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CAMP

KANDALORE

PARENT HANDBOOK 2019





GREETINGS FROM KANDALORE!

Summer is fast approaching, and preparation is already well underway to make this summer one of the best Kandalore has ever seen! Whether you are a first-time parent or a seasoned veteran this handbook contains all the information you will need to prepare your children for camp this summer. For returning families, please note this handbook includes important updates on policies and procedures for summer 2019. As always, if you have any questions or concerns, please don't hesitate to contact us! We will be available at our Toronto office right up until June 14th, after which we will all be moving up to Camp for the duration of the summer.



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GETTING READY FOR CAMP

FORMS

At Kandalore, we strive to find ways to reduce our impact on the environment. As such, we do not send paper forms to our families. All of our forms can be accessed via our website: www.kandalore.com. Please fill out your camper's forms by logging into your online account.

Please complete and submit all forms by June 1ST, 2019. The following forms are available online and through your parent portal:

1. CAMPER MEDICAL FORM

The more information we have about your child, the better equipped we will be to handle any situation that may arise.

All severe allergies must be written within the camper medical form. If there is a change in any information prior to camp, please let the Camp Office know.

2. PARENT/CAMPER EXPECTATION FORM

3. TUCK PERMISSION FORM

We require this form in order for your child to be permitted to purchase any clothing (including regatta t-shirts/hats) at Camp.

4. CAMP POLICIES FORM

5. SENIOR TRIP FORM

This form is required for campers registered as Senior Boys or Senior Girls. This form is filled out upon registration.

6. FLIGHT DETAILS FORM

This form is only for campers arriving and departing from Pearson International Airport in Toronto. Please contact us if your flight is arriving or departing outside of the 11:00am and 6:00pm window.



PREPARING YOUR CHILD FOR CAMP

Camp Kandalore provides many activities and adventures for your child's enjoyment. However, Camp cannot always make up for the closeness and comfort of family life. Missing home is a natural occurrence for campers. Our counsellors are trained to deal with missing home, but there are many ways that you can set your child up for success before they arrive at Camp.

HOW CAN I HELP MY CHILD AVOID 'MISSING HOME'?

DO! Practice short separations with your child. Have them sleep over at a friend's or relative's home for a night or two. This will allow your child to know what it is like to be away without you.

DO! Talk to your child about Camp. Tell them what a great experience it is going to be and how much fun they will have. This gives them positive expectations.

DO! Let your child know that you will miss them but that you are sure they will have a great time. Let them know that you will be busy while they are away as well.

DO! Review the Camp's daily routine (on page 10 of this handbook) with your child. If these discussions foster questions about Camp, don't hesitate to call us for answers.

DO! Attend a Family Information Night (if you live in the Toronto area) or set up a time for a call or an online slide show presentation with one of our Directors to have all of your child's questions answered and to get them excited for Camp.

DON'T! Tell your child, "I'm going to miss you so much, the house is going to be so empty and I won't know what to do without you here!" This can cause anxiety because your child will worry about you.

DON'T! Tell your child, "If you are not having a good time, call me and I will come and pick you up." There are no phones available for camper use, and these kinds of statements establish negative expectations which make it very difficult for your child to thrive at Camp.

If your child knows you are comfortable sending them to Camp, they will feel comfortable going to Camp.



PREPARING PARENTS FOR CAMP

IN-CAMP COMMUNICATION

Kandalore is constantly updating our Facebook page and Instagram account to keep parents involved in their camper's experience. Our Communication Director will contact first time families a week prior to their camper's arrival. Section Heads will contact our first time families by phone within the first 48 hours of their camper's stay and contact returning families within the first week of their camper's stay.

Our families receive an email update when their camper departs and returns from canoe trip. If at any point families would like to receive an update about their camper, please contact us and we would be happy to give you an update on your child(ren). Please note, though we would like to give an instant update, our staff and campers are out in activities and busy with camp life therefore we strive to respond to parents within 24 hours, unless there is an emergency.

Families will be called if their camper is experiencing any behavioural, social or medical concerns while at camp. Parents/guardians will be informed of any ongoing medical or reoccurring visits to our Health Centre. Should a camper require a prescription, we will notify their parent/guardian. Should a trip to a hospital be required families are notified immediately.

WHAT IF I GET AN UPSETTING LETTER OR MESSAGE FROM MY CHILD WHILE AT CAMP?

Occasionally parents may receive an unhappy letter or message from their child within the first few days of Camp. This is not unusual because they are adapting to a new environment. In most cases, by the time you have received the letter your camper will have adjusted to Camp life. Our counsellors are trained to help campers make this adjustment. However, we realize these types of letters are upsetting for parents. If you receive such a letter, please get in touch with us so we can give you an update on your child. It is just as important for us to hear from parents as it is for parents to hear from Kandalore.

