

SUMMER 2025

CAMP

YMCA Kanawana



**Leaders
in Training
Information
guide**

Table of contents

Welcome to camp YMCA Kanawana!	3	Canoe-trip program information package complement	33
Our mission	4	Canoe trip personal gear packing	37
Our values	4	Preparation activities in camp	38
Preparing for camp	5	Food and hygiene during a canoe trip	40
Leaders in Training (LIT)	6	Weather on canoe trip	40
Packing tips	10	Meet our guides	41
What not to bring	11	Physical expectations for participants	42
During your child's stay	12	Canoe trip safety protocols at camp YMCA Kanawana	42
How can I contact my child?	14	Available communications	44
Life at camp YMCA Kanawana	16	First aid kits on trips	45
Cabin/Tent Groups	17		
Residential Camp Activities and Programs	18		
Overnight camping on Lake Wilson	19		
Changeovers	19		
Health and Well-Being	20		
Food services	21		
Meet our staff team	22		
Safety	23		
Map of camp	24		
Transportation: directions to bus pick-up and drop-off	25		
Transportation: directions to camp	26		
Forms, fees, and policies	27		
Campers from outside of Québec	30		
Questions	32		

This handbook has been prepared to provide you with important information concerning our program at Camp YMCA Kanawana and to prepare your child for their experience at camp. We encourage you to read it carefully and keep it as a handy reference.

Let's Share the
YMCA Experience!



Welcome to **CAMP YMCA KANAWANA!**

Non nobis solum (not for ourselves alone)

Dear Parent,

We would like to take this opportunity to thank you for choosing Camp YMCA Kanawana for your camper this summer. The YMCA is an organization dedicated to providing healthy, safe, and secure environments where children and youth can learn new skills, develop self-confidence, and create memories that will last a lifetime.

Kanawana is a place to make new friends and feel a sense of belonging; a place to discover the beauty of nature and the outdoors; a place to turn “I can’t” into “I did”; a place to be accepted for who you are. While your camper experiences the positive environment where they will develop lasting relationships with their peers and counsellors, we would like to develop our relationship with our camp families. We welcome you to ask us questions and share your feedback.

We look forward to welcoming your child to camp—thank you for placing your trust in us!

Sincerely,

The Camp YMCA Kanawana Team





Our mission

The Y Mission

The mission of the YMCAs of Québec is to inspire and encourage all people to reach their full potential, thrive and contribute to their community.

The Camp YMCA Kanawana Mission

Camp YMCA Kanawana strives to create a camp community where everyone feels safe and valued; where everyone has a chance to grow; where our actions and behaviours are driven by our common YMCA values, including *non nobis solum* (not for ourselves alone); and where we care for each other and the environment.

Our values

Caring

Camp YMCA Kanawana is all about creating a better world by creating connections with oneself, with others, and with nature. We strive to empower our campers to be caring and to learn how to disconnect from technology so they can reconnect with each other.

Inclusion

To be a Kanawanian is to be part of a community that embraces diversity and welcomes all, regardless of cultural or socio-economic background, gender identity, or sexual orientation. Our inclusion program also aims to create a safe and accessible environment for children and youth with different needs and diverse abilities, from physical limitations, to behavioural challenges, to struggles with mental well-being.

Solidarity

In the spirit of our camp motto, *non nobis solum* (not for ourselves alone), campers learn to cooperate, to take care of one another, and to build cohesive groups with their bunk mates and other fellow Kanawanians. We emphasize democratic living and teamwork in everything we do.

Boldness

At Camp YMCA Kanawana, we choose not to rest on the successes of our past, instead we dare to implement intentional change and to seek innovation. Our campers learn to embrace new things and new people, and we hope that they bring the confidence they build at camp into their home communities, to become the bold leaders of tomorrow.

Performance

We draw on our over 130 years of summer camping to offer the best possible camping experience with a high level of professionalism. We also encourage our campers to challenge themselves and surpass their own previous performance by offering them opportunities to build their skills through camp activities.

Respect

Campers learn to show respect and consideration for themselves, their peers, their counsellors and other staff members as well as for camp's infrastructure and equipment, the forest and lake on which we live at camp, and the natural world on a more global scale.



Preparing for camp

Sleepaway Camp Tips

It is very common for children of all ages, particularly first-time campers, to experience excitement, anticipation, fear and nervousness prior to their departure to summer camp. All of these emotions are normal. In order to best prepare your child for their experience away from home, here are a few tips from Chris Thurber (psychologist and summer camp expert) and the American Camping Association, as well as from our own experience:

- Talk to your child about what camp will be like. Work together to plan and pack for their stay, and have a couple of “practice runs” where your child stays away from home for a couple of nights or longer. As you go through the day-to-day of camp, figure out what your child is most nervous about, and discuss ways to overcome those fears.
- Acknowledge, in a positive way, that you will miss your child. For example, you can say, “I am going to miss you, but I know that you will have a good time at camp.” When writing letters or emails while they’re away, try to focus on asking questions about their time at camp rather than pointing out what they might be missing at home.
- Try to avoid bribery or bargaining. Linking a successful stay at camp to a material object sends the wrong message. The reward should be your child’s newfound confidence and independence.
- Avoid making a “pick-up deal,” (i.e., telling your child that they can come home early if they miss home or don’t like the experience). This undermines our ability to help them adjust to camp life and sets their experience up for failure. Please be assured that we will call you if anything isn’t going well, and work with you to come up with the best solution for your child.
- Pack a personal item from home, such as a stuffed animal or a picture of you, their friends, or their pets. Have your camper take responsibility in the packing process, so that they easily know where to find things in their luggage when they’re living at camp, and can easily access those personal items when it comes to setting up their space in their cabin or tent.
- Come to our **Open House on Sunday, June 15th** (10:00 a.m.–4:00 p.m.) to introduce your child to counsellors, other campers and the environment they will be living in. Weather permitting, we will open our program areas and a meal will be offered at a reasonable price.
- **It has often been our experience that grown-ups have a harder time with departures than children do.** Try to remember that it’s only a short separation and that your child is in good hands at camp. Show your child that you are positive, confident, and reassuring as you drop them off at the bus or at camp, so that the tone is set for their stay.

For more details, please visit:

www.acacamps.org/press-room/how-to-choose-camp/homesickness



Help Us Support Your Child

It is very important that you share with us any different needs that your child may have, e.g., ASD, ADHD, mental health issues, reduced physical capacities, significant fears (i.e., thunderstorms, the dark), bedwetting, or behavioural or social difficulties. Please ensure to thoroughly complete the medical portion of the registration form, and if necessary, we recommend you send an email or speak with the summer camp director or your child's section director prior to camp so we can prepare the best support for your child's needs. All information shared with us is held in the **strictest of confidence** and will only be shared with staff as deemed appropriate.





Leaders in Training (LIT)

Kanawana provides an environment that fosters the development of values-based leaders. Our leadership programs focus on experiential learning, responsibility, adventure, and friendship. Teens will acquire new childcare, camping, program planning, and survival skills. Whether it is to become a camp counsellor, canoe trip guide, or program specialist, we have the perfect program for your teen.

Kanawana currently offers 3 Leaders in Training (LIT) programs:



The RANGER program:

- **Duration:** 4 weeks (*half summer, June 23–July 18, 2025*).
- **Eligibility:** must be aged 15+ by September 30, 2025, and be available for the duration of the program.
- **Certification:** Diplôme d'aptitudes aux fonctions d'animateurs (DAFA) certification — 68 hours (*33 hours of theory, 35 hours of practical experience*).
- **Content:** Broader and less specific in scope than the other programs. Geared more towards program staff skills (*hard skills, lesson planning, organization, time management, teaching, large group facilitation*). These skills are more broadly applicable in contexts outside of camp than more specific canoe trip guiding skills or front-line childcare camp counsellor skills.
- **Rangers** will begin learning about large group facilitation, communication, organizational logistics, general problem-solving, self-care and advocacy, resource researching, teamwork and team building right from the outset of the program.

Certification is contingent on completion of program requirements and passing of certification exam. That means that there is a possibility of a participant NOT passing the program and, therefore, not receiving certification.

What to expect – session by session:

1st session

- Begin preparing a mix of larger activities (*All-Camp, Coffee House, Cocoa House, All-Sections, Saturday Morning Cartoons, Dance Playlist and Facilitation*).
- Sessions focus on large and small group facilitation, conflict resolution, and communication.

2nd Session

- Given the opportunity to peer teach (*alongside LIT counsellors*). They may integrate with interest groups during this session.
- Prepare for the DAFA exam, taken near the end of the session, receive their evaluations, and leave after session 2.



