



# *Parent Handbook*

## *2022*

*There is nothing I believe in more than the power of summer camp.*

## **RYDE LAKE CAMP - IMPORTANT INFORMATION FOR PARENTS**

### **COVID Protocols**

The goal is to keep everyone safe and healthy. Ryde is following the recommendations of our local public health unit.

First and foremost, make sure you are sending a healthy camper to camp. They will be screened on arrival.

If possible, try to limit their contacts within the 5 days prior to camp.

Each cabin (both campers and CITS) will function as a cohort. When indoors with no other cohort present, masks will not need to be worn. If more than one cohort is indoors at the same time, everyone will need to mask (other than when sitting at dining tables for a meal). Tables will be spaced with physical distancing requirements.

Masks will not be required outdoors. The camp program will be outdoors as much as possible. Windows will be open in all buildings, unless we are having a torrential downpour, of course. Bring along a cosy blanket, warm pajamas, and consider a hooded sweatshirt to wear for sleeping on those cool nights.

Ryde will provide rapid testing for any campers/staff with symptoms.

Parents, please be aware that if your camper is sick and/or tests positive, they will be required to be picked up within 4 hours of notification or by 9 am the following morning if you receive notification after 7 pm. Be sure that you have made advance arrangements in case of this possibility.

Parents, visitors, and campers will be required to mask on entering any building (ie. dining hall, washroom, cabins) during the arrival and departure times and physical distance outside as appropriate.

Let's do all we can to make our camper's experience the best it can be!

**Medical Health Form / Medications** - The health form is completed at the time of online registration. Please contact the camp office with any updates or changes or at check-in with the camp nurse. The information you provide is key to making sure your camper's needs are looked after.

**Camp Tuck** - Campers may spend .50 on treats at "tuck" time each day after lunch. This amount is included in the camper fee.

**Ryde Lake clothing and other items** - Items are available for purchase on arrival / departure days. White bathing caps will also be available.

**Camp Photo / T-shirt** - Each camper receives a camp photo and T-shirt. This cost is included in the camper fee.

**Lost and Found** - All unclaimed items are stored until mid-August, after that they will be donated to a charity. Please call if you have lost an item and we will attempt to locate it.

Labels – A great way to avoid lost items.

Mail - Campers look forward to receiving a few letters during the week. Keep your message positive and steer away from telling your camper that even the dog is missing them!

Due to our location, it may take more than a week to receive mail.

We recommend dropping off mail on arrival day into the “**red mailbox**” and we will be happy to distribute it during the week. Just note your camper’s name on the envelope and the day of the week you would like them to receive it.

Or consider mailing your letters at least a week before your camper arrives. Please no edibles or gum. Be sure to pack stamps and envelopes (pre-addressed/stamped envelopes are a great idea for younger campers).

**Summer mailing address: Ryde Lake Camp, 1124 CGIT Camp, Rd RR#3 Gravenhurst ON P1P 1R3**

Contact Information during July/August - Please contact us directly at the summer phone number: 705-687-2912 or email at [office@rydelakecamp.com](mailto:office@rydelakecamp.com)

Campers and the phone - Campers do not have access to the phone. Campers may become homesick after talking to their parents, even if they haven’t been experiencing any homesickness. But if you would like to know how your camper is doing, feel free to call and speak with the camp director at any time. If a message is left, we will return your call before day’s end.

Homesickness - This is a normal reaction to being away from the comforts and routines of family life. Many campers experience some degree of homesickness, usually quite mild. It is not only restricted to younger campers but also older campers as well.

