag.**

Bathrooms

- Each cabin has two washroom stalls and two showers.

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.

Camp Activities

Swimming

- Swimming will be in the ocean.
- There is NO beach entry, but there are 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, canoeing, stand-up paddle boarding and sailing!
- Life jackets must be worn for these activities.

Life jackets are provided by the facility.

Activities at Camp

- Participants will have the opportunity to participate in: field games, rock climbing, archery, low ropes course, skateboarding and arts & 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 Wilderness Explorers!
- **Campfire Songs:** [Click here](#) to preview the list of camp songs that we will be singing at camp.
- **Activity Storybook:** [Click here](#) to visit the Camp activity storybook to help prepare participants for their time at camp.

All participants will have access to a schedule, and camp visuals during their stay

Additional Information

COVID-19 Procedures

As we look forward to welcoming participants back to Overnight Camp at Keats, there are procedures in place by Keats Camp to ensure everyone's safety:

- Please do not attend camp if you are experiencing any symptoms of COVID-19.
- We encourage camp attendees to self-assess for COVID-19 symptoms and complete a COVID-19 Rapid test prior to leaving home to attend camp.
- All campers and staff will be asked COVID-19 screening questions upon check-in.
- On Keats Island, if a camper or staff begins exhibiting any COVID-19 symptoms, they will be administered a rapid test by our Camp Nurse.
- In the event that anyone tests positive, the caregiver will be immediately notified and the participant will be sent home via water taxi accompanied by CAN staff.
- Parents or guardians will be asked to meet their camper at Coal Harbour upon arrival.

Canucks Autism Network safety protocols are detailed in full in our [Safety Plan](#). CAN continues to actively monitor ongoing provincial health orders (PHOs), and the procedures will be updated as the provincial health situation continues to develop. Our team will update members if the current PHOs change in a manner that affects Overnight Camp.

Electronics

Communication Devices

- If your participant uses a device for communication, PLEASE send it with them to camp! We will ensure they have access to this device at all times.

Electronic Devices/Cell Phones

- Participants are welcome to bring their own devices.
- 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 before bedtime.
- Please make sure these items are labeled with participant's first and last name.
- Rules for use will be reviewed with campers onsite.

Camp 2022 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.*

Map

Drop off: Tuesday, August 30th at 8:15am
Pickup: Thursday, September 1st at 4:45pm

501 Denman Street, Vancouver (Harbour Cruises Parking Lot)



If you have any further questions, please contact the Camp Coordinator Carly
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