The TRAILBLAZER program:

- **Duration:** 8 weeks (*full summer, June 23–August 15, 2025*).
- **Eligibility:** must be aged 16 or 17 by September 30, 2025, and be available for the entire summer.
- **Certifications:** Standard First Aid (SFA) — 16 hours of theory and simulations | Diplôme d'aptitudes aux fonctions d'animateurs (DAFA) — 68 hours (*33 hours of theory, 35 hours of practical experience*) | Camp Counsellor-in-Training (CIT) certifications — 200 hours (*including 50 hours of practical experience*)
- **Content:** The Trailblazer program will cover much of the same territory as the Ranger program, but with varying degrees of depth or a refocusing on childcare in a camp context. **Trailblazer** is more specifically focused on camp counsellor skills, not only facilitation and organization, but also behaviour and well-being management, difficult interventions, basic-needs care, group dynamic management, interest-group leadership, physical literacy, risk management for children, mandatory reporting procedures, problem-solving for summer camp, child development, and child psychology.
- The program typically includes a 4-to-5-day **CANOE TRIP** at the outset for team-building purposes and intra-program bonding between participants. This trip provides the opportunity for LIT counsellors to observe campers outside their comfort zone.
- **Trailblazers** will spend a significant portion of the beginning of the summer in theory sessions focusing on small and large group facilitation and the topics mentioned above before beginning the gradual integration process, working hands on with staff and campers, first in interest group periods before joining cabin programming and integrating with cabins for increasingly longer periods.
- **Trailblazers** receive midsummer and end-of-summer evaluations on top of ongoing feedback and coaching on their progress.

Certification is contingent on completion of program requirements and passing of certification exam. That means that there is a possibility of a participant NOT passing the program and, therefore, not receiving certification.

What to expect – session by session:

1st session

- 4-to-5-day flatwater trip led by one LIT counsellor and one trip guide.
- Sessions focus on communication, conflict management, communal living, environmental stewardship, and team building.

2nd Session

- Learn how to lead larger activities (*All-Camp, Coffee House, Cocoa House, All-Sections, Saturday Morning Cartoons, Dance Playlist and Facilitation*).
- Prepare for the DAFA exam to be taken near the end of the session.
- Begin interest group integrations.
- Midsummer evaluations at the end of this session.

3rd Session

- Begin (short) cabin group integrations.
- Second round of interest group integrations.
- Sessions on child psychology and behaviour management, working with a co-counsellor, and dining hall management among others.

4th Session

- Spend most of their time integrated in cabins and interest groups.
- Sessions on CV/resume writing and mock interviewing, as well as studying for CIT exam.
- Prepare for CIT certification exam and receive their final evaluations.



The FORESTER program:

- **Duration:** 8 weeks (*full summer, June 23–August 15, 2025*).
- **Eligibility:** must be aged 16+ by program start date and be available for the entire summer.
- **Certification:** Whitewater Rescue (WWR) — 20 hours | Wilderness Advanced First Aid (WAFA) certifications — 40 hours of theory and simulations.
- **Content:** The Forester program covers much of the same territory as the other programs, but with varying degrees of depth or a refocusing on out-trip guiding. This includes some of the above as well as emergency field medicine practices, out-trip planning and logistics, on and off water tripping safety and rescue, camp-site management, effective logistical communication and crisis management, and nature connection fostering.
- The program typically includes a 6-to-16-day **CANOE TRIP** (*varies based on year, chosen or possible rivers, and environmental safety or logistical constraints, as well as sometimes being paired or immediately consecutive to WWR or WAFA training*).
- **Foresters** will spend a significant portion of the start of the summer focusing on acquiring hard skills and days on trip in peer learning scenarios, partaking in experiential trip and campsite leadership and theory sessions. This is followed by integration into camper trips over the second half of the summer. Here, they will be given the opportunity to participate in trip logistical and safety information consolidation as well as camper group team building before assisting in trip guidance under the supervision of guides and counsellors.
- **Foresters** receive midsummer and end-of-summer evaluations on top of ongoing feedback and coaching on their progress.

Certification is contingent on completion of program requirements and passing of certification exam. That means that there is a possibility of a participant NOT passing the program and, therefore, not receiving certification.

What to expect – session by session:

1st session

- 6-to-16-day trip led by the Forester counsellor and one trip guide.
- Depending on their return date, they will have sessions focused on trip-related topics.

2nd Session

- Continue their sessions and begin preparing for some of their certifications.
- Midsummer evaluations at the end of this session.

3rd Session

- Trip integration and/or assisting on overnights.
- Sessions focus on camper care.

4th Session

- Trip integration.
- Remaining sessions and final evaluation.



Packing tips

DON'T FORGET MEDICATION!

- Choose the right luggage: pack items in a suitcase or duffle bag, as storage space is limited.
- Keep cozy: campers are required to provide their own sleeping bag and pillow. A three-season sleeping bag is recommended, as nights do get cold, especially in August. (Please note: if bedwetting is a concern, please ensure your child's sleeping bag is machine washable.)
- Avoid digging through the mountain of Lost & Found: LABEL EVERYTHING! Black sharpie or sticker labels work on almost everything.
- Reduce the risk of a mess: pack toiletries and other liquids (bug spray, sunscreen) in Ziploc or water-tight bags.
- **Have it come home again: give your child a packing list in order to help them with repacking.** You can download our suggested packing lists from our website under "Important Documents."
- Shampoos, conditioners and soaps **must be biodegradable** (glycerine based and phosphate-free) and we recommend that they be unscented (perfumed products attract black flies, mosquitoes, etc.).
- Campers who wear contact lenses will need their glasses if participating in a program featuring a canoe trip and **THEY SHOULD HAVE AN APPROPRIATE STRAP TO HOLD THEIR GLASSES WHILE ON THE WATER.**



What not to bring

- **FRAGILE ITEMS:** Please keep in mind that camping and canoe tripping are wilderness activities that can be strenuous on equipment.
- Brand new clothes: Children will be outdoors, playing hard and getting dirty!
- Swimwear or clothing that is not appropriate to the level of activity at camp: Swimwear should provide full coverage and be sports-oriented—anything too loose or easily detached will not work for the higher-intensity activities we do. Campers will be asked to add a layer or change should their swimwear or clothing be deemed inappropriate to the intensity of their camp activities.
- Hand-held video games, music players, **cell phones**, laptops, or other digital devices: These items will be confiscated, labelled and locked in a safe until the last day of the camper's session.
- Hair dryers, straighteners, electric razors or toothbrushes that need a plug: camper living spaces do not have electricity, and we have to limit our electricity use in the bathrooms to avoid power loss.
- Jewellery, dangling earrings and stylish watches: They can cause injury and are easily lost or damaged.
- Cash: All campers have a tuck account (included in fees) and they may only purchase items by using this account. Additional money can be added to tuck accounts if needed during registration or by phoning our office. Cash will not be accepted from campers.
- **Food or snacks: Raccoons, skunks, ants, squirrels and other critters will go into tents/cabins looking for food if they smell it. Also, several campers have life-threatening food allergies and many follow special diets for medical or religious reasons. Because of this, we ask that you please refrain from packing or sending your child any food items.**
- Knives cannot be brought to camp: Any knife will be confiscated and put in the camp safe until camper departure. The camp can supply knives for activities if/when deemed necessary.
- CIGARETTES/VAPE PENS or TOBACCO are NOT TOLERATED at camp: They will be confiscated and a call will be made to their families. A second incident will result in the camper being sent home.
- ALCOHOL/RECREATIONAL DRUGS: We have a **ZERO TOLERANCE** policy for campers using, or being in possession of alcohol or recreational drugs. Campers found consuming or possessing alcohol or recreational drugs will be sent home immediately.
- **PLEASE NOTE: Camp YMCA Kanawana is not responsible for stolen, lost or damaged property of any kind.**



During your child's stay

Laundry

Campers registered for only one six-day or twelve-day session **do not receive laundry services**. Please be sure to send your child to camp with enough clothing to last throughout their stay, with appropriate gear and clothing suited for canoe tripping, if registered for a trip program. We will do laundry on an emergency basis as needed.

Lost & Found

More than 2,000 participants and staff visit Camp YMCA Kanawana between May and October. Unfortunately, clothing, shoes, boots, hats, and other items are often left behind. In the summer, we end up with at least five large garbage bags full of lost items after each session. There are three things you can do to increase the chances that your child returns home with what they brought to camp:

- Clearly label every item they bring with their first and last name with a printed label or Sharpie marker in an obvious location.
- Pack your child's bag with them present so they see what you are packing.
- Provide your child with a checklist of packed items to use when they pack at the end of the session.

Camp staff members do their best to collect lost and found items left around camp throughout the session. Labelled items tend to make their way back to campers quicker. On the last day of camp, every lost and found item is laid out in the dining hall and each cabin/tent group has a chance to walk around to claim their belongings. Any unclaimed items will be sorted by our admin and volunteer teams. We will do our best to contact you if a labelled item is found to arrange for it to be returned to you.

