



Camp Fircom

Welcome Package

2019



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OUR PROGRAMS

We are proud to offer camp experiences for campers of all ages. Whether you're coming to us for the first time or the 5th time, we are so excited to see you. Please refer to the following list of camp sessions for our 2019 offerings.

Program Name	Ages	Dates
Dad & Kids	Families	June 7 th – 9 th , 2019
Polaris Canoe Expedition	14-16	July 2 nd – 12 th , 2019
Family Camp	Families	July 12 th – 14 th , 2019
Scampers 1	6-7	July 15 th – 17 th , 2019
Juniors/Intermediates 1	8-12	July 15 th – 19 th , 2019
Polaris 1 – Session 1	13-14	July 15 th – 21 st , 2019
Mom & Kids 1	Families	July 21 st – 26 th , 2019
Polaris 1 – Session 2	13-14	July 22 nd – 28 th , 2019
Scampers 2	6-7	July 29 th – 31 st , 2019
Juniors/Intermediates 2	8-12	July 29 th – August 2 nd , 2019
Polaris 2	15-16	July 29 th – August 7 th , 2019
Mom & Kids 2	Families	August 4 th – 9 th , 2019
Juniors/Intermediates 3	8-12	August 12 th – 16 th , 2019
Polaris 1 – Session 3	13-14	August 12 th – 18 th , 2019

For more information about specific camp programs, please visit our website: <http://fircom.ca>



PREPARING FOR A SUCCESSFUL CAMP EXPERIENCE

We're so excited for camp! Fircom is a fun place full of friends, adventures, and opportunities to develop new relationships and skills. For some campers, this might be the first time they've spent several nights away from home – this welcome package will help make the transition from home to camp a stress-free experience for everyone!

We hope that you and your child(ren) will read it thoroughly together so that you may be prepared and comfortable with the routines and expectations of camp. Please ensure you have read this package in its entirety and followed our instructions. If you can't find the answers to your questions here, feel free to contact us by email at info@fircom.ca

This welcome package will offer a *general overview* of what to expect.

For specific information pertaining to your program – including bus and boat times – please visit fircom.ca or contact info@fircom.ca

Camp Activities

Over the course of camp, you and/or your child(ren) (herein referred to as “Campers”) will be exposed to a wide variety of activities and experiences. Campers will receive individual instruction in the development of new skills, take part in small-group activities, and participate in games and theme events involving the entire camp. Our programming places an emphasis on creativity, imagination, hands-on experiences, and adventure in a safe, fun-filled atmosphere designed to encourage personal growth and development.

Activities at camp are 'challenge-by-choice'. Campers will never be forced to do an activity but will be encouraged by staff to try new experiences. Camp staff endeavour to design and deliver program options which are safe, active, meaningful, engaging, and appropriate to the age level and interests of each person/group. Activities are structured to allow time for everyone to proceed at their own pace and accomplish their goals within the timeframe of the session.

A Day in the Life of a Camp Fircom Camper

There is never a “Typical Day” at Fircom! In our aim to make our programs a thrilling experience for everyone, we try and steer clear of anything that could feel too boring or typical, however there are elements to the program that are the same each day.

Each morning and evening we gather together as a full camp to either open the day or close the day in our community. Every day different programs are offered during Morning Program Time and Afternoon Program Time. During Open Swim, campers may have the choice to either enjoy swimming, play some games or head over to the Tuck Shop.



Sample Schedule of a Day at Camp (Subject to Change)

7:30am	Wake Up!
7:45am	Polar Bear Dip & Rad Risers (Dance party!)
8:15am	Morning Gathering & Daily Announcements
8:30am	Breakfast
9:00am	Cabin Clean Up
9:30 – 12:15pm	Morning Activities
12:30pm	Lunch
1:15 – 2:00pm	B.O.B (Bodies on Bunks/Rest Hour)
2:00 – 3:15pm	Afternoon Activities
3:15pm	Snack or Tuck Shop
3:45 – 5:00pm	Afternoon Activities/Open Swim
5:30pm	Dinner
6:30 – 7:30pm	Evening Activity
7:45-8:45	Campfire
8:45-9:00pm	Evening Appreciations
9:00pm	Bedtime!

Food at Camp

For kids and youth camps please do NOT send any food with your child unless for dietary purposes. Campers receive 3 meals a day in addition to snacks. In the afternoon, home-made treats and snack items such as baked goods from our kitchen will be available for purchase at our Tuck Shop.

Note: Families coming to camp for Mom & Kids Camp, Family Camp, and Dad & Kids Camp are welcome to bring snacks so long as they are stored in airtight tupperware containers. *Absolutely NO NUTS ALLOWED* – we are proud to maintain a nut-free site for the safety of our campers.