Please rest assured that if your child is having any problems at Camp, a Director or their Section Head will be in touch with you to give you updates and to problem solve any issue with you.



HEALTH CARE

Kandalore has a doctor and three nurses living on site throughout the summer. We are 20 minutes from the closest hospital (Minden) and 30 minutes from 2 major hospitals in Haliburton and Huntsville. If at any time your camper should experience any health concerns at camp, you will be contacted by the camp office.

LICE

It is the responsibility of parents to make sure their campers do not come to camp with lice. Please check your camper's head for lice prior to camp. We perform lice checks upon arrival at camp and after canoe trip. If lice is found on your camper by our staff, we will promptly contact you. Treatments will be given to campers and the cost of these treatments will be charged to their tuck account. Kandalore reserves the right to send campers home due to lice.

TICKS

According to the Haliburton, Kawartha, Pine Ridge (HKPR) District Health Unit it is rare to find a tick in Kandalore's area. However, some of the areas we canoe trip in more commonly see ticks. HKPR District is not a current Lyme Disease risk area as per the 'Ontario Lyme Disease Map Estimated Risk Areas' map.

If a Camper has a tick in camp:

- If a camper is found to have a tick at camp they will be brought immediately to The Infirmary to have it removed.
- Ticks will be removed using "Tick Cards"
- Ticks will be put into a sealed container and sent to the relevant health authority for inspection
- Campers will check in with the nursing staff every 48 hours for the remainder of their time in camp to ensure they do not have flu-like symptoms, rashes, or any other signs of Lyme disease.
- In the event of symptoms, Kandalore's Health Care team will immediately seek treatment for the affected camper.
- Parents/guardians will be contacted

If a Camper has a tick on canoe trip:

- If a camper is found to have a tick on canoe trip, the tick will be removed by their Tripper using a "Tick Card".
- Ticks will be put into a sealed container to be sent to the relevant health authority for inspection upon returning to camp.
- Campers will check in with their tripper every 48 hours for the remainder of their time on trip to ensure that they do not have flu-like symptoms, rashes, or any other signs of Lyme disease.
- In the event of symptoms Canoe Trippers will immediately call the camp and discuss the matter with Kandalore's Health Care team to arrange a course of action.
- Parents/guardians will be contacted



KEEPING IN TOUCH

CARE PACKAGES

Receiving a package at Camp can be comforting and exciting for campers of all ages. However, due to allergies and overall camper safety, we request that you do not send food. All care packages will be opened in the presence of a staff member and food will be discarded. To prevent your child from being disappointed by the discarding of food, we appreciate your support with this policy.

Some fun ideas for care packages include:

Mad Libs	Bubbles	Temporary Tattoos
Magazines	Nail Polish	Journal
Deck of Cards	Travel Sized Game	Books
Stickers	Chapstick	Bracelet Kit
Glow Sticks	Fun Pens	Sports balls

MAIL

You may also send letters to your camper(s) while they are at Camp. Since Kandalore is located in a rural area, mail to and from Camp tends to take significantly longer than in major centers. Please address mail to:

(Child's Name and Section)
Camp Kandalore
1143 Kandalore Road
Algonquin Highlands, Ontario
KOM 1J2

Please follow our guidelines for avoiding missing home when writing letters to your camper.

POST-DATED MAIL *highly recommended*

If you are dropping off your child at Camp, you may wish to leave postdated letters and packages for them at the Camp Office. This will avoid possible disappointments due to mail delays, especially for one-week campers. If your child is arriving at camp by bus, you can leave postdated letters/packages with our Assistant Director, Hilary at the bus drop off.

Please do not mail any items later then 4 business days until the end of camp. We do not receive mail on weekends.



KEEPING IN TOUCH

PARENT TO CAMPER EMAIL

Our one-way online email system is the easiest way to connect with your child. Emails are printed daily at 2:00pm. Campers receive mail during dinner each day. Please note, campers will not receive mail while on canoe trip. Campers do not have access to the internet while at camp and therefore cannot respond by email. We ask that parents send pre-addressed envelopes and postage to camp in their bag so they can write you back. Emails received after 2pm on the last full day of each session will not be delivered in time.

While we do not currently have a charge added for our email system, there are costs associated in providing this service (paper, toner, sorting time by staff) so we request that parents be mindful and refrain from sending 1-liner notes. Instead we suggest spending time every few days if you wish to write a few paragraphs.

Instructions and a new link to our email system will be sent prior to camp. Parents are able to share this link with friends and other family members if they so choose.

TELEPHONES

Campers are not permitted to place or receive phone calls, except in special circumstances. The Camp phone number is (705) 489-2419 and is answered during business hours. After hours, an emergency number will be indicated on the Camp Office's answering machine. Should you require information regarding your child, you may contact the Camp at the number listed above, or by e-mail at camp@kandalore.com. We will have your child's Section Head or a Director return your call or e-mail within 24 hours. Please allow our staff time to gather the information you require.



