



# Sport Fitness School Parents' Guide 2016

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# Welcome to Camp!

Thank you for participating in the Department of Athletics & Recreation Summer Camps Programme. We are looking forward to another fun-filled and exciting summer!

We are very proud of our experienced and enthusiastic staff, which consists of McMaster University coaches, students, athletes and graduates. Some of our programmes have been running for 30 plus years, providing youth of all ages opportunities to get involved in sport, recreation, learning and most importantly...*FUN!*

This Parents' Guide contains important information that you need regarding required equipment, daily schedules, busing procedures, extended care service and many other items. Please review this package in its entirety. If you have any other questions that haven't been answered here, please contact the Camps Coordinator, Andrew Pettit at 905-525-9140 ext. 26639 or the Customer Service Office at ext. 24464.

We look forward to sharing this summer with you and are committed to providing the best camp experience possible.

See you soon!

A handwritten signature in black ink, appearing to read 'A. Pettit', with a long horizontal flourish extending to the right.

Andrew Pettit  
Camps Coordinator

# General Information

**SFS Contacts:** 905-525-9140 x27071 | sfs@mcmaster.ca

## **Absences, Arriving Late, Leaving Early**

*It is imperative that we are aware if your child will be absent, late or leaving early!* Please call the SFS office at (905) 525-9140 x 27071 or send a note with your child prior to the day of absence. For your child's safety, we will be calling home for any unannounced late or absent campers. Late campers should report to the SFS office prior to rejoining the camp.

## **Extended Care Services**

Extended care services are provided for all Athletics & Recreation camps - you must pre-register for this service at the Recreation Office (DBAC/WG101) – call at ext. 24464.

- **When:** 7:30-8:30am and 4:15-5:30pm
- **Location:** East Aux Gym for all camps (see map in 'Camp Locations')
- **Cost:** \$25/week/child
- **Late Pick-Ups:** An \$8/hour charge for every part-hour after 5:30pm will be charged

## **Lunch Program: Order by the Week**

Nutritious and delicious, delivered to your camper each day! See the menu, learn more about and sign-up for our lunch program at [www.marauders.ca/CampLunches](http://www.marauders.ca/CampLunches).

## **Clothing at Camp**

In order to ensure a safe camp experience, please ensure the following when considering attire for camp:

- **T-Shirt & Shorts:** For most camps, the **camp t-shirt** must be worn as part of the daily uniform. Check your camp checklist for details. *Belly-tops/crop-tops should not be worn.*
- **Comfortable running shoes** (no sandals, flip-flops, or “heelies”)

## **Lost & Found: Label it!**

Going to camp, school, or even just out the door - add children to the mix and things seem to go missing quickly. Visit our *Lost & Found* webpage for tips on reclaiming lost items, **and help send a kid in need to camp!** [www.marauders.ca/camptreasure](http://www.marauders.ca/camptreasure)



## **Health & Safety at Camp**

- **Medical Information Changes:** *Please keep us up-to-date!* Please login to your online account at link below to make any post-registration changes. If you make changes in the week prior to camp, please contact us at 905-525-9140 x24464 to notify us. <https://thriva.activenetwork.com/MyAccount/Login.aspx?Org=McMasterUniversity>
- **Medications:** Please send your camper with any required medications, to be stored with the campers belongings, or the camp staff, and make sure you have outlined use in your registration information, and checked the consent box. Updates can be made in your online account (link above).
- **First Aid @ Camp:** Our experienced First Aid Coordinator is on staff to supervise first aid at camp. In addition, all camp staff are certified in First Aid/CPR. In the event of an emergency, the Emergency Contact Person identified on your registration forms will be notified.
- **Extreme Heat Alerts:** At times during the summer, Environment Canada will release an extreme heat advisory. This advisory happens whenever the humidity reaches a level where extreme activity is considered unsafe. During these times, all camps will begin running their extreme heat plans featuring:
  - Extra water breaks
  - Minimal direct sun exposure
  - Reduced activities during the mid-afternoon

For a detailed explanation of the Extreme Heat Plan for your particular camp, please contact Andrew Pettit, Camps Coordinator at ext.26639. Please note that all camps are designed to run outdoors. Modified programming will take place, however we will not always be able to move indoors for the duration of a day. Full camp refunds will not be provided because of extreme heat.

- **Zero Tolerance for abusive behaviour** directed at campers or staff. This includes physically and verbally abusive behaviour. This policy will be strictly enforced.



### **Nut-Free Camp & Lunches**

Many campers have **fatal allergies to nuts**.  
Do **not** send any nut-based products to camp!

This includes all nut-based products including: peanut butter, chocolate bars, squares, cookies and other items including nuts.

*We appreciate your attention to items being placed in your child's lunch.*

# Camp Locations

The map below indicates the “Home Base” location for each camp as well as the location of Extended Care. An interactive version is available at [www.marauders.ca/campmap](http://www.marauders.ca/campmap).