Our kitchen crew are able to accommodate special diets, provided that dietary requests are made well in advance. If this information was not filled out during camper registration, please contact us at least four weeks prior to camp for us to make the necessary adjustments.

Lost & Found

We do our best to keep campers and their possessions together but every year we have many unclaimed items with no identification. Labelling all items makes it easier for us to return them to their rightful owners. All items we find will be kept in the camp 'Lost & Found' bin for 2 weeks after camp. If you've lost something at camp, please phone our office. Items not claimed within 2 weeks of the camp session ending will be donated to families in need.



What to Bring to Camp

It is important that campers make sure to pack all of the appropriate clothing and gear for their camp session. All campers (including children) should participate in the gathering and packing of the appropriate clothing and equipment needed for camp, as everyone's involvement in this process can help them feel comfortable and confident about their upcoming camp experience.

The items we have listed on the packing checklist are necessary for the health, safety and enjoyment of the camp experience for all campers. Below are some tips to help make packing for camp easier:

Packing tips:

- Engaging with nature and participating in outdoor activities are an integral part of camp! Therefore, please pack clothing that can get dirty. **Choose functionality over fashion.** Do not bring anything to camp that you are not willing to lose – things happen!
- Many of the clothing items on the list can be found quite reasonably at large department stores or even at some second hand shops. These stores have a great selection of inexpensive fleece sweaters, fleece jackets, thermal polyester blend shirts and bottoms, and waterproof rain gear.
- It is important that campers **bring a variety of clothing layers** so that they can keep warm in the event of inclement weather. A toque (warm winter hat) may seem like a silly item to bring to summer camp – but on a rainy day or on an evening by the ocean it can be a great thing to have!
- Cotton is a very poor material for outdoor use when it is cold and damp because when it gets wet it takes a long time to dry out. Please make sure to pack some polyester blend clothing.
- It is not necessary to go out and buy every item; many outdoor stores have good used equipment or offer rentals.
- Please label EVERYTHING with first and last names.
- Campers should be able to carry their own luggage for short distances. Please try to pack light to make transporting bags easier.

Mandatory items (while all campers are expected to arrive with the items on the following list, these are a few key things to ensure don't get forgotten):

- **Water shoes** (or old running shoes) – all campers of all ages must wear water shoes for boating and swimming at camp.
- **Weather-appropriate clothing** – weather can change quickly on the coast. Please ensure that all campers pack for a variety of weather conditions.
- **Bedding** – all campers must bring their own bedding, usually campers opt for a sleeping bag and pillow. Exempt: Mom & Kids and Family campers in the Cottage accommodation.
- **Headlamp/flashlight** – you want to be able to see after dark!
- **Toiletries** – to keep to you clean and happy.
- **Sturdy close-toed shoes** – good running shoes or light hiking shoes are perfect for camp activities. Several activities require close-toed shoes so please don't just bring sandals!

WHAT TO BRING

Below is a general packing list to use as a guideline. Program-specific packing lists are available on our website and will be emailed out no later than two weeks before the start of your camp session.

Toiletries <i>Please opt for biodegradable/eco-friendly if possible</i>	Clothing & Footwear <i>Choose quick-drying options where possible</i>
<ul style="list-style-type: none"> <input type="checkbox"/> Toothbrush/toothpaste <input type="checkbox"/> Shampoo/conditioner/soap <input type="checkbox"/> Brush/comb <input type="checkbox"/> Deodorant <input type="checkbox"/> Sunscreen (SPF 50+) <input type="checkbox"/> Menstrual supplies <input type="checkbox"/> Medication (in original packaging with name and dosage info) <input type="checkbox"/> Towel 	<ul style="list-style-type: none"> <input type="checkbox"/> T-shirts & shorts <input type="checkbox"/> Long pants <input type="checkbox"/> Sweater(s) <input type="checkbox"/> 1 warm jacket <input type="checkbox"/> Socks (wool preferred) <input type="checkbox"/> Underwear <input type="checkbox"/> Bathing suit <input type="checkbox"/> Rain jacket <input type="checkbox"/> Pajamas <input type="checkbox"/> Sun hat <input type="checkbox"/> Toque (for cold evenings) <input type="checkbox"/> STURDY water shoes (neoprene booties, old running shoes, or crocs; that can be worn in the water – NO FLIP FLOPS) <input type="checkbox"/> Close-toed running or walking shoes to wear at camp & during activities <input type="checkbox"/> Sandals with ankle straps for around camp (optional)
Luggage, Bedding & Other Items	
<ul style="list-style-type: none"> <input type="checkbox"/> Backpack or duffle bag (suitcases don't roll well on our dirt roads) <input type="checkbox"/> Sleeping bag <input type="checkbox"/> Pillow <input type="checkbox"/> Water bottle <input type="checkbox"/> Flashlight or headlamp with extra batteries <input type="checkbox"/> Sunglasses 	
Recommended/Optional Items	What <u>NOT</u> to Bring*
<ul style="list-style-type: none"> <input type="checkbox"/> Camera with waterproof case/ziplock bag <input type="checkbox"/> Small games like cards, mad libs, etc. <input type="checkbox"/> Book(s) <input type="checkbox"/> Rain pants <input type="checkbox"/> Journal/pen <input type="checkbox"/> Insect repellent (non-aerosol) <input type="checkbox"/> Money for the Tuck Shop (credit cards accepted at family camps, cash only for children and youth programs) <input type="checkbox"/> Nail clippers 	<ul style="list-style-type: none"> <input type="checkbox"/> Cellphones <input type="checkbox"/> Expensive items & technology (i.e. jewellery, iPods, game consoles, iPads/laptops) <input type="checkbox"/> Hair dryer/curling iron <input type="checkbox"/> Clothes that you don't want dirtied <input type="checkbox"/> Drugs, tobacco, alcohol <input type="checkbox"/> Knives, matches or candles