LAUNDRY SERVICE

Campers' clothes are laundered once per week at a commercial laundromat; however, please expect your child to return home with dirty clothes as they will be using them constantly! The clothing list provided is based on amounts for two weeks. Please make sure to affix name tags to your camper's clothing to ensure there is no mix up, as laundry is done by cabin. Please understand that due to the timing of canoe trips, campers may sometimes miss their scheduled laundry day. Check out www.mabelslabels.com for great custom label stickers.

TUCK SHOP INFORMATION

Campers visit the tuck shop every 3 days. Kandalore clothing, such as t-shirts, sweatshirts, hats, backpacks, etc. are available for purchase either by pre-order online (www.tuck-shop.kandalore.com) before June 1, or from the Camp Tuck Shop at camp. Please note, we cannot guarantee your child's size of clothing will be available at Camp. Please pre-order clothing to ensure your sizing of choice. A completed Tuck Permission Form must be on file in order for your child to purchase clothing items at the Tuck Shop. Purchases will be charged to your credit card on file following your camper's stay. Miscellaneous expenses (ex: prescriptions, etc.) will be charged in September.

Campers receive 2 snacks per visit to the Tuck Shop. These snacks are included in your registration fees and therefore no money is required. Please do not send your child to Camp with money. If campers have money for the airport/train station, they should deposit it with the Camp Office Staff when they arrive at Kandalore, to be picked up prior to departure.

The Tuck Shop also sells items such as Dry Sacs, hats and water bottles which are required for canoe trips. Campers will pack the day before trip. If they are missing any of these required items for trip, they will visit the Tuck Shop and we will charge your account for these items. Please let us know if you have any questions regarding these items.



VISITING YOUR CAMPER

Campers staying 4 weeks or more are welcome to have visitors once during their stay. Visitors may come on any day, but we request that you please call us well before your visit to ensure that your child is not out on trip the day you intend to visit. We ask that parents of one and two week campers do not visit during their stay. Some campers take a bit of time to settle into the Camp routine and a visit from parents during these shorter sessions may be disruptive.

If you take your child out of Camp while visiting, please sign them out and back in at the Camp Office. Parents wishing to take another camper out of Camp with their child may do so only if Kandalore has written authorization from the other camper's guardian. Please note, we ask parents to ensure that campers do not bring food items back into camp. Outside food will be confiscated.

We do not provide special programs for visiting parents - Camp goes on as usual as not all families are able to visit.

DAILY SCHEDULE

7:30 - 7:45	Wake Up
8:00 - 8:45	Breakfast
8:45 - 9:15	Cabin Clean Up
9:15 - 10:10	Period 1
10:10 - 11:05	Period 2
11:05 - 12:00	Period 3
12:00 - 12:30	Free Time/Cabin Time
12:30 - 1:15	Lunch
1:15 - 2:15	Rest Hour
2:15 - 3:10	Period 4
3:10 - 4:05	Period 5
4:05 - 5:00	Period 6
5:00 - 5:45	Free time
5:45 - 6:30	Dinner (& Sign up)
7:15 - 8:30	Evening Program
8:00 - 9:00	Snack/Sign up
8:30 - 10:00	Cabin Time

LIGHTS OUT

Prep/Juniors (born 2013-2008)	8:30pm
Inters (born 2007-2006)	9:30pm
Seniors (born 2005-2003)	10:00pm

*Please note our Prep and Junior ages are a combined section.



SUGGESTED CLOTHING AND EQUIPMENT LIST

Please keep in mind that these lists are a guideline. We ask that parents and guardians use their discretion for substitutions and changes as they see fit. Clothing and equipment will be well used at Camp. Pack clothing suitable for rugged wear; do not send your child with expensive clothing.

We strongly suggest that all clothing and equipment being brought to Camp should be clearly labelled with your child's name. This will assist us in returning any lost articles promptly. You can either use indelible ink or name labels.

MUST HAVES FOR CAMP

When packing for camp, please note there are items which are necessary for programs such as your child(ren)'s canoe trip.

DRY SAC

Every 2 and 4 week camper is required to have a dry sac that is 30L or smaller. This dry sac will fit a sleeping bag and all dry clothes for the trip. Dry sacs can be purchased at any outdoor store (MEC, SAIL, Canadian Tire, Atmosphere). We also stock dry sacs at our Tuck Shop at camp.

WATER BOTTLE/NALGENE

Hydration is of huge importance to us at Kandalore. We have fountains around camp for campers to drink from and fill up their water bottles. When packing out for canoe trip, your camper's counsellor and tripper will ask if they have a water bottle. If they do not, we will have them stop by the Tuck Shop to purchase one for trip. Please make sure your camper's water bottle is labeled.

