

# Norris Point and Rocky Harbour Summer Camp Program

## Camp Guidelines

### Lunch/Snacks

- Camp participants are responsible to bring their own healthy lunch that is in accordance with the school health food guidelines. No peanuts, nuts or seafood permitted due to allergies.
- Please ensure that your pack plenty of water to drink throughout the day to avoid dehydration.
- Try to avoid packing glass containers and bottles in lunch boxes.

### Footwear/Protective Equipment

- Camp participants must wear appropriate footwear that can be worn when playing field sports, running, jumping, etc. (e.g. sneakers ).
- Camp participants must bring with them additional footwear that may be worn indoors for games and activities (e.g. gym sneakers).
- Be sure to pack a sun hat to prevent sun overexposure.
- Be sure to wear sunscreen – apply sunscreen before arriving at the camp as there will be much time spent outside playing sports and games.

### Lost/Stolen Items

- It is the responsibility of all camp participants to take care of their own belongings.
- Camp Staff are not responsible for keeping account of personal/individual belongings of camp participants.
- It is encouraged that each camp participant brings with them a bag with their name on it to keep their belongings in.
- Camp staff will not be held accountable for lost or stolen items.
- If an item goes missing it may be reported to the Camp Staff and every effort will be made to assist in locating the missing item.

### Code of Conduct

- Camp participants who do not follow the Camp Code of Conduct may result in dismissal from the program.
- No refunds given if a child is dismissed due to misconduct.
- Parents/Guardians and children are encouraged to read and sign the Camper's Code of Conduct prior to attending the camp.