*Please note: Our staff reserve the right to search baggage for prohibited items. In some cases the item may be confiscated and returned to the camper at the end of the session.

Luggage

Luggage need not be expensive! While backpacks are ideal, hockey bags, duffels, and big laundry bags are also fine. Do not pack items in garbage bags, as they rip easily and can be mistaken for garbage. Include a sturdy, small backpack to carry your water bottle and sunscreen to and from camp activities. Please remember to label your luggage as well!

Rain Gear

Despite what may look like a great weather forecast while at Fircom during your session, please be well prepared for all types of weather. Mother Nature isn't 100% predictable, so all planned activities will continue despite the occasional rainy day! Rain gear (jacket and pants) and sturdy, well-sealed rubber boots provide the best protection. Please remember to label rubber boots, as they often look the same as those belonging to other campers! If you don't have rubber boots and do not wish to buy some, please pack an extra pair of footwear in case one pair gets wet during a rainy day.

Zero Waste

Camp Fircom is located on a remote island that does not have garbage or recycling services. Zero waste is a philosophy that encourages the redesign of resource life cycles so that all products are reused and any trash sent to landfills is minimal. At Camp Fircom, we use environmentally sustainable products whenever possible. We compost all food waste and paper towel waste. Paper, plastic and glass is recycled. In the end, we're very proud to say that the amount of garbage left (after sorting compost and recyclables) is minimal! We actively ask campers to partake in our zero-waste philosophy while at camp. Try to leave any packaging at home. For family campers, bring your snacks in airtight Tupperware. Let us know if you have any creative ideas to improve zero waste at camp!

Biodegradable Hygiene Products

Due to the sensitivity of our septic system, we ask that all soap products used (shampoo, soap and conditioners) be biodegradable whenever possible, as our water is treated and returned directly to the ocean. We need your help to protect the environment and our water system works best and operates cleanly when all soap products used are biodegradable. Biodegradable hygiene products are affordable and available at outdoor recreation stores like MEC.



GETTING TO & FROM CAMP!

Boat day is an exciting day at camp! Make sure you arrive extra early to find us and sign in. The sign-in process can take some time so please **ARRIVE AT LEAST 30 MINUTES EARLY**. Bear with us as we try to keep things as organized and orderly as possible.

Here are some important details to remember on boat day:

- All families must check in at the sign-in table.
- We will be meeting in the park near the entrance to the public dock in Horseshoe Bay.
- Make bags as easy to carry as possible to help make onloading and offloading the boat easier (we prefer two small bags instead of one huge heavy one).
- You should be able to carry your own bag(s) as you will need to bring them to the end of the dock in Horseshoe Bay, and may need to carry them around camp.
- Don't forget to bring your Visa or MasterCard for the tuck shop!
- Due to the high volume of campers that we transport, it can take several trips to get all the campers on/off the island. The second run leaves approx. one hour after the first run. Please be patient as we ensure everyone gets on/off island safely.
- **Children/Youth:** Once signed in, campers will stay with their counsellors and meet their cabin-mates.
- **Family programs:** After checking in, all families **MUST** return to the sign-in area 15 minutes before boarding.

Horseshoe Bay

Due to ongoing construction in Horseshoe Bay village, be aware that the usual drop-off loop by the dock may be closed. Parking is limited so give yourself extra time. There may be limited drop-off only parking spaces adjacent to the park and public dock – if you plan on staying longer than 2 minutes then please find parking in designated parking areas. **Please arrive 40 minutes before boat departure times to find parking and check-in.**

There are a few options for parking in Horseshoe Bay. There are short-term pay parking lots, and several streets that offer 1-3 hours of free parking. For longer durations, there is:

BC Ferries Parking Lot

- \$16 - \$22 per day
- After unloading luggage at the public dock, turn around and go straight up Nelson Avenue, drive two blocks and turn left. Drive two blocks and turn right on Keith Road and head straight into BC Ferries Parking garage.