HAT

Wearing a hat that gives good UV protection is an important preventative measure. Hats protect your camper's head, ears, face and eyes from the sun. Please make sure your camper has a labeled hat.

If you are unable to purchase these items prior to camp, they can be purchased at our Tuck Shop and we will charge your account at the end of the session.



PACKING LIST

SUGGESTED CLOTHING

- 7 t-shirts
- 2 long-sleeve shirts
- 2 sweatshirts
- 4 pairs of shorts
- 3 pairs of pants
- 2 bathing suits
- 8 pairs of underpants
- 2 pairs of pyjamas
- 8 pairs of socks
- 2 pairs of heavy sock
- 1 sun hat
- 1 rain suit or raincoat
- 1 pair of sandals
- 2 pairs of running shoes
(include 1 old pair for wet use)
- 2 towels
- 1 laundry bag
- white t-shirt or clothing item
for tie-dye at arts and crafts

TOILETRIES

- Soap & shampoo
- Toothbrush & toothpaste
- Comb and/or brush
- Sunscreen (SPF 30 or greater)
- Mosquito repellent
- No aerosol cans please

BEDDING

- Pillow & pillowcase
- Sleeping bag
- Blanket
- Fitted sheet
- Other bedding as desired fit
for a single bed

EQUIPMENT

- Flashlight/headlamp & batteries
- Government approved
Life Jacket/P.F.D.
- Canoe paddle
- Water bottle (durable)

OPTIONAL ARTICLES

- Writing supplies (pen/paper/etc.)
- Books, games, cards
- Camera (cellphones cannot be used
as cameras)
- Musical instruments
- Goggles
- Fishing tackle, rod
- 1 pair of rubber boots

ITEMS NOT TO BRING

- Cell phones, iPods, tablets,
computers & other electronics
- Knives
- These items will be confiscated

Please note that all of our campers
will be going on canoe trip.
Please consult the list on the
next page for items to
pack for trip.



CANOE TRIP PACKING LIST

EQUIPMENT

- Dry Sac. 30L or smaller
- Sleeping bag

WET CLOTHES

- Closed toe and closed heel shoes: (old running shoes, quick dry shoes)
Crocs are not acceptable
- Socks: Wool, fleece or Smart wool. Not cotton
- Bathing suit: No halter tops (the knot will hurt when portaging)
- Shorts: Quick dry sport shorts work well. No cotton or denim
- T-shirt: It will get very dirty. Quick dry or thin cotton
- Long sleeved shirt: Quick dry or polyester
- Sun hat: Wide brimmed keeps more sun off
- Rain gear: Please avoid ponchos as they are not durable

DRY CLOTHES

- Shoes: Anything comfortable. No flip flops
- Socks: Wool, fleece or Smart wool. No cotton
- Pants: No Jeans! Fleece or sweatpants
- Long sleeve top: Cotton is fine
- Warm top: Fleece is best or a small packable sweatshirt
- Underwear: 3 or 4 are good unless a camper would like more for longer trips

MISCELLANEOUS

- Sunscreen
- Bug spray
- Flashlight or headlamp (preferable)
- Toothpaste
- Toothbrush

When packing for trip, please keep in mind that cotton products are difficult to dry and not recommended. Fleece, polyester, and wool dry quickly and keep campers warmer, so they are ideal for trip. Second hand gear can be found in stores like Value Village. For new products we recommend stores like MEC, Trailhead or Europe Bound. Please note, we partner with MEC and there will be a 10% discount for all Kandalore families on May 25th from 12:00pm-6:00pm at the NEW Toronto location, 300 Queen St. West.



CAMP TIME!

SESSION DATES

JULY

A	Friday, June 28 to Friday, July 26
A1	Friday, June 28 to Friday, July 12
A2	Friday, July 12 to Friday, July 26

Please note that campers arrive and depart on **FRIDAY** in our July sessions.

AUGUST

B	Monday, July 29 to Monday, August 26
B1	Monday, July 29 to Monday, August 12
B2	Monday, August 12 to Monday, August 26

WK1	Monday, August 12 to Monday, August 19
WK2	Monday, August 19 to Monday, August 26

Please note that campers arrive and depart on **MONDAY** in our August sessions.

ARRIVAL/DEPARTURE DAY TRANSPORTATION INFORMATION

At Kandalore we provide you with a variety of options for getting to Camp. Please note the arrival and departure times listed on the following page so we can provide smooth arrival and departures for our families.

By Car:

Arrival and departure days are a very busy time at Kandalore. On Arrival Day, parents will park in our parking lot and walk down with their camper, their gear and one of our Leaders In Training (LITs) to our office to meet their Section Head, counsellor and cabin mates.

We know how important it is for parents to be able to connect with staff and settle in their campers, so please take the time you need. We do find campers settle in better when parents minimize their time at camp. Our camp nurses will also be available to collect and discuss camper medication and medical issues.