Camp YMCA Kanawana will only keep lost and found items for one week after the last day of the session. During this time, if your child is missing something, you may email a description of the item to camp.kanawana@ymcaquebec.org. We will look through the lost and found and if we find it, we will contact you to arrange for it to be retrieved. **After one week, we will donate the unclaimed lost and found items to a worthy charity.**



Please note that despite our best efforts, we cannot guarantee that lost items will be found. Camp YMCA Kanawana is not responsible for lost, stolen, or damaged items.



Language and Behaviour

Camp YMCA Kanawana is NOT a place for inappropriate language, violence, bullying, being disruptive or disrespectful to staff and other campers, etc. Counsellors and the section director (and summer camp director, if necessary) will address incidents with campers, and families will be notified, as a first step. If there is no significant change in behaviour, the summer camp director reserves the right to send a child home, and families are responsible for arranging their transportation as needed.

Camper Behaviour Agreement

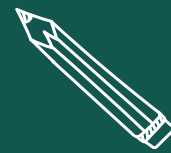
Camp YMCA Kanawana is a community whose motto is *non nobis solum* (not for ourselves alone), where respect for one another and the environment is a core value. We believe it is important that all campers understand what is expected of them and what they are committing to when they decide to become part of the magic of Kanawana. We recommend that you take time to discuss the camper behaviour agreement with your child to ensure they understand their commitment to the Kanawana community.

I promise to:

- Respect the natural environment that makes camp so beautiful.
- Treat all campers and staff with respect and courtesy.
- Use appropriate language.
- Respect other people's belongings.
- Respect all safety regulations implemented by Camp YMCA Kanawana staff members to ensure everyone's safety during activities on camp and on canoe expeditions.
- Never use or possess alcohol, illegal substances, recreational drugs, or tobacco products during my stay at camp or during my canoe trip expedition.
- Contribute my happiness, enthusiasm and humour.

Tuck Shop

Every camper at Camp YMCA Kanawana will receive a reusable water bottle on their first day at camp, and will be sent home with a T-shirt from this season and a photo print of their cabin/tent group. The tuck fees required for your camper are automatically added to your invoice when registering; part of the fees will cover the cost of the three items mentioned above, and the rest can be spent at the camp tuck shop during their stay. If your child does not use all of the tuck money available, a refund may be issued for amounts over \$10. **In order to receive this refund, you must send a written request.** All remaining tuck money remains within the YMCA, and goes towards providing services to families with lower incomes, including sending campers to Kanawana. Please note that tuck refund cheques are only issued after the summer, usually during the month of September.



How can I contact my child?

Camp YMCA Kanawana is an “unplugged” environment, where we discourage the use of technology. As such, we ask that campers do not bring their own cell phones. As a general rule, we also do not permit campers to use the camp telephone, as it is reserved for camp business and emergency purposes. All families of first-time campers will receive a phone call or email from their child’s section director after the first few days of camp about how the campers are doing. If you wish to speak with your child’s section director, you may call and leave a message—likewise if you would like to set up a time to speak with your child directly. We will return your call as soon as possible. In terms of regular contact, we do recommend sending letters, postcards, or (non-food) care packages by mail or sending an email through our camper email system.

Contacting My Child on a Canoe Trip

It is very important to know that it **is not** possible to contact campers while they are on a trip. Our guides leave camp with emergency phones and are able to contact camp if necessary but the battery power is limited and guides are instructed to keep the phones off, unless they are needed. If you send your child mail or emails during their stay, they will only receive them before or after their canoe trip.

Camper Mail

Mail is distributed every day. We encourage parents to send letters, postcards or packages by mail or by courier. UPS and Purolator deliver directly to the site. Your child’s **FULL NAME, AGE AND SECTION** must appear clearly on all envelopes, postcards and packages (**please do not send food items as they will be confiscated**). Please keep in mind there is a delay of three to five business days for items sent through regular mail.

Here is the camp’s address for letters, postcards or packages:

- Camper’s Full Name – Section* – Age
- Camp YMCA Kanawana | 673 Saint-Elmire Road
Saint-Sauveur-des-Monts (Québec) J0R 1R1

**Camper’s section is the program you registered them to, (e.g., Woodzy, Pioneer, Pathfinder, Coureur des Bois, Voyageur, LIT). Indicating their section makes it easier for our admin team to sort mail for distribution!*

Emails to Campers

Send your child an email using our camper email system! Emails will be printed and distributed to campers within 24 to 48 hours. Do not expect an immediate reply. Campers cannot use computers at Camp YMCA Kanawana. We will give campers the opportunity to write back once a week (see more info below), or they can reply by regular mail.



Sending Emails

You can send an email to your camper at kanawanacamper@ymcaquebec.org. In the subject line, please write "Camper's Full Name – Section* – Age" (like regular mail) so that we know who to deliver it to. To be environmentally friendly, we ask that you save up your family news for a day or two before sending an email to your camper—it's a shame to have to print an entire page for just a couple of sentences from home.

**Camper's section: see note above regarding mail*

Receiving Replies by Email

Once a week, we will arrange for each camper to be given a piece of paper on which they can write an "email" home. It will then be scanned and emailed by our admin office team to the email address for the Head of Household attached to the camper's registration. If your camper is on an eight-day canoe trip, it is unlikely we will be able to process a scanned letter back from them, given the short amount of time they are present on camp. If you choose to send an email while campers are away on canoe trips, they will receive those printed emails upon their return.

Contacting Us by Phone

Please note that while we move offices from Montréal to Saint-Sauveur at the beginning of June, it may be harder to contact some of our team members. Our administrative team in Montréal will be able to pass on a message if you are unable to reach the person you are looking for.

Campers may not use the telephone without the permission of their section director. If your child is having difficulty adjusting to camp, the section director will call you. **Remember, no news is good news!**

You can use the number below to reach your child's section director, to contact any of our staff members, and to use in case of emergencies.

Phone: 450 227-2414

Visitors

We are responsible for ensuring the safety of almost 250 children each session, and as a result, we enforce a strict visitor policy. Campers will only be allowed to receive visitors in case of emergency. **Please do not show up to camp unannounced to visit your child, as you will be refused access to camp for safety reasons.** Visitors will be escorted to the front office upon arrival.

VERY IMPORTANT: If a parent or any other relative is **legally denied** access to your child, you must inform us in writing prior to the start of your child's camp session.



Life at camp YMCA Kanawana

Supervision

Your child's safety and well-being are our top priorities. We ensure your child's safety 24 hours a day.

Our junior (ages 6–12) campers are in groups of up to ten campers and are supervised by a minimum of two counsellors. Senior (ages 12+) campers are in groups of up to eight and are supervised by a minimum of one counsellor.

Campers also receive additional supervision from program specialists during certain activities. There are specialists present at rock climbing, nature outings, arts and crafts, swimming (3–4 staff members), boating (2 staff members) and kanawoodshop. All program specialists who supervise the swim area are certified lifeguards, and some of our counsellors are as well. The ratios in residential camps are subject to regulations governed by the *Association des camps certifiés du Québec (ACQ)*.

Also, per our regulations from the ACQ, at least one staff member with each cabin or tent group must be a minimum of three years older than their campers (i.e., a 17-year-old counsellor would not be alone with a group of 15-year-old campers).

The table below is a comparison of the ACQ standards and the standards we implement at Camp YMCA Kanawana.

	ACQ	Camp YMCA Kanawana	Program Areas at Camp YMCA Kanawana
Juniors (Ages 7–12)	1/7 or 1/8	2/10	3/10
Seniors (Ages 12–16)	1/9	1/8	2/8
Junior Trips (Ages 11–12)	1/4	3/10	N/A
Senior Trips (Ages 13–17)	1/5	2/8	N/A



Cabin/Tent Groups

Section directors make an earnest attempt to put children of the same age together. However, sometimes there are not enough campers of the same age to make up a whole group. In addition, language profiles, familial associations, and cabin-mate requests have to be taken into consideration. As a result, the age spread in a tent/cabin group may range from one to three years. If you would like to make a cabin-mate request on your child's registration, we ask that you limit it to two names per session. Please make sure that this is a mutual request and that both campers are registered in the same program. We cannot guarantee that the request will be fulfilled. We encourage new and returning campers to make new friends during their stay, and the easiest way to do this is to have them in cabins/tents with new faces each summer.





Residential Camp Activities and Programs

[Click here](#) if your camper partakes in the explorer, adventurer or voyageur program.



Campers participate in a wide range of activities at Kanawana with their cabin or tent group, as well as their section and the entire camp. Programs are planned by the counsellors, section directors and program staff. Furthermore, campers can select two to four interest group activities (spaces limited per activity) during their session. Interest groups allow campers to choose activities based on their interests and to meet different groups of campers other than those in their cabin/tent group. Some interest groups feature different levels; campers who successfully complete these levels will receive an in-house certification. Other interest groups are simply an outlet for creativity.