- The **Sport Fitness School Home Base** is in the **Smith Gym**
- The **SFS Office** is just outside the Smith Gym at the southeast corner of Alumni Field



View our complete, interactive Camp Map at [www.marauders.ca/CampMap](http://www.marauders.ca/CampMap)



# Getting to Camp

## Walking, Biking Home

If your child is planning on walking or riding their bike home (or to another location on campus), for safety reasons we request that you indicate such during registration. You can make changes to dismissal permissions in your online account at link below:

<https://thrive.activenetwork.com/MyAccount/Login.aspx?Org=McMasterUniversity>

## By Bus

There are approximately 50 campers assigned to each bus. It's important that campers remember their bus counselor and bus number. *To keep us safe and organized **there will be no changes made to the bus list!***

Our buses run from stops in **Ancaster, Burlington, Carlisle, Dundas, Hamilton Mountain, Oakville, Stoney Creek and Waterdown.**

- Schedules and maps are available at [www.marauders.ca/campbus](http://www.marauders.ca/campbus)
- Camp staff are onboard for every trip
- Dismissal procedure from the bus is age-dependent
- Not riding for a day? Let us know - use the quick online form

Learn more at [www.marauders.ca/campbus](http://www.marauders.ca/campbus)

Some buses make two stops – picking up and dropping off at both Mainway and Central, for example. Buses are scheduled to arrive/depart within their window. We will notify you should any timing adjustments need to be made as camp goes on.

There will be a counselor riding the bus, however, there will be **NO SUPERVISION** provided at the bus stop. Your prompt arrival to pick-up your child is appreciated.

**Late Bus?** Our buses don't leave campus until every scheduled camper is on-board. If your bus is ever late, it's likely because another camper has made other travel arrangements without notifying us. **In the event of a late departure**, the staff at our Joan Buddle Service Desk will have an updated schedule. You can reach them at (905) 525-9140 x24612.

**Not riding  
the bus today?**  
Use our online  
[Bus Confirmation form](http://bit.ly/NotRidingBus)  
(<http://bit.ly/NotRidingBus>)  
to keep us up-to-date.

## By Car: Drop-off/Pick-up at Parking Lot H

Pick up and drop off can be very busy, especially on the first day of camp - leave yourself lots of time, or **register for Extended Care to avoid the rush!** With several camps in action at any given time, there will be a considerable amount of traffic in and around the McMaster campus. Please consider carpooling, walking, biking or taking public transit to drop off your camper.

## **Pick-Up/Drop-Off – Sport Fitness School**

Our Camp Map on Google Maps is the best way to explore camp:

[www.marauders.ca/CampMap](http://www.marauders.ca/CampMap)

**30 min.  
grace!**

McMaster's automated parking allows a 30-minute no-fee grace period.

- Take a ticket on lot entry and resubmit within 30 minutes at no charge
- Parking attendants will be on duty to assist

Traffic on campus can get busy, especially on the first day of each session.

***Please drive slowly – your children are playing here!***

### **Driving Directions to Parking Lot H:**

1. Enter campus at the **Sterling St. gate** (at Sterling St. and Forsyth Ave.) and following the signs to **Parking Lot H**.
  - a. **Go right on Stearn Dr.** – follow it as it bends through campus
  - b. **Go right on Michell Cres.** and follow it into **Parking Lot H**
2. **Follow the signs to enter Parking Lot H**, taking a ticket at the automatic arm.
3. **Staff and signs will be in place to guide you** across Alumni Field to the back of the Ivor Wynne Centre.
4. Exiting Campus: Staff will direct you back out to the Sterling St. entrance.
5. **At the end of the day**, campers will be dismissed according to our dismissal procedure (see next page).

#### **Thunderstorm Procedures**

In the event of a thunderstorm during pick-up, all Sport Fitness School campers will be waiting in the Smith Gym.

#### **Parking @ Camp**

New automated parking system allows 30-minute no charge grace period.

***No parking on  
Forsyth Ave.***

# Sport Fitness School

Please  
review!

We fine-tuned our **McMaster Camp dismissal procedure** in 2015 – learn more at: [www.marauders.ca/CampDismissal](http://www.marauders.ca/CampDismissal)  
***Be patient, be prepared, and share your feedback!***

## **SFS Orientation Night**

### **What is it?**

Orientation night is for everyone but is especially designed for new families to the program who would like an extra chance to learn about the camp, meet the staff, become familiar with the facilities, etc. Uniforms including extra shirts and hats will be available on Orientation Night, and also on the first day of camp. *You will have to pay for parking if you wish to park on campus for the Orientation Night.*

### **When is it?**

Orientation sessions take place the week before our first session of each camp, typically in the last week of June, just before school ends. Date, time and location are posted online at:

- Orientation Info: [www.marauders.ca/CampOrientation](http://www.marauders.ca/CampOrientation)

## **Camp Checklist**

- Sunscreen & Hat
- Water bottle: Bring your own every day!
- Uniform T-shirt (provided at Orientation Night or first day of the session)
- Running shoes (no “Heelies” or sandals)
- Bathing Suit
- Towel – ONLY if enrolled in water sports (towels are provided for Recreational Swims)
- Lunch & Snacks: There is no refrigeration and no access to vending machines or cafeterias. Consider sending lunches in re-useable containers, and remember we’re nut-free!