ARRIVAL/DEPARTURE DAY TRANSPORTATION INFORMATION

On Departure Day, camper gear is transported by hand or truck to the Parking Lot and placed in labeled piles by camper section. Please double check the label on your camper's bag to make sure it is yours. Your camper will be playing a game or spending time with their section in a designated space. A staff member will ask you for your camper's name as you drive in and will notify their Section Head of your arrival by walkie talkie. Your camper will then meet you at our camp office.

By Bus:

The Kandalore bus is located in the Loblaws parking lot in Leaside, Toronto. When entering the parking lot, look for the black and yellow Kandalore tent and staff members in green shirts. Our Assistant Director, Hilary and supporting staff members will be at the bus. Once you arrive, please see the staff who will let you know where to load your luggage. You may leave preaddressed letters, packages and medication with Hilary to transport to camp.

On Departure Day, the camp bus will return to the Loblaws parking lot. Luggage is removed from under the bus by staff and campers are to be signed out with Hilary or a designated staff member. As all luggage gets unloaded at once, it can take a bit of time to find all of your camper's belongings. Please make sure to ask them what they loaded on the bus and to double check the name tags on your bags to make sure they are yours.

	LOCATION	ARRIVAL DAY	DEPARTURE DAY
CAR	Kandalore (please see map on page 19)	Please arrive at Camp between 2:00pm - 4:00pm	Please pick up between 9:00am - 11:00am
BUS	Leaside Loblaws 11 Redway Road Toronto, M4H 1P6 (please see map on page 17)	Buses Depart at 1:00pm Please arrive at 12:30pm	Buses arrive in Toronto between 11:30am - 12:00pm
TRAIN	Union Station	From Montreal: Train #61 Departs 6:42am	To Montreal: Train #64 Departs 11:30am
AIRPORT	Pearson International Airport	Flights must arrive in Toronto between 11:00am-6:00pm	Flights must depart from Toronto between 11:00am-6:00pm

TRAIN STATION/AIRPORT PICK UP & DROP OFF

Campers arriving to and departing from Toronto by train or airplane will be met and escorted to and from Camp on a chartered bus or in a Camp vehicle. Any alternative arrangements must be made at least one month in advance. We strongly encourage all campers traveling without an adult to be registered as ‘unaccompanied minors’ for their flight.

If you will be arriving by train from somewhere other than Montreal please contact the Office so that we can arrange an appropriate pick up at Union Station. Additional charges may apply if campers are arriving outside of our regular arrival times.

Copies of train or plane tickets **MUST** be given to the Camp Office when arranging transportation. Campers must deposit their tickets, identification, electronics and any money at the Camp Office for safe-keeping upon their arrival at Camp.



DRIVING DIRECTIONS TO KANDALORE

FROM TORONTO-WEST

- Travel North on Highway 400/11 to Bracebridge.
- Take the Highway 118 Exit and travel East on Highway 118 to Carnarvon and the Highway 118/Highway 35 junction (approx. 55 kms).
- Turn North (left) onto Highway 35 and travel approximately 15 kms until you see Camp Kandalore Road on your left.
- You've made it! If you get to Ox Narrows Lodge and the Firehouse Restaurant, you have traveled 1km too far north.

FROM TORONTO-EAST

- Travel North on Highway 404 to the Green Lane Exit (highway ends).
- Turn right on Green Lane and then left at the first lights onto Woodbine Ave.
- Travel North on Woodbine until you reach the Ravenshoe Road stoplights.
- Turn right on Ravenshoe Road and travel East until you reach Highway 48.
- Turn North (left) onto Highway 48 and travel until the junction of Highway 48/12 (approx. 35 kms).
- Turn North (left) on 48/12 and travel North until highway 48 & 12 split (approx. 13 kms).
- Turn East (right) at the split and continue on Highway 48 to Coboconk at the junction of Highway 48 and Highway 35 (approx. 35 kms).
- Turn North onto Highway 35 and travel North approximately 62 kms until you see Camp Kandalore Road on your left.
- You've made it! If you get to Ox Narrows Lodge and the Firehouse Restaurant, you have traveled 1 km too far North.



DIRECTIONS TO BUS DROP OFF & PICK UP

Our buses depart from and return to the Leaside Loblaws.

Loblaws is located at:
11 Redway Road (near the Leaside Arena) Toronto, Ontario
M4H 1P6

Please be sure to arrive by 12:30pm as our buses depart promptly at 1:00pm. Look for the black Kandalore tent and staff in green shirts in the south/east corner of the lot.