Daily Life at Camp YMCA Kanawana

7:15 a.m. – 7:45 a.m.	Morning dip (<i>optional</i>)
8:00 a.m. – 9:00 a.m.	Breakfast & announcements
9:00 a.m. – 9:20 a.m.	Cabin clean-up & preparation for the day
9:20 a.m. – 10:25 a.m.	Cabin/tent program #1
10:25 a.m. – 11:30 a.m.	Cabin/tent program #2
11:30 a.m. – 12:15 p.m.	General swim and open program areas* (<i>canoe, archery and nature activities</i>)
12:15 p.m. – 12:30 p.m.	Prepare for lunch
12:30 p.m. – 1:30 p.m.	Lunch and announcements, plus section cheers every few days
1:30 p.m. – 2:30 p.m.	Siesta/break time
2:30 p.m. – 3:30 p.m.	Interest Group #1
3:30 p.m. – 4:30 p.m.	Interest Group #2
4:30 p.m. – 5:30 p.m.	General swim and open program areas*
5:30 p.m. – 5:45 p.m.	Prepare for dinner
5:45 p.m. – 6:45 p.m.	Dinner and announcements
6:45 p.m. – 7:00 p.m.	Down time
7:00 p.m. – 8:00 p.m.	Cabin/tent program #3
8:00 p.m. – 9:00 p.m.	Cabin/tent program #4 (<i>Junior campers prepare for bed</i>)
9:00 p.m. – 10:00 p.m.	Campfire (<i>Senior campers prepare for bed</i>)
10:00 p.m.	Lights out

*Open program areas vary depending on weather and availability of staff, but typically will change from morning to afternoon.

In all of our programs and activities at Kanawana, we emphasize the importance of participation, fun, cooperation, and skill development. Camp activities may include swimming lessons, canoeing, kayaking, paddle boarding, woodworking, archery, arts and crafts, nature activities, rock climbing, low ropes course, music, dance, athletics, yoga, and more. Some of the special programs at camp include Coffee/Cocoa House (talent shows), campfires, Dancing with the Staff, Kanawoodstock, overnights, and the Lumbermen and Voyageur games.



Overnight camping on Lake Wilson

Every two-week camper has the opportunity to discover the great outdoors through an overnight camping excursion on Lake Wilson, which includes one night camping in a tent where each camper has the opportunity to help prepare the campfire, cook on a fire, and enjoy the beauty of the wilderness on our wonderful site! Each cabin group is accompanied by two staff members and every campsite is equipped with camping gear, along with a first aid kit and a walkie-talkie for emergency purposes. Please note that our Summer Camp Director and our infirmity staff are reachable by walkie-talkie 24 hours a day.

The safety of our campers is always a priority at Camp YMCA Kanawana and therefore overnights will not be sent out in uncooperative weather. Overnights will be rescheduled if, and when, possible although this cannot be guaranteed.

Our youngest Junior section groups (Pioneers and Woodzys aged 7–9 depending on cabin makeup) may participate in Overday trips, paddling or hiking to one of sites where they will swim and play and have lunch before returning in the late afternoon.

Changeovers

Changeover weekends are offered as an option for campers that wish to spend the weekend at camp instead of going back home between two 12-day sessions. This option is offered for campers aged 7 to 16 and offers an array of activities that are supervised by at the very least two staff members and a member of our camp summer management team.

On top of enjoying the quietness of camp, campers will have the opportunity (weather dependent) to partake in a day of activities at Sommet Saint-Sauveur, a well-known water park located 10 minutes away from camp, or to go bowling if the weather turns bad. On top of providing meals, snacks and supervision, our changeover campers will also benefit from a laundry service to wash their belongings between sessions. Campers that stay changeover at Camp YMCA Kanawana will also have the opportunity to call home during the weekend.

NOTE: No programs include a changeover weekend unless expressly stated in program descriptions or communicated by the management team. Some programs may spillover onto changeover weekends due to scheduling of certifications and/or out-trips. These specific cases will be communicated in advance to the families concerned.



Health and Well-Being

Camp maintains a five-bed infirmary, which is supervised by two healthcare staff. All health forms, medications and printed copies of health cards are kept in the infirmary during your child's camp session. The infirmary staff relay pertinent health-related information to counsellors, trip guides, and section directors on a need-to-know basis. Please note that health forms, printed copies of health cards, and medication are given to guides and accompany the group on canoe trips.

If your child must continue to take prescribed medication while at camp, please give the bottles, ointments etc. to the camp's healthcare staff at the bus or on-site check-in. **Please ensure that your child has enough medication to last the whole session(s) and that it is clearly marked.** Prescription medication must be given to us in its **original packaging** with dosage information and camper's name on the label. At the end of the session, medication will be included in the camper's personalized envelopes available at the bus or the main office at camp.

All medication, prescribed or otherwise, is kept at the infirmary in a locked cabinet at all times. Only under special circumstances (e.g. inhalers and Epi-pens) are campers permitted to keep their medication with them.

The healthcare staff or summer camp director/assistant director **will call you** in the following circumstances:

- Your child requires a visit to the clinic or the hospital.
- Your child requires an overnight stay in the infirmary.
- Your child contracts a contagious illness.

A stay at camp is NOT a good time to eliminate or reduce prescription medication. Camp YMCA Kanawana will only administer or dispense medication as prescribed by a doctor or pharmacists. Written permission of a doctor or pharmacist is required for any changes to dosage or time of day the medication is to be taken.

If your child is currently (or has recently been) seeing a therapist or other support person for their mental health, we ask that you tell us what their needs will be at camp. If possible, please let their support person know that we may want to get in touch with them for advice while your child is at camp or to ask them to speak directly with your child (in case of crisis or other urgent mental health support)



Food services

An important part of maintaining a healthy lifestyle while at Camp YMCA Kanawana is to ensure that campers eat well during their time with us. A registered dietician approves our menu before the summer begins, in accordance with the accreditation standards of the Association des camps certifiés du Québec, and we ensure that optimal nutritional standards are met for each meal. Additionally, our food services team provides hearty, healthy, and well-balanced meals to give campers the energy they need for an active day.

Campers enjoy three nutritious meals per day, along with two snacks. If campers need an extra boost, we provide fruit and water in the Dining Hall throughout the day. If your child has any special dietary requirements, please see our Allergy Management Plan below.

Dietary Restrictions and Allergies

At Camp YMCA Kanawana, we make every effort to accommodate campers with dietary restrictions and food allergies. Please be sure to clearly describe any dietary requirements for your child on the application form.

Allergy Management Plan

We pay close attention and take the following precautions to provide a safe environment for campers with food allergies:

- We track the allergies of all our campers.
- Our kitchen is aware of all campers with food allergies and their needs.
- Epinephrine (EpiPen) is available at various locations around camp.
- Epinephrine (EpiPen) is available on all overnights and canoe trips.
- Peanuts and nut products are not available or allowed on camp. We do use products containing traces of nuts and peanuts in our kitchen, as well as in our canoe-tripping programs.

Safety note: While we are accustomed to having campers with severe food allergies and make every effort to ensure nut and peanut products are not brought onto Kanawana's property, we do not guarantee that our site is peanut and nut free, as we do use products that may contain nuts and peanuts. For serious food allergies, please feel free to get in touch with our management team prior to registration to discuss your child's needs and to see if we are able to meet them.



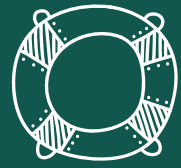


Meet our staff team

A top-notch camp starts with a dedicated, dynamic and well-trained staff team. Our experienced staff and counsellors receive more than **80 hours of training**, are **certified in CPR and first aid**, and have completed the YMCA Healthy Child Development program in order to ensure **your children receive the highest standard of care**.

At Camp YMCA Kanawana, we pride ourselves on a dedicated, caring and well-rounded staff team. Through various positions at camp, whether as a counsellor, a program staff, a canoe trip leader, or a member of the management team or of our support staff, we ensure that every staff member is trained according to their role and are capable of handling their responsibilities. Aged 17 and up, our team's diversity and devotion towards our campers create a lifetime of memories! Over 60% of our staff members have evolved as campers at YMCA Kanawana and live by our camp motto: non nobis solum (not for ourselves alone).





Safety

The safety, security, and well-being of your child are our top priorities. Camp YMCA Kanawana is equipped with a telephone system, emergency sirens, and radio communication. Main camp buildings and program areas are equipped with first aid kits and there is epinephrine available strategically around camp. In addition, an emergency oxygen tank and AED are available in the infirmary. Most camp staff members possess a combination of first aid and CPR training. Additionally, several staff members possess advanced wilderness first responder certifications.

