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## St. Michael's Summer Camp Activity Details

This document is to briefly outline the various activities your child(ren) will be participating in during St. Michael's Summer Camp 2021 at Madge Lake-Duck Mountain Provincial Park. St. Michael's staff will try their best to mitigate the risk involved in the below mentioned activities to ensure the safety of all campers present through instruction as there is an inescapable risk involved in each activity. This document was prepared to follow the Eparchial Safeguarding Policy.

### **Canoeing and kayaking**

We plan to use the canoes, kayaks and paddles owned by St. Michael's Camp on Madge Lake. While on the water, children will be required to wear a properly fitted life jacket provided by the camp. Since water and the weather are unpredictable, the children will learn about water safety prior to getting into a boat as well as receive a lesson on how to properly get into a boat and paddle. Camper(s) will not be permitted to be out on the water by themselves, staff must be present.

### **Hiking**

Counsellors will make sure that all campers are prepared properly with essentials such as pants, long sleeve shirts, runners, water, bug spray and/or sunscreen (will be provided by staff if necessary). Instructions will be provided by staff: no wandering by yourself, what to do in case we encounter wildlife, no eating berries/plants and staying on the marked trails. Trails in the provincial park will be explored and there may be an activity where the campers and staff canoe or kayak to a nearby island and do a hike around the island.

### **Archery**

Campers will be provided with a bow, and arrows. Arrows are sharp and can cause damage to a person, to prevent this children can only shoot at the styrofoam target when signaled by the whistle. To ensure no child is hit when retrieving their arrows, they must also wait for the whistle to be blown twice to indicate no one is shooting and that is safe to cross the line into the "danger zone". There are only three targets so only three children can go at a time, so the others watching must be patient. These instructions will be provided to campers prior to beginning the activity and will be supervised by staff.



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## **Beach**

Trips to Ministik Beach will occur every day for a couple of hours at a time. Children will be transported along with counsellors from the camp to the beach via the rented van. Campers would be required to have sunscreen, appropriate beach attire, a towel and hat in order to go to the beach. During swimming time, a minimum of two counsellors will supervise campers. If someone doesn't feel comfortable swimming or doesn't know how to swim, he/she would be required to put on a provided life jacket. Campers will be allowed to play on the playground, utilize the sand volleyball court and play in the sand on the beach under supervision of a counsellor. There are public showers and washrooms on the beach for everybody to use; however, to use the facility a staff member must be notified. The camp also has a large floating mat that will be brought to the beach to play on. There are no lifeguards on duty at Ministik Beach.

## **Sask Aquatic Adventures**

At the beach (new this summer) there is a large blowup structure on the water made for the public to climb and slide on. We plan on having the kids enjoy a couple of hours on it for one day. A waiver must be submitted online on the Sask Aquatic Adventure site by parents/guardians prior to camp for the camper(s) to participate. An email indicating this will be sent to parents/guardians 1 week prior to camp. As per the apparatus's rules a lifejacket must be worn at all times and all will be under the supervision of hired lifeguards. The risk of sun burn or heat stroke/exhaustion is increased while being on the water for long amounts of time due to the water's reflection so campers must apply sunscreen beforehand and must bring a water bottle to the beach. (These instructions will be provided to campers at the beginning of camp and reminders given prior to beach time).

## **Slip and slide**

A slip and slide is very slippery and can lead to bruising/injury. We encourage the children to be mindful when choosing how to slide. Running on the slip and slide will not be encouraged as it increases the risk of injury via falling down/losing balance.

## **Mini Golf**

We plan to go mini golfing once during the week at Waves Ice Cream & Mini Golf. The transportation will be the same as the beach, in the van. Because the course is popular, we will be mindful of those around us and we will have the children under our supervision at all times to ensure campers are staying with the group. There is a possibility of a camper being accidentally struck with a golf ball or putter. Instructions on mini golf etiquette (where to stand, how to swing, when to move, etc.) will be provided prior to beginning the activity.



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### **Asphalt court games**

Activities such as basketball, chalk, etc. will be played on the basketball court so there is a possibility that a child may fall and scrape their skin. Campers will be instructed that roughhousing is not permitted.

### **Field games**

Similarly to hiking protocol, the children will be required to wear appropriate clothing and bug spray when playing games in the field as there is the possibility to scrape themselves and to come into contact with several insects. During field games there is a chance of collision between campers by accident. Instructions on the activity will be provided prior to beginning the activity so all are aware of the rules.

### **Outdoor Activities**

We plan to be outdoors as much as possible. We acknowledge that every person's body responds differently to being outdoors all day but we will do our best to provide the proper precautions such as, several breaks for water to prevent dehydration and reminders to reapply sunscreen and wear a hat. General camp activities such as indoor and outdoor games, relays, campfires, and crafts will also be occurring. If you have any questions or concerns please feel free to contact us at any time.