SWIM PROGRAM

We offer daily swimming lessons to all of our campers joining us for two weeks or more. Campers are sorted into classes based on their current swim level provided by parents/guardians on the Parent & Camper Expectation Form before the summer, along with their ability to complete a swim test at camp. If there is a discrepancy between the level provided and the swim test at the beginning of the session, Kandalore will call the parent to confirm the changes. Our swimming instructors teach Red Cross Levels 1 - 10, and the Lifesaving Society Emergency First Aid, Bronze Medallion and Bronze Cross lifeguarding certifications. Please note that if your camper is at camp for two weeks or attends for a month and goes on a 12-day canoe trip, we will work with them on skills to achieve these levels but they may not be able to complete a full level while at camp. Campers do swimming lessons with their section and are broken into smaller groups based on skill level.

CANOE PROGRAM

As a long-standing Kandalore tradition, we offer daily canoeing lessons to all of our campers joining us for two weeks or more. Campers are taught how to flat water paddle and advance their skills in small classes, while working to achieve Ontario Recreational Canoe and Kayak Association (ORCKA) levels. Many of our staff are ORCKA Instructors and help campers not only learn the fundamentals of tandem and solo canoeing, but they also help prepare them to paddle on their canoe trips. Campers do canoeing lessons with their section and are broken into smaller groups based on skill level.

CANOE TRIPPING

Canoe tripping is a key component of Kandalore's culture and experience. Canoe trips provide opportunities for campers to learn practical canoeing and outdoor skills, as well as small group dynamic and leadership skills. Campers also become more independent and gain a greater appreciation of the outdoors. Inherent in our tripping program are risks that are managed by our staff through their judgment and training.

Great care is taken to prepare our campers for their trip. Our trippers and staff meet with their campers in the days leading up to their trip to go over the route, menu and packing requirements. On trip, all campers wear lifejackets at all times and helmets are worn in all moving water sections.

All Counsellors have a minimum of a Bronze Cross swimming certification and Emergency First Aid certification. All Trippers have their Bronze Cross, their Wilderness First Responder certification (8 day course) and a Swift Water Rescue Technician certification (3 day course). All trips carry a satellite phone in case of an emergency. Our longer trips also carry SPOT Satellite Messenger devices.

The following information provides a brief description of our Canoe Tripping program for our different age groups:

PREP/JUNIOR CAMPERS (campers born 2013-2008)

ISLAND TRIP (All one week campers go on this trip)

1 night

The island is located on Kandalore's lake, Lake Kabakwa. It is within sight of our main dock. Campers canoe across to the island (usually in our voyageur canoes) and spend the night. They cook dinner and breakfast over a campfire and sleep in tents. These trips are usually led by the campers' counsellors. Please note that this is the only trip that does not carry a satellite phone as the island is within calling distance of the Camp.

LINER

1 night

The Liner is a 2-day, 1-night flat-water canoe trip in the lakes around Kandalore and in the Leslie Frost Centre. Campers are driven approximately 3 km from Camp by bus to a put-in on Saskatchewan Lake. These trips are usually led by the campers' counsellors or a Tripper Apprentice.

LOOPER

2 nights

The Looper is a 3-day, 2-night flat-water canoe trip in the lakes around Kandalore and in the Leslie Frost Centre. Campers are driven about 3 km from the Camp by bus to a put-in on Saskatchewan Lake. These trips are usually led by the campers' counsellors or a Tripper Apprentice.

ALGONQUIN LOOPER

2 nights

This is a special trip offered to campers who have done all of the Liner and Looper options. As an alternative to the traditional Looper, campers are transported to Algonquin Park in Camp vehicles or a bus and trip through a pre-determined flat-water route in Algonquin Park. These trips are usually led by the campers' counsellors or a Tripper Apprentice.

INTERMEDIATE CAMPERS (campers born 2007-2006)

3 nights

Our Intermediate camper canoe trips are typically 3-night, 4- day canoe trips. All Intermediate camper trips involve travel away from the Camp in buses. Campers are placed on trips based on their cabin group and previous trip experience.

These are moving water trips where class 1 - 2 rapids will be run. All rapids have portages if the tripper decides the rapids are beyond the skill level of the participants. Intermediate trips are led by a tripper and a counsellor and are usually on the Madawaska and French rivers.

Occasionally, for our more experienced Intermediate Campers staying for a month, we will offer a 7 day canoe trip on rivers such as the Spanish River and French River. These rivers are a little more remote than other Intermediate trips.



SENIOR CAMPERS (campers born 2005-2003)

Our Senior campers have the opportunity to do a 3, 5, 7 or 12 day canoe trip. Campers will be bused out to the rivers. Campers are placed on trips based on their previous trip experience and their river length request. Please note, senior campers do not necessarily go on trip with their cabin mates, especially if they have requested different length of trips. Our moving water trips are fun and challenging due to their length and the moving water. The rapids we run on these rivers will range from class 1 - 3. These trips are led by a tripper and a counsellor. The 3 day option is a clinic held at Paddler Co-op on the Madawaska River. This allows campers the chance to develop the skills and the confidence necessary for longer trips. Our 12 day option is for campers attending 4 weeks or longer. Senior 5 day trips are usually done on the Magnetawan River, 7 day trips are done on the Magnetawan or Petawawa rivers, and 12 day trips are either on the Coulonge Dumoine and on special occasions the Missinabi river.