All staff participate in mandatory pre-camp training sessions prior to the camp season. Pre-camp staff training addresses Kanawana's safety regulations and emergency procedures as well as extensive training according to standards set by YMCA Child Development programs and the Association des camps du Québec, of which our camp is a founding member. All staff members go through a police background check and reference checks before they are hired.

During the first two days, campers are given a swim test and taught what to do if they hear an emergency siren. Use of Kanawana's boating equipment (barge, canoes, kayaks, and paddleboards) requires a personal flotation device be worn **at all times**. Boating games and activities may also require that campers wear protective headgear.

Groups participating in activities away from the main camp facilities (overnights) are required to bring a first aid kit and radio (walkie-talkie). The summer camp director and infirmary staff carry radios (walkie-talkies) at all times, day and night.



[illegible]

c. scale

- | | Tente
Tent | Pont
Bridge | Toilettes & douches
Washrooms & Showers | Salle nature
Nature Nook | Qual
Boating Dock | Centre Camp
1 Centre Camp
2 Staff Village
3 Couriers des bois
4 Pioneers
5 Woodsmen
6 Pathfinders
7 LIT
8 Boating | B2 #2
B4 #4
B5 #5
B6 #6
B7 #7
B8 Torpedo Junction
B9 Bella
B10 Roadhouse
B11 Zodiac
B12 Omaha
C1 Outpost
D2 Hridge
C3 Crossroads
D4 Rock | D5
Lagun Deck
D6 Net Deck
D7 Choppy's
D8 Backroads
D9 Sauna
D10 Daytona
D11 Venardio
D12 Bondi
D13 Omaha
D15 Newport
D16 Oka
D17 Basin
D18 Malibu | E1 Archery
E2 Ball Field
E3 Ropes Course
E4 Rousesapirateur
E5 Kalimavik
E6 Hut
E7 Kitchen
E8 Business Office (B.O.)
E9 Program Office (P.O.)
F1 Arts & Crafts (A&C)
F11 Lodge
F12 Barracks
F1 Barracks
F3 Ash | F4 La Cache
F5 North Wind
F6 Topper Inn
F7 Soleil du Nord
F8 Northern Lights
F9 Boating House
F10 Carwash
F11 Wawa's Cabin
F12 The Ice Box
F13 Cabin 0
F14 Nest
F15 Lighthouse
F16 Teepee
F17 Beach Hut
F18 Lookout | F19 Banker
G1 Willow
G2 Spruce
G3 Cedar
G4 Sequoia
G5 Palm
G6 Maple
G7 Barrow
G8 Den
G9 Web
G10 Dune
G11 Lair
G12 Fortress |
|--|------------------------------------|--------------------------|---|-------------------------------|---|---|---|--|---|---|--|
| Tuck Shop
Tuck Shop | Cabine du personnel
Staff Cabin | Pièd de feu
Fire Bowl | Zone restreinte
Restricted Area | Escalade
Rock Climbing | Plage
Beach | | | | | | |
| Cabine tout usage
Miscellaneous Cabin | Gégoire Pit | Sentier
Path | Cave | Salon LIT
LIT Lounge | Debarcadere canot & kayak
Canoe & Kayak Slip | | | | | | |
| Cabine des forestiers
Woodmen Cabin | Stationnement
Parking | Chemins
Road | Washroom | Scene
Stage | | | | | | | |
| Cabine des planiers
Planer Cabin | | Escaliers
Stairs | Rangement d'équipement
Equipment Storage | Salle à manger
Dining Room | | | | | | | |



Transportation: directions to bus pick-up and drop-off

➡ **École secondaire Pierre-Laporte : 1101 Rockland Road | Mont-Royal | Québec | H3P 2X8**

We strongly encourage campers from Montréal and the surrounding area to travel to and from camp on the bus as the camp experience often starts during the ride to camp. The buses are also a great way to reduce our carbon footprint. If you have to change your child's transportation arrangements before or during the session, please let us know as soon as possible in writing so we can notify your child and make the necessary arrangements. You can do so by emailing camp.kanawana@ymcaquebec.org.

You will be charged \$25 for each transportation change made a week or less before the first day and last day of the session.

Session	Departure*	Return juniors	Return seniors
1A	June 23 8:00 a.m.	June 28, 4:30 p.m. – 5:00 p.m.	
1B	June 29, 8:00 a.m.	July 4, 4:30 p.m. – 5:00 p.m.	
1	June 23, 8:00 a.m.	July 4, 4:30 p.m. – 5:00 p.m.	July 4, 5:00 p.m. – 5:30 p.m.
2	July 7, 8:00 a.m.	July 18, 4:30 p.m. – 5:00 p.m.	July 18, 5:00 p.m. – 5:30 p.m.
Voyageur Extreme	July 7, 8:00 a.m.		July 25, 4:30p.m. – 5:00p.m.
3	July 21, 8:00 a.m.	August 1, 4:30 p.m. – 5:00 p.m.	August 1, 5:00 p.m. – 5:30 p.m.
Voyageur Extreme	July 28, 8:00a.m.		August 15, 5:00 p.m. – 5:30 p.m.
4	August 4, 8:00 a.m.	August 15, 4:30 p.m. – 5:00 p.m.	August 15, 5:00 p.m. – 5:30 p.m.

**Buses only leave Pierre Laporte around 8:30 a.m.–9 a.m., but we ask that campers arrive at least one hour ahead to give us enough time for registration, lice check and loading luggage. Anyone who misses the bus will be responsible for arranging their own transportation to camp.*

Authorized Pick-Up List

When you registered, we asked you to indicate whether your secondary contact and emergency contacts had permission to pick up your child from the bus (other than the main contact on the account). At the bus pick-up, we will ask for **photo ID** from whoever is picking up your camper, and compare it to the names on that list. If you need to add names of anyone else who has permission to pick up your child, you may contact us at camp.kanawana@ymcaquebec.org and we will be happy to make the required changes.



Transportation: directions to camp

➡ **673 Saint-Elmire Road | Saint-Sauveur | Québec | J0R 1R1**

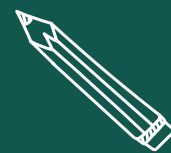
1. Take route 15 North until exit 60.
2. Take the first left at the light (coming off the exit ramp).
3. Merge towards the right lane in order to merge right at light onto Route 364.
4. Go through three more lights and turn left at the fourth light, on rue Principale.
5. Follow Principale, passing Mont Habitant, and turn left on Saint-Elmire Road.
6. Drive 3.3 km on Saint-Elmire Road. Camp YMCA Kanawana is on your right.

Schedule for campers being driven to and from camp:

Session	Arrival	Departure
1A	June 23, 9:00 a.m. – 10:00 a.m.	June 28, 2:00 p.m. – 3:00 p.m.
1B	June 29, 9:00 a.m. – 10:00 a.m.	July 4, 2:00 p.m. – 3:00 p.m.
1	June 23, 9:00 a.m. – 10:00 a.m.	July 4, 2:00 p.m. – 3:00 p.m.
2	July 7, 9:00 a.m. – 10:00 a.m.	July 18, 2:00 p.m. – 3:00 p.m.
Voyageur Extreme	July 7, 9:00 a.m. – 10:00 a.m.	July 25, 2:00 p.m. – 3:00 p.m.
3	July 21, 9:00 a.m. – 10:00 a.m.	August 1, 2:00 p.m. – 3:00 p.m.
Voyageur Extreme	July 28, 9:00 a.m. – 10:00 a.m.	August 15, 2:00 p.m. – 3:00 p.m.
4	August 4, 9:00 a.m. – 10:00 a.m.	August 15, 2:00 p.m. – 3:00 p.m.

Authorized Pick-Up List

When you registered, we asked you to indicate whether your secondary contact and emergency contacts had permission to pick up your child from the bus (other than the main contact on the account). At the bus pick-up, we will ask for **photo ID** from whoever is picking up your camper, and compare it to the names on that list. If you need to add names of anyone else who has permission to pick up your child, you may contact us at camp.kanawana@ymcaquebec.org and we will be happy to make the required changes.



Forms, fees, and policies

Payments and Refunds Policy

There is a **non-refundable registration fee of \$175 + taxes per registration**, to reserve a place for your camper at camp. All other fees must be paid in full by June 1.

All refunds and cancellations must be requested in writing (an email will suffice). If a reimbursement has been approved, it will be prorated according to the number of days your child was present at camp. Absence from camp **does not constitute** a withdrawal from the program—you must contact us to obtain your refund.

Cancellations or changes in sessions or programs must be made in writing, and will not be accepted over the phone.

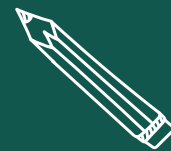
Behavioural Policy

Camp YMCA Kanawana reserves the right to remove a child from the group for the period we deem necessary if the child disrupts the group's activities, or if their conduct affects a person or persons.

