



Participant & Parent Handbook



WELCOME!

We're so excited to have you join us for **Eco-Motion Day Camp**. Get ready for a week full of cycling skills, exploring multi-use trails, and even using public transit. Engage in helping the community, learning about our natural environment, and making new friends.

EcoSuperior's mission is to **build a healthy future for people and the planet**. The Camp has been designed to highlight the awesome cycling facilities (trails and bike lanes) we have in Thunder Bay, bring awareness to the use and importance of public transit, explore walking routes, and provide an opportunity for youth to be part of the active transportation network.

Pack your backpack, grab your water bottle, and get ready to explore! Please review your entire camper handbook carefully so you are ready to make this summer memorable!

What to Bring

We will be outside all day - in the sun and light rain; cool mornings and hot afternoons – so the key to having fun is to be prepared! Use this handy checklist to help you gear up to have a great day, every day!

- **Appropriate clothing for the weather.** We all know how fast the weather can change in Thunder Bay. A light rain jacket is ideal!
- **Sturdy footwear.** Please no flip-flops. Closed-toed shoes are recommended for riding. Sandals with straps are appropriate for exploring the McIntyre River. For safety reasons, participants are to wear shoes at all times.
- **SUNSCREEN AND SUN HAT.** PLEASE NO BUG SPRAY.
- **Reusable water bottle:** a must!! You may want to pack two!
- **Spare clothes.** There is a good chance we will get wet, dirty or painted throughout the day!
- **A healthy, nut-free, litter-free lunch.**
- **A backpack to hold all your gear!** Since we will be traveling around town, you'll need a sturdy backpack to carry your gear. Please no shoulder or tote bags.

Please DO NOT bring cell phones, iPads, or other expensive equipment that may cause conflict between participants, be damaged or lost.

Adverse Weather Policy

Our basecamp for the **Eco-Motion Day Camp** is the **Bike Shack located on the Lakehead University Campus**. We will meet here every morning and return every afternoon for pick-up.

In the event of extreme wet or dangerous weather (i.e. severe thunderstorm warning, flood warning, tornado warning etc.) we will notify participants, via a group text, if our meeting/drop-off location will be modified.

In the event of extreme heat, we will modify our biking and walking trips by moving slower, taking more frequent breaks, and ensuring participants have access to lots of drinking water.

Refund & Cancellation Policy

In the event of a cancellation the following policy will be in effect.

- 1.** To qualify for a refund, cancellation notice must be given in writing (i.e via email) to the Summer Program Coordinator no less than two weeks before the scheduled week of camp. You will be refunded the camp registration fee minus a \$50 administration fee.
- 2.** No refunds will be given within two weeks of the scheduled camp, unless the space can be filled by another participant on our waiting list. If the spot can be filled by another participant, you will be refunded the camp registration fee minus a \$50 administration fee.
- 3.** No partial refund will be given if a child becomes ill during the week of camp and can no longer attend.
- 4.** No partial refund will be given if a participant is removed from the Summer Program due to inappropriate behaviour.

Thank you for your understanding.

Camper Code of Conduct

Many activities and guest speakers have been organized for this summer and it takes teamwork and respect from staff and participants to ensure a safe, fun, outdoor learning environment for all! Please review the following code of conduct:

1. Respect yourself, others, the environment and property.

Abusiveness toward others or using inappropriate language, fighting, etc. will not be permitted. Since programming takes place outdoors, property damage (purposeful destruction of trees, running through gardens, graffiti or vandalism) will not be tolerated.

2. Participate in program activities. We encourage campers to try all planned activities and interact with other participants. We require that participants be supervised at all times and not be left unattended. Therefore, we are unable to provide extended attention focused on an individual participant. If a participant requires one-on-one care, a caregiver/guardian must participate in the program with the participant at all times.

3. Follow directions. There are a lot of fun things to do during the Summer Program but every activity has guidelines so we can operate the activity safely and appropriately. We ask participants to follow staff direction during these activities.

4. No put-downs. Examples of this would include teasing, name-calling, racial slurs or inappropriate practical jokes.

Discipline Policy

If a participant demonstrates inappropriate behavior during summer camp, the following disciplinary steps will be taken by EcoSuperior Environmental Programs. Please review the Code of Conduct with your participant.

Occurrence #1

Participants will be given a warning for any inappropriate behaviour with a clear explanation as to what behaviour was inappropriate.

Occurrence #2

Participants will be given a time-out, an opportunity to regroup and think about their behaviour and attitude, again with an explanation and discussion as to what is causing the behaviour problem.

Occurrence #3

As a last resort, a participant may be asked to leave the Summer Program

Participants will be given the opportunity to 'reset' their behaviour each morning they arrive at the program.

EcoSuperior Environmental Programs will speak with, and work with, guardians/caregivers to help deter any inappropriate behaviour.

It is the hope of EcoSuperior Environmental Programs that each child will go home with great memories of our Summer Program. This policy is designed to protect all participants' experience. It is our goal to provide a quality experience for everyone.