OUR VEHICLES, DRIVERS AND TRANSPORTATION

In most cases, campers are transported to and from their trips by chartered school bus. We work with Campbell Bus Lines. On occasion we may transport campers by Camp vehicle. Our drivers are a minimum of 21 years of age and all hold a valid G license with a clean driving record. All vehicles are inspected daily and undergo regular maintenance.

RAPID CLASSIFICATION SYSTEM

Listed below are general descriptions of different classes of rapids. Please note that Kandalore trips travel down rapids no greater than class 3. While there are higher classes of rapids, for safety reasons Kandalore only runs up to class 3 rapids. Please note it is Kandalore's policy that all rapids are scouted before running.

Class 1: Moving water with a few small waves. Few or no obstructions. Suitable for beginners.

Class 2: Easy rapids with waves up to 3 feet wide, clear channels which are obvious without scouting. Some maneuvering is required. Suitable for novice boaters.

Class 3: Rapids with high, irregular waves often capable of swamping an open canoe. Narrow passages that often require complex maneuvering. May require scouting from shore. Suitable for intermediate boaters.

LOST & FOUND

It is important that parents affix name tags or write camper's names with indelible ink on all clothing to help ensure no mix ups take place at camp. Any items found with labels are given to campers' Section Heads and returned to the camper. All lost and found is laundered before the end of camp. Two days before the end of each session we have a 'Lost & Found' presentation at lunch for all campers. Items without labels are held up and shown to all of the sections and given back to campers. Any unclaimed items without labels are then placed on clothes lines beside centre camp so campers have an opportunity throughout the last full day of activities to walk by and see if anything belongs to them. We bring all lost and found items to our Toronto office at the end of the summer. Parents will be contacted by email regarding any named items. Please note that any items which are not claimed by September 30th will be donated.

CAMP KANDALORE POLICIES

Please be sure to review these policies with your camper before they go to camp.

ALCOHOL & DRUGS

- The use, possession or clearly being under the influence of alcohol, cannabis or any illicit drugs by any camper or Leader (Explorer, Pathfinder, LIT or Explorer 2) is prohibited
- The non-medical use of narcotics and any other drug is prohibited.
- Campers and Leaders who are in the presence of other campers or Leaders who are not complying with the drug and alcohol policy will face consequences at the discretion of the Director.
- Any camper found in breach of these policies will be dismissed.
- No refund of any portion of unused Camp fees will be given.

TOBACCO & ALL TOBACCO RELATED PRODUCTS

- Campers and Leaders are prohibited from the use of tobacco products (including cigarettes, snuff, flakes, chewing tobacco, vaporizers and e-cigarettes).
- Due to danger of fire, any camper or Leader found smoking in a cabin will be dismissed from Camp.
- Campers or Leaders found using tobacco products elsewhere will have their parents notified and may, at the discretion of the Director, be dismissed from Camp.
- No refund of any portion of unused Camp fees will be given.

KNIVES

Knives, including Swiss Army knives, are not permitted at camp.

FOOD IN CAMP

In recent years, because of their attraction to food, we have witnessed an increase in incidence of raccoons and other small animals entering cabins at Kandalore. Although these animals do not represent an immediate threat to the safety of campers, they are disruptive and can cause quite a mess. A number of our campers also have food allergies and it is for this reason that



we request that parents do not send any food with their children to camp or send any food to them during their stay at camp. If campers do possess food in their cabins, unfortunately counsellors will be placed in the difficult and unfair position of having to remove it.

We hope to receive full support from our parents with this policy. Parents are reminded that campers receive three meals a day and a snack before bed each day. There is a bowl of apples out all day for campers to eat. They also have the opportunity to visit the Tuck Shop a couple of times a week where they can obtain treats.

NUT ALLERGIES

Please be advised that Kandalore is not a nut free environment. While we do not serve peanut butter in the Dining Hall, we are unable to ensure all food items sold in the Tuck Shop or served in the Dining Hall and items brought into camp do not contain nuts. Campers with nut allergies attending camp do so at their own risk.

CABINS

- Campers, Leaders and staff are not allowed in the cabins of the opposite gender.
- No open flames (i.e., candles) are allowed in the cabins, even if cabins have no electricity (see packing list for flashlight suggestions).
- Campers and Leaders are to stay in their cabin after lights out, except to use the washroom facilities. Any camper or Leader found out of his or her cabin after lights out will face consequences, which may include dismissal from camp.

