

TIPS FOR SUCCESS

Hints for parents to help their campers have a great week at camp!

The benefits of a week at camp are numerous. Campers are given an opportunity to develop independence, decision making skills, social awareness skills, self confidence and esteem, all within an extremely safe environment. There are several things you can do to make this week a successful one for your child.

TALKING IT UP!

- ✓ Talk about why you want your child to go to camp. If you were a camper, at Kinasio or another camp, talk about your camp experiences.
- ✓ Talk about how your camper will respond to camp staff. Campers are expected to respect staff and to follow instructions. Remind your camper that staff are fun, caring people, there to help them have a great week, but staff also need to enforce the rules of the camp.
- ✓ Talk about the daily tasks they will need to do for themselves at camp. Tasks such as getting ready for the day, or to go to bed, how often they should change their clothes, etc. Camp staff will work with campers and remind them to do these things, but this is a great opportunity to teach campers to take responsibility for their basic needs.
- ✓ Talk about the exciting activities to try at camp. Encourage your camper to keep an open mind and to be ready to try new games, crafts, and to make new friends.

ACTIVITIES AT KINASAO

- Lakefront activities, such as canoeing, kayaking, paddle boats, the sauna & swimming
- Archery
- Theme meals
- Games of all kinds
- Low ropes challenge course
- Canteen
- Basketball, beach volleyball, Frisbee and other sports
- Skits and passion play
- Crafts
- Campfire
- Playground
- Daily worship, bible study and other activities related to our daily themes!

WHAT IF I HAVE TROUBLE?

Many campers are nervous about going to camp, which is completely normal. However, there are many ways to help campers to calm their nerves so that they can enjoy a great week of camp!

- ✓ Have your child practice staying overnight at a friend or relative's house, so that camp is not their first time away from home without you. This helps to build confidence and a sense of security.
- ✓ Encourage your child to express exactly what it is that scares them (ie: missing mom or dad). Voicing these concerns will help you to prepare your camper, and to communicate with camp staff any special concerns your child may have. Assure your camper that camp staff will be with them to encourage them throughout the week.
- ✓ Make a plan with your camper to address issues they may face at camp. For example, if someone is being unkind, campers should tell a staff member.

HOMESICKNESS

- ✓ Homesickness is very common. Homesickness is most often experienced by first time campers; by campers worried about something specific at home (ex. parent's illness or a special family event); if campers speak with or see parents/guardians; or when campers become tired and/or grumpy.
- ✓ Staff are trained to help campers deal with feelings of homesickness. In almost all cases, staff are able to work with the individual camper and the homesickness is turned into a victory for the child, an obstacle they learn to manage and overcome. If a camper is extremely homesick and/or not responding to assistance, parents/guardians will be contacted by camp staff. Our goal is to help all of our campers make it through the week successfully.

PHONE USE

- ✓ Campers will not be allowed to phone home, except with the permission of the Executive or Program Director of the camp. Phoning home seems like a solution to homesickness, however in our experience, it almost always makes the homesickness worse. If a phone call is needed, staff will contact parents/guardians. If you would like to inquire about your camper, please call the camp office. Staff will be happy to report back to you. Speaking with people from home can often bring on homesickness, even if it was not an issue before.

BUT WHAT IF I MISS HOME...

- ✓ Do **NOT** promise your camper that they can phone to be picked up anytime they want. Instead, encourage your camper to see this week as a challenge, and remind them that you will be very proud of them for making it through the week.
- ✓ **DO** encourage your camper to talk with their counselor or other staff if they are feeling sad or having a problem. Encourage them to listen to staff and to try their best to follow instructions. Staff are not being mean by suggesting ways the camper can overcome homesickness. Feeling homesick is not wrong, but if campers give in to those feelings, they miss out on the greatness of camp life.

FOR THE PARENTS

First of all, we would like to thank you for entrusting your children to us during their stay. We realize what a privilege this is, and the trust that you are placing in us. We take that trust very seriously.

OUR STAFF TEAM

Kinasao has an excellent staff at the both program and support levels.

- ✓ each is chosen for their ability to serve as Christian role models while caring for campers;
- ✓ all program staff are a minimum of 18 years old;
- ✓ all staff must submit a Criminal Records Check and a Vulnerable Sectors Check;
- ✓ two weeks of staff training prior to the summer camps prepares all program staff for the summer;
- ✓ all lifeguards are NLS certified; and all other activity leaders are trained to the appropriate industry standard; &
- ✓ medical care is provided by the onsite First Aid Personnel.

ACCREDITATION

Kinasao is an Accredited Camp member of the Saskatchewan Camping Association. This means that we meet or exceed all industry standards, which are set by the SCA. Accreditation occurs every 3 years to ensure we are maintaining these standards.

WHEN YOU ARRIVE AT KINASAO

Upon arrival, you will be directed to register your camper, and at that time you will be introduced to the staff who will be leading your camper's cabin group for the week. Please take time to look around the camp, familiarize yourself with the surroundings and ask any questions you may have. We hope you will feel extremely comfortable with our camp before you leave.

AND WHEN YOUR CHILD RETURNS HOME...

Expect lots of stories and excitement! Some campers will even go through a bit of a "down time" after all the activity at camp. This is common, but it will pass! You can begin talking about the fun that awaits them next year!