Consequences for inappropriate behaviour: Conflict is a natural and normal part of any community. At camp, we try to use conflict resolution as an opportunity to heal harm, mitigate future harm, and build community. Inappropriate behaviours will have consequences appropriate to their degree of severity, and will focus on repairing the relationships between campers, staff, and/or camp. If your child is involved in a situation of inappropriate behaviour, whether instigator or victim, we will call or email home to let you know what happened and what has been done to rectify the situation. If we feel that the behaviour was severe and reparation at camp is not possible, we will ask you to make arrangements to remove your child from camp. If there has been a consistent disregard for our camp rules, disrespect for fellow campers and staff, and an unwillingness to change their behaviour, we may also decide that it is best for your child to leave camp.

Medical Form and Medication

During registration, you had the opportunity to provide information about your campers' medications and medical conditions. You can make changes to this information by emailing camp.kanawana@ymcaquebec.org at any time leading up to your camper's arrival at camp. Any additional instructions or updates to that information that you wish to give our medical staff about medication can also be communicated at the bus pick-up or at the main office at camp or at wellness.kanawana@ymcaquebec.org during the session. You may choose to write a letter and hand it in directly to one of our camp's infirmary staff. All medications are to be handed in to our infirmary staff at the bus or on site clearly marked with the name of the child, dose, frequency, and any other instructions clearly indicated (for non-prescription medications) or in the original packaging (for prescription medications). Kanawana's infirmary staff will follow the instructions on the label unless a note signed by a doctor accompanies the medication and explains the reasoning for not following the label.



Health Cards

We will not be taking custody of camper health cards.

If you wish to send your camper with their card, they must be responsible for it. Instead, all campers **must** arrive at drop-off (either at camp or to the bus) with a photocopy/print-out of their provincial health card or equivalent proof of medical insurance. This can also be emailed in advance (as a photo or PDF attachment) to wellness.kanawana@ymcaquebec.org. Please note that our guides bring the copies of camper health cards for all campers who are on a canoe trip.

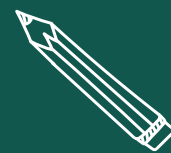
Bed Bugs

Bed bugs are becoming increasingly common in the province. While they are annoying, bed bugs are not known to transmit human diseases. If your family has been affected by bed bugs within the weeks leading up to your child's stay at camp, please notify the camp administration. Your child will still be able to attend camp. However, a visual inspection of their belongings will be done at the bus stop or before entering camp to check for hitch-hiking bugs. Also, their clothing, sleeping bag and pillow will be put through the dryer once we have arrived at camp. Heat is the only non-chemical treatment that has proven to be effective at killing bed bugs at all stages of their life.

Lice

Camp YMCA Kanawana works hard to prevent outbreaks of lice. Lice checks will be performed for every camper prior to embarking on the camp bus or before entering camp at sign-in. Please ensure that your child's hair is not in a hairstyle that will need re-doing (we need to be able to check near the scalp, behind the ears, and at the nape of the neck in particular).

- a.** We will not be doing lice treatments at camp. If your camper has lice, you will need to take them home to do their treatment, and bring them to camp only when they are clear of lice and nits. We recommend putting their clothing and bedding through a high-heat dryer cycle before repacking, as well.
- b.** In case of late arrival due to lice treatment, we can offer a pro-rated refund for the days missed, or you can choose to cancel your session. If there are spaces available in later sessions, you may choose to switch your registration. These requests must be made by email to camp.kanawana@ymcaquebec.org.



Tick Protocol

Camp YMCA Kanawana recognizes the importance of being proactive when it comes to ticks and their potential to transmit Lyme disease. Although we only rarely find ticks on site and we are in a moderate zone, we have implemented the following protocol for camp:

- a.** Counsellors and trip leaders will ensure that campers check themselves for ticks every night before bed, and in the morning if sleeping at an overnight site/out on canoe trip. Campers will use each other to check in difficult areas such as the back, behind the ears and scalp. Hand-held mirrors will also be provided for checking difficult areas while they are at camp.
- b.** Campers will be encouraged by their counsellors to check themselves while in the shower. During trips, trip leaders will encourage campers to check themselves for ticks when they are swimming.
- c.** If a tick is found on a camper, it will be removed by the infirmiry staff or trip leader as soon as possible. The parents will be notified depending on the timing within the session; parents may be consulted regarding or advised on bringing the camper for preventative Lyme disease treatment in a participating pharmacy.
- d.** If a tick bite is suspected but no tick is present, the camper will be monitored for Lyme disease symptoms and the parents will be advised. If Lyme disease is suspected, the camper will be taken to the pharmacy, hospital or clinic for antibiotic treatment.





Campers from outside of Québec

Medical Insurance

It is mandatory for all campers to have medical insurance that covers them during their entire stay at camp. Camp YMCA Kanawana does not provide medical insurance on behalf of campers. Please send a copy of your medical insurance via email to the camp administration team at wellness.kanawana@ymcaquebec.org **before June 1**. Please also send your child to camp with a hard copy that includes the insurance policy number and any contact information that might be useful should your child require a trip to a medical professional.

Airport Transportation

We can offer airport pick-up and/or drop-off for an extra fee. If your child requires transportation from the airport, please let us know by emailing or calling the camp administration team: camp.kanawana@ymcaquebec.org, or 514-687-9622. Airport transportation fees are \$85 plus tax each way or \$170 plus tax for a round trip.

Flights

It is very important that camper flights are booked to **arrive no earlier than June 23rd and depart no later than August 15th**. There will be no campers on site prior to June 23rd nor after August 15th, and we cannot guarantee we will have a driver available to bring your child to or from the airport or have staff to supervise them outside these dates. If you need to book a flight outside of those dates, please speak with the summer camp director first.

Please send your child's flight itinerary to camp.kanawana@ymcaquebec.org soon as you have booked your flight(s). Ideally, parents or guardians should book their child's flight(s) before June 1st.

A Camp YMCA Kanawana driver can pick up and/or drop off your child at the airport on the first or last day of a session or during camp changeovers. If your child will be arriving during a changeover, you will be charged \$385 + taxes plus tax for the changeover supervision and meals. Please visit our [website](#) for the changeover dates.

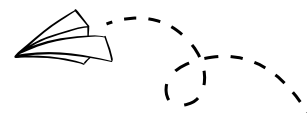


International Camper Airport Pick-Up

If your child will be travelling as an unaccompanied minor, please contact us for information about the driver who will be scheduled to pick up your camper. We will not know the driver's schedule more than one or two weeks ahead of time. The driver will have a Camp YMCA Kanawana sign so your child can identify them, and we will provide you with a cell phone number if you need to contact them during transit days.

Personal Belongings

We recognize that many campers arriving from out of province often have valuable personal belongings for their travel time such as passports, cash, cell phones, music players and other electronic devices. Such items will be safely stored in the camp safe, which can only be accessed by the summer camp director and assistant summer camp director. The camper's belongings will be stored on the first day of camp and returned only upon their departure from camp.



Questions

If you have any questions or concerns about Camp YMCA Kanawana, your child's registration, payment or any other issue, please do not hesitate to contact us.

Client Services and Administration

Email: camp.kanawana@ymcaquebec.org

Year-round phone: 514 687-9622 or 1 833 505-9622 (*outside of Montréal*)

Summer phone: 450 227-2414 (*or year-round number above*)

Assistant to the Directors

Amy Thomson

Email: amy.thomson@ymcaquebec.org

Phone: 450-227-2414, ext. 6

Summer Camp Director

Justin Caldwell

Email: justin.caldwell@ymcaquebec.org

Phone: 450 227-2414, ext. 4

Trip and rental coordinator

Phone: 450-227-2414

Executive Camp Director

Marie-Pierre Lacasse

Email: marie-pierre.lacasse@ymcaquebec.org

Phone: 450 227-2414, ext. 7

Summer Camp Assistant Director

Quinn Durand

Email: quinn.durand@ymcaquebec.org

Phone: 450-227-2414, ext. 5



Camp YMCA Kanawana

Looking forward to a great summer with you!

Follow us on social media to see what campers are up to during the summer.

Like Camp YMCA Kanawana on Facebook and Instagram today for updates and photos!





Canoe-trip program information package complement



Canoe trip personal gear packing



It is important to send your child to camp with appropriate gear and clothing suited for canoe-tripping and their stay at camp. Please consult our trip packing list for full details. PLEASE LABEL ALL CLOTHING AND CAMPING GEAR (e.g., dry bag) WITH FIRST AND LAST NAMES!! The best way to mark clothing is to use an indelible ink pen (Sharpie) or labels. Write your child's name on shirt collars, shoes, sleeping bags, hats, toothbrushes, towels, etc.