**Sport-Specific Equipment** – some activities require special equipment:

- **Ball Hockey:** Helmet with full-face protection and stick mandatory. Gloves recommended.
- **Baseball:** Glove.
- **Golf:** One wood, iron and putter.
- **In-line Skating:** Skates, knee and elbow pads, wrist-guards and helmet.
- **Lacrosse:** Helmet with full-face protection mandatory, gloves recommended.
- **Skateboarding:** Skates, knee and elbow pads, wrist-guards and helmet.
- **Water Sports – Instructional Swim, Synchronized Swimming, Water Polo:** Suit and extra towel – keep in mind all athletes take part in a recreational swim in addition to their 3 sports.



## **Frequently Asked Questions**

An online FAQ is available at [www.marauders.ca/CampFAQ](http://www.marauders.ca/CampFAQ), including answers to:

- What are the camp hours of operation?
- What if my child needs to leave early, arrive late or will be absent from camp?
- Can my child stay late or arrive early?
- Is wearing the camp t-shirt mandatory?
- Are there any special camp days I should know about?
- What are the different colour bracelets for?
- Is swimming mandatory?
- What is the swim test? How do you keep my camper safe at the pool?
- Can my child bring electronics to camp?
- Can my camper walk or ride their bike home?

## **Daily Schedule & Special Events Calendar**

You can view an SFS-specific events calendar at [www.marauders.ca/SFSevents](http://www.marauders.ca/SFSevents).

<b>Time</b>	<b>Activity</b>
8:30 – 8:45	Arrival/Drop-off
8:50 – 9:05	SFS Wake-up Call
9:05 – 10:15	AM Sport
10:25 – 11:15	Fitness Forum/Recreational Swim
11:15 – 12:00	Fitness Forum/Recreational Swim
12:00 – 12:50	Lunch
12:50 – 2:15	PM1 Sport
2:25 – 3:40	PM2 Sport
3:45 – 4:15	Recreation Session
4:15	Check out/Dismissal

## **First Day Check-In**

On the first day of the session, your child will be assigned to a Counselor Group (according to the ages of the athletes) in the Smith Gym. Please enter the gym through the back doors, just off Alumni Field.

- Counselor groups will be assigned when entering the gym on the first day of each session. There is a minimum of two counsellors for each group.
- Athletes are to meet with their counsellor group every morning for attendance, and to store their belongings for the day.

# SFS Junior Leadership

## **Checklist**

- Hat
- Sunscreen
- Clipboard/binder
- Pens/pencils
- Shorts
- Comfortable running shoes
- Bathing suit and towel
- Lunch (no refrigeration available)
- Enthusiasm and a smile!

## **Frequently Asked Questions**

### Is wearing the camp T-shirt mandatory

For the Junior Leaders, the camp T-shirt identifies them as a volunteer working with the campers. For safety reasons, it is extremely important that they are readily identifiable and as such must wear the T-shirt every day while with the various camps. Junior Leaders can bring another shirt to wear during theory sessions and while they are not working with campers.

### Is the swim mandatory?

While placed with the camps, the expectation of Junior Leaders is that they are functioning as a staff member in training. As such, they are required to complete any duties that staff would normally have to do. This includes swimming with the camp at the scheduled time. If a Junior Leader is unable to swim with the camp, they may be asked to help out with non-swimmer duties (which include supervision of the non-swimmers).

### Will the Junior Leaders ever be left alone with a group of campers?

No! This is a chance for the Junior Leaders to learn about leadership, develop their own skills and receive performance feedback. All camps have strict guidelines about supervision of campers. Staff are directed to supervise Junior Leaders when they are with campers.

## **Daily Schedule**

Due to the nature of the sessions, the daily schedule will constantly be changing. With this in mind however, the general schedule will have Junior Leaders taking part in theory sessions, games and initiatives during the morning and out with the campers in the afternoon.

At the beginning of each session, Junior Leaders will receive information specific to their programme.

## **First Day Check-in**

Please refer to the "Drop-Off & Pick-Up" section for information on dropping campers off to camp.

SFS Junior Leaders should report to the Smith Gym each day. In the morning they will receive information about the upcoming day and be briefed on any modifications that might happen (due to weather, etc.). It is important that Junior Leaders arrive on time for attendance each morning