***There are a few things that you can do to help:***

- Talk about the possibility of homesickness before camp, mention it in a positive way, ie. that it is normal and reassure your camper that with the help of the staff, you are confident they will be able to cope with it.
- Send along a familiar source of security, ie. blanket, stuffed animal, pictures.
- When you write letters to your camper, make sure you do not stress how much you miss them but rather make your letter positive with specific questions about their cabin mates, friends, and activities.
- Don’t tell your child that she can call and come home if she doesn’t like it. Campers who are told this have an extremely hard time getting over their homesickness and fun and independence are rarely gained.
- Be positive in your message. ie. Do not say before they leave, “I don’t know what I’ll do without you”. But rather reinforce how proud you are of them attending camp and will look forward to hearing about it soon.
- Be sure to speak to the camp director about any concerns at any time

**Campers arriving rested:** More important than ever. The camp routine is physically demanding. Your camper needs to arrive well-rested and healthy to ensure she will have a great week. Those few nights before camp are not the time to have a sleepover!

**Food/Treats** are not allowed in the cabins . . . and for some very good reasons: it attracts critters (large and small), can create competition and exclusion, and spoils appetites. Be rest assured that campers are provided with hearty meals, snacks and daily tuck.

: Includes **cell phones**, iPods, CD players, walkmans, radios, gameboys, e-readers, hairdryers, etc. Camp is about simplicity and enjoyment without the high-tech gadgets. Electrical devices are just not part of the Ryde experience.

*Your support, in all of the above, is appreciated. If you have any concerns, please contact the camp director.*

## CAMP ARRIVAL AND DEPARTURE INFORMATION

### ARRIVAL – SUNDAY between 3 to 3:30 pm

#### **No early arrivals please.**

We look forward to welcoming you!

**Masks are mandatory for everyone entering any camp building.** And please consider wearing a mask outdoors if physical distancing is not possible.

Families arriving early are welcome to do a walk-about of the site while waiting for the start of check-in.

1. Check in at the Dining Hall. Ryde items will be available for purchase at this time.
2. Meet with the camp nurse and hand in medications.
3. Accompany your camper to her cabin and help settle in / tour the site / meet staff.
4. At 3:45 pm, parent goodbyes happen and campers meet back at the dining hall for the full camp welcome.

### DEPARTURE ON SAT at 9:30 am

1. Check out and pick up your camp photo / medications all at the Log Pavilion.
2. Ryde Lake clothing and other items will be available for purchase in the Dining Hall. Payment is by cash or e-transfer.

Following are the simplest/most accurate directions. Our past experience has shown problems when using Mapquest and GoogleMaps.

Hwy 401 to Hwy 400.

North on Hwy 400 to Barrie.

From Barrie, continue north on Hwy 11 to Gravenhurst.

Do not take the exit into town.

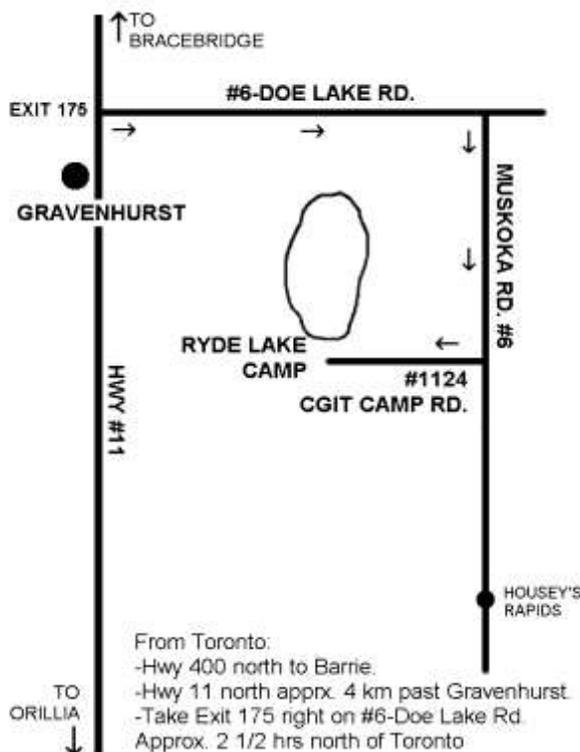
Continue on Hwy 11 to **Exit #175**. Keep to the right and follow signs for #6/Doe Lake Rd.