Additional tips and ideas:

- ✓ Pack items in a backpack or duffle bag, storage space is limited.
- ✓ Campers are required to provide their own **sleeping bag and ideally a dry bag**.
A three-season lightweight sleeping bag is recommended, as nights do get cold, especially in August (NOTE: if bedwetting is a concern, please ensure your child's sleeping bag is machine washable). **We recommend a 30-liter dry bag for each program (please refer to the packing list for specific comments).**
- ✓ Pack toiletries and often-used items (bug spray, sunscreen) in labelled Ziploc bags and ensure that all products are biodegradable.
- ✓ Send your child with a packing list in order to help them with re-packing.
- ✓ Campers who wear contact lenses will need their glasses for the canoe trip and **THEY SHOULD HAVE AN APPROPRIATE STRAP TO HOLD THEIR GLASSES WHILE ON THE WATER** (please refer to packing list for more details).
- ✓ Shampoos, conditioners and soaps **must be biodegradable** (glycerine-based and phosphate free) and **unscented** (perfumed products attract black flies, mosquitoes, etc.).



What NOT to bring:

- X **FRAGILE ITEMS:** Please keep in mind that canoe tripping is an extensive wilderness activity that can be strenuous on all equipment.
- X **Brand new clothes:** Children will be outdoors, playing hard and getting dirty!
- X **Swimwear that does not meet the level of activity at camp.** Speedos and swimsuits with knots or ties that can easily come undone or come off are not adequate for the demands of the swimming and boating area activities.
- X **Hairdryers, Discmans, Gameboys, mp3 players, cell phones, laptops, and/or all digital devices:** These items will be confiscated, labelled and locked in a safe until the last day of the camper's session.
- X **Jewelry, dangling earrings and stylish watches:** They can cause injury and are easily lost.
- X **Cash:** All campers have a tuck account (included in fees) and they may only purchase items by using this account. Additional money can be added to tuck accounts if needed through our administrative services.
- X **Food or snacks:** Snacks are available to campers in the Dining Hall and on canoe trip all day, every day, Kanawana does mean "peaceful and plenty to eat" after all! Raccoons, skunks, ants, squirrels and other critters will go into tents/cabins looking for food if they smell it.
- X **Knives or duct tape:** Camp can supply these items if/where deemed necessary.
- X **CIGARETTES or TOBACCO:** Will be confiscated and a call will be made to parents. A second incident will result in **the camper being sent home.**
- X **ALCOHOL/DRUGS:** We have a **ZERO TOLERANCE** policy for campers using, or being in possession of alcohol or drugs. Campers who are found with any of these items **will be sent home immediately.**

PLEASE NOTE: Camp YMCA Kanawana is not responsible for stolen or lost equipment, jewelry, watches, cash, or other personal items.



Group equipment provided by the camp

During the canoe trip experience, your child will be expected to have the items identified on the packing list (or an appropriate substitute), but we will also provide equipment that will serve the group as a whole and that will be used by your child and their team while on trip.

For your information, this is the equipment used by the participants and trip leaders on each canoe trip led by Camp YMCA Kanawana:

Sleeping and campsite life	Cooking and hygiene	Travelling
• Tents • Axes and a saw • Shovel • Toilet paper and hand sanitizer • Garbage bags • Survival kit • Functional satellite phone and GPS tracking device • Emergency money • Waterproof map case including trip routes, menu, recipe book and emergency information • First aid kit	• Pots and pans • Bowls and spoons • Serving utensils • Biodegradable soap and hand sanitizer • Mesh bag for drying dishes • Water purification treatment • Water filter • Food barrels	• Canoes • Paddles • Throw bags • White-water rescue kit • PFD fitted to each participant • Bailers for each boat • Boat repair kit • Carry bags for personal dry bags • Participants' personal dry bags • Boat equipment (safety lines, flashlight, sound device, extra paddle, extra PFD)
	Other	
	• Library • Program material for chosen activities • Pocket games	

Our equipment is verified prior to departure by trip leaders, the campers, as well as by our Equipment Manager. This ensures that the equipment will be safe, clean and that all repairs and breaks will be identified prior to the activity. This policy enables us to run safe programs and helps us ensure the safety of your child at all times.



OUR CANOE TRIP PROGRAMS

Preparation activities in camp

Your child's safety and well-being are our top priorities. We take all necessary steps to ensure your child's safety 24 hours a day, both at and off camp. A canoe trip program is a huge accomplishment for a camper and our team's main goal is to ensure that your child is prepared and fully aware of the realities involved in the experience they will be part of. As a canoe tripping camper, your child will have the opportunity to participate in the following program blocks to ensure that they are sufficiently prepared:

- **Participation in planning the menu:** Campers get a chance to choose their meals and the trip leader verifies the menu later on to ensure that all the meals are balanced and respect the Canadian Food Guide requirements.
- **Personal equipment preparation:** Which is a program session where the campers get a chance to practise packing their dry bags and learn what they need to bring on the canoe trip and how to use those items.
- **Situational preparedness simulations:** What to expect on a camping trip through skits and fun games!
- **H2O safety:** How to be safe on and in the water and what to do to ensure your own safety.
- **Route:** Explaining and showing where the trip will be and the trip route that will be followed.
- **Fire building:** Campfire technique workshop with a competition where the campers will eat one meal on the campfire.
- **Portaging and paddling techniques and T-rescues (what to do if your canoe tips!)**
- **Boat trip to Lake Wilson** to practise paddling and practise what it's like to be on a canoe trip in a mini- adventure.
- **White-water safety:** A workshop presenting different white-water features.

These activities help campers develop outdoor skills and self-confidence, and enables us to evaluate the skills of your child and prepare them adequately for the canoe-trip experience they are about to live.



Itinerary

We strive to plan each canoe trip according to the age group, as well as the level of fitness and the skill level of each participant. Each participant will be informed of the canoe trip itinerary prior to the trip departure. This is why it is extremely important to fill in all the required documents in order to keep our team informed of your child's personal development and situation.

Our Hike and Trip program runs canoe trips on the following rivers: Noire, Dumoine, Coulonge, Bazin, Rouge, Gatineau, Missinaibi, Mistassini, Mistassibi, Lièvre, Jacques Cartier, Batiscan, Pontax, Ashuapmushuan, and the Chochocouane. We also paddle flatwater trips in the beautiful LaVerendrye and Papineau Labelle Wildlife Reserves.

Life of a canoe tripper on trip

Your child will participate in many camp activities, most frequently with their cabin or tent group, when they are on Camp YMCA Kanawana's property. During the first days of camp, they will have the opportunity each morning to participate in preparation activity for their adventure.

While out on a canoe trip, the typical daily schedule is as follows:

- 7:00 a.m.** Wake-up call
- 7:30 a.m.** Participation in trip chores: wood collecting, helping out to prepare breakfast
- 9:00 a.m.** Taking down the campsite and help pack the canoes
- 10:30 a.m.** Paddling
- 11:15 a.m.** Paddling games and rest time!
- 12:30 a.m.** Lunch time at a beach
- 2:00 p.m.** Paddling towards the campsite
- 3:00 p.m.** Setting up camp and swimming around the campsite
- 4:00 p.m.** Survival programming activity
- 5:30 p.m.** Preparing dinner and participating in trip chores
- 7:30 p.m.** Campfire stories!
- 9:00 p.m.** Teeth brushing and sweet dreams!

Please note this is a generic schedule that will be adapted for each program by our trip leaders based on the itinerary and group.





Food and hygiene during a canoe trip

Our trip menu includes a variety of ingredients that are as nutritious as they are tasty! The menu will be chosen by the campers and the trip leader's role is to ensure that the choices made each day are complementary in terms of nutritional intake needed for the physical efforts made while on trip by all participants.

Meal	Name of the meals offered
Breakfast	Apple quesadillas, bagels, oatmeal, breakfast burritos, French toast, scrambled tofu, sprinkled vector, hash browns
Lunch and Dinner	Pita pizzas, mac & cheese, Thai coconut curry, Cali wrap, bean salad, taco salad, pasta salad, red pasta, red dhal, lazy papillote, pesto pasta, lazy pierogis, barley soup, hummus wraps, vegetarian sloppy joes, quinoa salad, stir-fry, General Tao tofu, burritos
Snacks and Desserts	Nutrigrain bars, Vector, dried fruit, Goldfish, s'mores, cinnamon buns, magic squares, tripbrownies, caramelized pears/peaches, trip pie, apple crumble, fig bars, Ritz crackers

Food is amongst the most important factors to a successful canoe trip, so it is crucial that each participant fills in the "Diet Choice" section of the personal information sheet honestly to inform our guides accurately of their preferences or their health concerns. Dishes are washed using an abrasive scrubbing method with minimal detergents, which follows our "Leave No Trace" principles and has the smallest possible environmental impact.

