



FORT HENRY GUARD DAY CAMP HANDBOOK 2020



Fort Henry Guard Day Camp

Fort Henry Guard Day Camp immerses youth ages 9-12 into 1860's garrison life at Fort Henry National Historic Site through an educational living history adventure shaped by play, friendship, and teamwork. Campers will get active all week participating in historic-based team activities, developing practical skills, and having fun with new friends.

Sample Camp Activities

- **Drill Sequence** – campers work together to develop a 19th century marching sequence for presentation on the last day of camp
- **Garrison Journaling & Crafting** – campers write in their journal from the perspective of a Victorian British soldier living at Fort Henry
- **Garrison Life Workshops** – campers meet a member of the Fort Henry Guard who lead them through a special aspect of garrison life
- **Hill Games** – campers get moving by playing team games on the grounds of Fort Henry
- **Baking Workshop** – campers put on their baking caps and bake their own loaves of bread in Fort Henry's historic ovens

Please note that camp activities take place both indoors and outdoors and run rain or shine.

Our Staff

Fort Henry Guard Day Camp staff are Fort Henry Guard and Domestic historical interpreters who have demonstrated leadership skills and experience working with youth. Our camp counselors are hired based on their experience, enthusiasm, and creativity. All camp leaders are certified in First Aid and CPR and have on-site training in camper management, program planning, risk management, and hands-on programming sessions.

Supervision

Fort Henry Guard Day Camp has a Camp Director on-site responsible for supervision of staff, campers, and programming. From drop-off to pick-up campers are supervised by Fort Henry staff with a maximum staff-to-camper ratio of 1 leader to 10 campers.

2020 Session Dates

Session 1) July 13, 2020 to July 17, 2020

Session 2) July 20, 2020 to July 24, 2020

Session 3) July 27, 2020 to July 31, 2020

Camp Hours

9:00 a.m. to 4:00 p.m.

Drop Off: Between 8:45 and 9:00 a.m.

Pick Up: Between 4:00 and 4:15 p.m.

Extended Care (*Additional fees apply*): 7:45 to 8:45 a.m. and 4:15 to 5:15 p.m.

Pricing

Fort Henry Guard Day Camp 1-Week Session: \$250.00 plus HST

Extended Care: \$40.00 plus HST

Extended care supervision is available from 7:45-8:45 a.m. and 4:15-5:15 p.m. at Fort Henry with supervised activities provided. Pricing is for the full week.

Health & Safety

If your child is accepted to Fort Henry Guard Day Camp you will be required to provide relevant medical information including any physical or behavioral conditions that may affect your child's camp experience by completing a **Health History Form**. This will include any medications, dietary restrictions, allergies, or special requirements that camp staff should be aware of to ensure that your camper's experience is positive.

This information is provided to camp staff and shared with your child's leaders as appropriate. Parents/guardians must specify if they wish to have staff carry their child's medication, or if the child will do so themselves. If your child takes any prescription medication the camp director can arrange to store the medication in a secure manner and your child will be reminded when it is time for administration. We cannot store or administer any non-prescription medication.

All medications must be listed in the Health History Form and be submitted to the Camp Director in the original container with the specific, unaltered directions of a licensed physician on the original prescription container. Please do not send expired medication to camp.

There are regular sunscreen-application breaks throughout the day. Camp staff will remind everyone to apply and reapply sunscreen approximately every 90 minutes. **Staff will not apply sunscreen directly to campers unless parents request that they do so in writing.**

Code of Conduct

The Fort Henry Guard Day Camp has rules to ensure everyone has a safe and fun experience at camp. This Code is our guide for behavior at Fort Henry Guard Day Camp.

The rules are made to protect everyone; to help make sure program activities are safe, fun, and successful, and to create a welcoming camp community. Everyone will treat other people, themselves, property, and equipment with respect.

The following are “unacceptable”:

- Violence
- Bullying including name calling and put-downs as well as using technology, such as computers, text messaging, social media, etc. for these behaviors
- Cursing or verbally abusing anyone for any reason
- Fighting, threatening, stealing, damaging property
- Any action that endangers the wellbeing of self or others
- Leaving the group without permission

The following are **NOT** allowed at camp:

- **Cell phones**
 - Headphones, music players, radios
 - Weapons or look-alike weapons
 - Intoxicants or any medication not submitted to camp staff
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- Camp staff strive to create a successful and positive camp experience for every camper. While at camp your child deserves to have fun, try new things, make new friends, and enjoy the overall experience.
 - Fort Henry reserves the right to send any child home who exhibits unsafe and/or unacceptable behavior that endangers other campers, staff, site visitors, or property.
 - Should this occur, parents/guardians are responsible for picking up their child in a reasonable timeframe as deemed necessary by the Camp Director. Persons listed as emergency contacts may be notified if parents/guardians cannot be reached.
 - No refund will be given if a child is sent home due to unacceptable behavior.

Packing List

Electronic devices including **cell phones**, tablets, gaming devices, and smart watches are not allowed at camp. If found, they will be kept with camp staff and returned at the end of the day.

Item	Notes
Lunch and two snacks	Pack a nut-free lunch
Water Bottle	Non-breakable, reusable bottles at least half a litre (2 cups) in size are recommended
Sunscreen	Waterproof products with an SPF of at least 30 are recommended
Wide-brimmed hat	Baseball caps don't protect the neck or ears and aren't recommended.
Shoes	Sneakers and sock are recommended, sturdy sandals with straps are acceptable Please label footwear
Weather-appropriate clothing	Rain gear, sweater, and extra change of clothes. We can store extra clothes for the week in a secure location. Please label all clothing Keep in mind that many activities occur outdoors and run rain or shine.
Emergency medications	If applicable (E.g. EpiPen, inhaler) If possible, bring two. One will be kept on the camper's person and one with staff.

Camp T-Shirts – included in your fee!

Each camper gets a Fort Henry Guard Camp shirt to keep. Campers are asked to wear their t-shirts on the Friday of their camp session for a group photo and the drill sequence presentation.

Emergency Contact Information

If you need to get a hold of camp staff while your child is at camp, please call:

Main Contact: **Alex McLean**, Camp Director, Curator & Program Support Officer

Primary Number: 613-453-5366

Alternate Number: 613-542-7388 ext. 4277

Secondary Contact: **Kathryn Lowe**, Acting Manager

Primary Number: 613-329-2609

Alternate Number: 613-542-7388 ext. 4201