Approx. 8 km. along, watch for where Muskoka Rd. #6 intersects with #20. There are signs for **Ryde Lake Camp** and **Houseys Rapids Rd** at this junction. Turn right.

Continue for another 3-4 km and watch for the signs for **CGIT Camp Road** and **Ryde Lake Camp**. Turn right.

**There is also a blue municipal #1124 sign at our road.**

Please note that you will see other municipal number signs along the way. Do not be confused by the fact that our number is not in sequence.



## **RYDE LAKE CAMP PACKING LIST – THESE ARE YOUR MUST-HAVES!**

Underwear	<b>Sturdy, closed-toe shoes</b>	Facecloth / soap / shampoo
Socks	Raincoat or rain poncho	Toothbrush / toothpaste
Sleepwear <b>for warm and cool nights</b>	Rubber boots	Sanitary supplies
Shorts	Beach towel	Water bottle
T-shirts, long and short-sleeve	Bathing suit	Sunhat / sunscreen
Long pants	White bathing cap	Notebook / pen / pencil
Sweatshirts	Warm blanket	Flashlight / extra batteries
Jacket	Sleeping bag / pillow	Plastic cup (for brushing teeth)
Insect repellent (non-aerosol)	Anti-itch product (ie After-Bite)	
Face masks (12) 3-ply, good quality	Waist pouch (to keep your face mask handy)	

### **OPTIONAL:**

Disposable or inexpensive camera	<b>Sturdy sandals</b>
Stationery / stamps	Flip-flop sandals for <b>showering/waterfront only</b>
Laundry bag - an extra pillow case works well	Fitted bed sheet - prevents sleeping bag from sliding around on the vinyl mattress
#6 knitting needles (if your camper may be interested in learning to knit)	

### **PACKING TIPS:**

**Clothing:** Bring comfortable well-worn items. Ryde is a down-to-earth, non-competitive environment where the norm is sweats, t-shirts, shorts/jeans. We advise against designer-type clothing or anything of great value.

**Camera:** A disposable or inexpensive camera is best. A camera that experiences a drop on the Muskoka rock is usually damaged beyond repair. Be sure to **label** it with your camper's name.

**Rainwear:** **Raincoat/poncho and rubber boots are absolutely essential.** Rain or shine, camp life goes on!

**Bedding/ pajamas** Bring a cosy blanket and warm pajamas, we also suggest a hoodie for extra cool nights. Even when it's warm in the city, summer nights in Muskoka can be cool and we'll be sleeping with the windows open for better ventilation.

**Footwear:** Sturdy, closed-toe shoes are a must for hiking and other outdoor activities. Sturdy sandals can be used for other general wear but please note that flip-flop type sandals are allowed only for walking to the waterfront / showers.

**White Bathing Caps** are worn for safety reasons, due to the darkness of our water. Available for purchase on arrival day.

**Storage space** in the sleeping cabins is limited. A sports bag or suitcase that can fit under the bunk works best. Please no plastic drawer units.

**WHAT NOT TO BRING:**

**Snacks and Treats** – Food is not allowed in the cabins. It attracts critters (large and small), can create competition and exclusion, and spoils appetites.

**Electronics - Ryde has a “No Electronics / No Screen” Policy.** This includes **cell phones**, iPods, CD players, radios, walkmans, gameboys, e-readers, hairdryers, curling irons, etc.

Camp is about simplicity and enjoyment without high-tech gadgets. Electrical devices are just not part of the Ryde experience.

**Make-up** – not necessary at camp! Please leave it at home. We like you just the way you are!

**Money** - Clothing and other Ryde items are only sold on arrival/departure days when parents are present. Please do not send money with your camper.

*Parents and campers, we appreciate your respect and cooperation of the above.*

*Campers bringing any of the above will have them put away for safekeeping and returned on departure day.*