Weather on canoe trip

Kanawana canoe trips travel through northern Quebec and Ontario Parks, where the weather can vary a lot, even during a single day. It is important to think when packing the participant's belongings that rain, cold nights, and very windy days will probably increase the challenge of the activity itself. Average July temperatures are usually around 20 degrees Celsius, but in August they can range from 20 degrees during the day to 10 degrees at night. **Please refer to the packing list to provide appropriate gear for your child's canoe trip.**

Meet our guides

At CAMP YMCA Kanawana, we pride ourselves on hiring friendly, hardworking and children-loving staff each summer. All our canoe trip leaders are extensively trained for their position. They are all aged 19 years old and up and have extensive canoe tripping experience. In order to guide a Camp YMCA Kanawana canoe trip, each guide must:

Experience	Certifications
• Be aged 18 and over • 25 days of canoe tripping done as an assistant guide • Participate in the 14-day trip leading training provided by Camp YMCA Kanawana (<i>8 of these days done on a river</i>)	• Wilderness First Responder (<i>80-hour wilderness first aid course</i>) • White Water Rescue Technician (WRT)

***PLEASE REFER TO THE LIST OF APPROVED ORGANISATIONS USED BY CAMP YMCA KANAWANA FOR MORE INFORMATION CONCERNING EACH CERTIFICATION AND TRAINING.**

All our guides are trained in the following areas during our home training to ensure that they are prepared for the unexpected and we are fully confident in their skills to provide the best experience possible to your child:

- Orienteering, maps and compass
- Group dynamics and management
- Equipment management and repairs
- Outdoor cooking and food management
- Team building
- Risk management
- Hygiene and health monitoring
- Leadership theories and their applications
- Survival and environmental education activities
- Ages and stages of child development
- Emergency procedures (including simulations)
- Knots and shelter building
- Behavioural management
- Weather reading
- First aid review



CANOE TRIP SAFETY

Physical expectations for participants

Canoe tripping is a strenuous physical activity and it is important to understand that we do our best to support your child in this activity, but that a good level of fitness is required to live a truly pleasant experience. Every camper at the beginning of each camp session will have to participate in a swim test performed by our waterfront team, where they will have to demonstrate that they can swim 150 metres without a PFD. Therefore, we reserve the right to refuse a participant if we deem they are not sufficiently able to cope with the physical demands of a canoe trip.

Canoe trip safety protocols at camp YMCA Kanawana

Risk management is our priority and we have strict protocols in place for all our canoe tripping programs. Any high-risk activity undertaken in a Camp YMCA Kanawana canoe trip must abide by a health and hygiene protocol, a portaging protocol, a white-water protocol, along with a complete risk management plan concerning each activity undertaken (canoeing, cooking, driving, fire building, etc.). Your child's safety and well-being are our top priorities.

Inherent risks to canoe tripping

Canoe tripping is a high-risk activity and presents certain hazards that are inherent to participating in any canoe trip. According to [Aventure Écotourisme Québec](#), here are the risks inherent to canoe tripping:

Inherent risks due to the weather:

- Heat stroke, heat exhaustion, sunburn, dehydration, hypothermia, wind, lightning, precipitations, season and lack of visibility.

Inherent risks due to the environment:

- Waterfalls, holes, current, human construction, rocks, strainers.

Inherent risks due to being on water:

- Capsizing, drowning, minor injuries (scrapes, bumps), major injuries (shoulder dislocation, spinal injury), difficulty reaching a participant, fatigue, injury due to material being inappropriately attached or fitted, stress or fear, medical complications.





Inherent risks to portaging:

- Boat falling on participants, material falling on participants, struck by falling tree or branches, sprain due to the state of the trails, insect bites and stings, fatigue.

Inherent risks due to the participants:

- Lack of knowledge, bad swimmer, and misunderstanding of the information provided, refusal to follow the leaders' instructions, and personal flotation device misfit.

As a part of our risk management plan, we keep participants informed of all risks in activities along with the expectations we have of them. This involves informing them of such things as the daily schedule, trip routes, as well as safety briefings and any high-risk activity. We focus our efforts on risk prevention while out on trip (i.e., hydration, sunscreen, food intake). Also, each route is planned based on the capabilities of participants and are adaptable to the group dynamic and energy level.

Safety equipment brought on trip

In order to ensure that our trips are safe, we ensure that each canoe trip leaves with the following items:

- A functional and tested satellite phone
- A fully stocked survival kit
- A fully stocked first aid kit for wilderness purposes, verified prior to each trip
- A fully stocked repair kit
- Flare guns with at least 4 flares
- A functional GPS tracking device
- Appropriate maps, compass and route plan for the canoe trip
- One extra meal for every trip and an additional meal for every 4 days on trip
- Emergency phone contact list
- Evacuation routes and driving directions
- White-water rescue kit when applicable (*carabiners, rescue line, webbing, pulleys, prussic chord*) when applicable
- Each PFD must be equipped with whistles
- Extra paddles (*one per boat*)
- Bailers for each boat
- Painters for each boat (rope for guiding the boat)
- Flashlight for each boat

A copy of the information for each canoe trip including a detailed route plan of the canoe trip and of all the participants emergency information is kept in the camp office at all times during the canoe trip to ensure informed and rapid intervention in the event of an emergency.



Available communications

In remote locations, communications have always represented a challenge for canoe trippers. This is why we provide a satellite phone to each canoe trip leaving our main property, along with a GPS tracking device. This enables our trip leaders to communicate with camp or appropriate authorities in the event of an emergency or in need of a route change. It is important to understand that they are able to communicate with us, but unfortunately, we are typically unable to communicate with them. A designated emergency responder at camp is reachable 24 hours a day by cellular phone and by satellite phone to ensure that there is always a presence ready to initiate logistical support in the event of an emergency.



ON A CANOE TRIP

First aid kits on trips

Each canoe trip leaves with a fully stocked first aid kit specifically assembled in a waterproof case for a wilderness context. First aid kits contain the following items:

Burns and bleeds	Injuries	Tools
• Gauzes (<i>sterile and non-sterile</i>) • Band aids (<i>various shapes and sizes</i>) • Mole skin • Second skin • Opsite and butterfly stitches • Steri strips • Abdominal pads • Medical tape • Irrigation syringe	• Triangular bandages • Sam splints • Elastic bandage • Thermal blankets • Ice pack • Hypafix	• Blood pressure cuffs • Stethoscope • Thermometer • Tweezers • Scissors • Pocket masks • Hand sanitizer • Gloves • Alcohol and benzoic-acid wipes
Medication		
• Tylenol and Advil • Anti-histamine • Antibiotic ointment • Epipen and extra vials of epinephrine • Calamine lotion and aloe gel • Tea tree oil and activated charcoal	• Activated charcoal • Electrolyte solution • Antifungal cream • Antibiotic solution for ear and eye infection	

Trip first-aid material is kept under lock and key at camp and is verified prior to departure by the trip leaders and our Equipment Manager to ensure that the equipment is complete and in good state. **(NOTE: All our wilderness medicine protocols are reviewed and certified by a doctor to allow our staff to practise wilderness responder treatments).**





Evacuation from a canoe trip

Our canoe trip leaders are trained to provide first responder treatments in the wilderness. If an evacuation of your child is required, this could take up to 48 hours and is the norm in the outdoor industry due to distance, bad weather or bad road access. We attempt our best to be as efficient as possible when an evacuation occurs and have a staff member specifically trained to perform these out in the wilderness. In the event where your child would be evacuated by air or road, our Hike and Trip Director will contact you directly to inform you of the situation as soon as safely possible.

To the canoe trip destination

All canoe trip participants are transported in a 15-person bus driven by one of our Camp YMCA Kanawana drivers, which is inspected prior to, and after every drive. The group must be informed of all safety regulations in the vehicle prior to departure and a stop is planned en route for a bathroom break and a stretch outside of the vehicle. Camp YMCA Kanawana owns a safe and appropriate trailer to carry all canoe trip equipment and a van lunch is provided for the participants to reach the destination. Music, cheering and singing are a big hit with every group and our staff members ensure that the drive is enjoyable and exciting! (Please inform us if your child suffers from car sickness so we can better adjust the driving route).

Meet our drivers

Our drivers are nice and courteous individuals that pride themselves on ensuring the safety and the comfort of their passengers. All our drivers have their 4b license are aged 25 years old and over and have extensive driving experience along with a good driving record. All our drivers are trained in the following areas during our in-house training to ensure that they are prepared for the unexpected and we are fully confident in their skills to provide the best experience possible to your child:

- Mechanics and basic motor functions
- Road safety and the highway safety code
- Maneuvers with a trailer
- Wheel change and other basic repairs on the road
- Test run driving
- Vehicle inspections
- Trailer safety
- Passenger management and safety
- Driving in various weather