BULLYING

- Bullying is not accepted at Kandalore.
- Kandalore trains its staff to recognize and deal with bullying in a Camp setting.
- Please review Kandalore's Harassment policy (on the following page) with your children to make them aware of Kandalore's expectations regarding inclusivity.

CANCELLATIONS/WITHDRAWALS

There will be no reduction in, or refund of, Camp fees for any reason after March 31, 2019 including, without limitation, for:

1. As a result of illness or a medical condition; or
2. A camper who arrives late or leaves early in the period for which they are registered; or
3. A camper who is expelled from the Camp for breaking the Camp rules or otherwise.



CAMP KANDALORE HARASSMENT POLICY

Camp Kandalore is fully committed to respecting and protecting the personal dignity and human rights of our campers, leaders and staff members. Campers, leaders and staff members have a right to enjoy the camping experience and work in an atmosphere that is free of any form of harassment or intimidation. The Camp, staff members, leaders and the campers all share a responsibility for ensuring that such an environment exists at all times.

Harassment includes words, acts, or gestures of a malicious, hateful, abusive or irritating nature, or the like, with regard to a person or group of persons that is known or ought reasonably to be known, unwelcome. Harassment also includes, without limitation, what is commonly referred to as bullying and vexatious words, acts and gestures against a person or group of persons on the basis of any of the following:

Gender	Political convictions
Academic ability	Sexual orientation
Ethnic or national origin	Age
Race	Language
Disability/handicap	Physical Appearance
Civil status	Sex
Colour	

Harassment can be a single incident or a series of incidents.

Campers, leaders or staff members found in violation of any of the above will be liable for: (i) a formal apology; (ii) a re- affirmation of their commitment to the Camp (suspension); or (iii) expulsion; in the Director’s discretion depending on the nature of the harassment. In addition to any sanction imposed by the Camp, staff members who engage in harassment could face sanctions imposed under the Ontario Human Rights Code.

Kandalore is committed to every child feeling safe at camp. We align ourselves with the same policies that are found in community schools and take our role and staff training seriously to support these policies.

PERSONAL PROPERTY

It is very important that campers respect each other’s property. If items go missing, we ask that campers notify their counsellor(s) as soon as possible. We do our best to make sure campers look after their property. Theft will not be tolerated at Kandalore. If an issue arises, our Director will be informed, and we will address the situation in a swift manner with appropriate consequences. Please do not send campers to Camp with expensive items.

Note: Camp Kandalore regrets that it cannot be responsible for any money or electronic devices or other valuables that have not been submitted to the Camp Office for safekeeping.



CELL PHONES, IPODS, TABLETS AND OTHER ELECTRONICS

One of the benefits of Kandalore is the personal growth that campers experience. Camp provides a unique environment for children to learn to be themselves and trust others. It also provides opportunities through which children grow and learn to solve some of their own challenges. Camp is one of the few places where campers can ‘unplug’ and focus on their interpersonal skills. Electronic devices, like cell phones, hinder this growth and detract from campers’ overall experience at Camp. We are happy to provide you with an update on your camper at any time; please do not hesitate to call or email the Camp Office.

Cell phones, iPods, tablets, hair dryers, electronic game devices or any other items requiring electrical power are not permitted at Camp and will be confiscated and returned on departure day. Thank you for supporting this policy.

INTERNET/SOCIAL NETWORKING POLICY

In general, Kandalore views social networking sites (e.g., Facebook, Twitter, Instagram, and YouTube), personal websites, and blogs positively and respects the right of campers to use them as a medium of self-expression. If a camper chooses to identify himself or herself as a camper at Kandalore on such Internet venues, some readers of such Social Media, websites or blogs may view the camper as a representative or spokesperson of the Camp. In light of this possibility, Kandalore requires that campers observe the following guidelines when referring to the Camp, its programs or activities, its campers, and/or employees, on social media, in a blog or on a Website.

1. Campers must be respectful in all communications, Social Media and blogs related to or referencing the Camp, its employees, and other campers.
2. Campers must not use obscenities, profanity, or vulgar language.
3. Campers must not use social media, blogs or personal websites to disparage the Camp, other campers, or employees of the Camp.
4. Campers must not use social media, blogs or personal Websites to harass, bully, or intimidate other campers or employees of the Camp. Behaviours that constitute harassment and bullying are listed in Kandalore’s Harassment Policy.
5. Campers must not use social media, blogs or personal websites to discuss engaging in conduct that is prohibited by Camp policies, including, but not limited to, the use of alcohol and drugs and bullying.
6. Kandalore does not host or sponsor any social networking sites belonging to campers or staff. The use of the Camp logo or photographs is not allowed without written permission.

Any camper found to be in violation of any portion of this policy will be subject to immediate disciplinary action as outlined in the Camp Kandalore Harassment Policy.