Lions Tiddlycove Parking Lot

- \$10 per day Friday, Saturday and Sunday
- After unloading your luggage at the public dock, turn around and go straight up Nelson Avenue to the roundabout at the top of the hill. Go around and left onto Marine Drive towards the highway. At the next roundabouts go right onto Marine Drive. The Lions Parking Lot is on the left hand side under the highway. Gets full by late Friday during the summer.



Public Transit – The Bus (250 or 257)

Campers (accompanied by an adult) can hop on the bus from downtown Vancouver on Georgia Street and get off the bus in Horseshoe Bay. From there it is a short walk to the public dock.

Water Taxi

Campers will take a water taxi from Horseshoe Bay to Gambier Island, which is where Camp Fircom is located. The water taxi pick-up location is at the end of the public dock in Horseshoe Bay.

Campers are asked to arrive between **30 minutes to one hour** prior to taxi departure times. This will give us ample time to get all campers checked-in, luggage sorted, and begin playing games while we wait for everyone to arrive!

Please do not go to the water taxi office, as they are not responsible for the check-in of our campers. Please find camp staff who will be wearing Camp Fircom t-shirts.

Boat Days are always busy (we call it organized chaos!) so your patience and cooperation are greatly appreciated.

Camp Fircom Bus – Only Applicable to Juniors & Intermediates Camps

For more information, including the bus schedule, please visit our website: <http://fircom.ca>

In order to make the transportation process easy, Fircom provides bus transportation service to and from Horseshoe Bay from East and West Vancouver for Juniors & Intermediates camp sessions! Campers must select this service as you register for your camp program. An additional fee of \$20 +GST applies.

We're encouraging all parents to use our Camp Fircom Bus to let us take care of getting campers to and from camp. And besides, the camp experience starts on the bus - our staff will be playing bus games and singing songs!

East Vancouver Pick up / Drop Off:

- Lakeview United Church: 2776 Semlin Drive, Vancouver (check-in will be in parking lot across Semlin Drive)
- [CLICK HERE](#) for Google Maps Location

West Vancouver Pickup / Drop off:

- St. Davids United Church: 1525 Taylor Way, West Vancouver
- [CLICK HERE](#) for Google Maps Location



Checking Campers In and Out of Camp

It is very important that on the first day of camp you (or a pre-determined guardian) check your child in during either the bus pick-ups in East or West Vancouver, or during drop off at Horseshoe Bay. It is also very important that each camper is checked-out of camp on the last day.

On the first day of camp there will be an area clearly marked with signage where the camper is responsible for placing luggage once they have been checked-in with camp staff. It's best if luggage is clearly labeled with names so as to avoid confusion during the unloading and distribution of luggage once at camp.

After checking in they will be entertained by our staff as we wait for all campers to arrive. Staff will tell campers when it's time to help bring their luggage down to their assigned water taxi and when it's time to board the boat.

KEEPING EVERYONE SAFE AND HEALTHY!

During registration, you should have filled in any important health requirements (ie: dietary, physical or medical) pertaining to the campers. If anything was missed during registration, please call our camp office and let us know a minimum of two weeks PRIOR TO CAMP. This gives us enough time to update each camper's information. At the very latest, please inform staff during check-in on the first day of camp, who will then convey the information to the camp nurse.

Please be sure to include any issues campers could experience while at camp (i.e., side effects of medication, susceptibility to heat stroke, sensitivity to mosquito bites, problems with anxiety and homesickness etc.). The Camp Nurse and/or First Aid Attendant may touch base with any campers who have special health requirements to ensure that each camper is feeling safe and adequately supported.

Medication and Medical Conditions

Please ensure all medication is given to staff during check-in on the first day of camp. Although it is unlikely to be needed, it is recommended for you to send extra medication in a separate container for your camper in case something unforeseen happened to the original set.

For life-threatening allergies, please make sure to connect with staff during check-in on the first day of camp, or have the campers see the Camp Nurse once at camp to develop a plan for accessibility, such as if your child has an Epi-pen or other medication for a life-threatening allergy.

If your child regularly takes behavioural medication, we recommend that he/she continues to take this medication while at camp. Camp is not a good place to go off of medication as this should be closely monitored by a trained health professional.

Homesickness/Missing Home

Missing home is a very normal and natural reaction to being away from the comfort and routines of home life. It is important to talk to your child about missing home and to be positive with the message you send them to camp with. Let your camper(s) know that missing home is normal and will pass – assure them that despite a little homesickness they will still have a great experience at camp! Talking about it in a positive & proactive manner will help prepare them in case they experience it. Once at camp, our staff are trained to handle homesickness of all levels. In extreme cases our Camp Coordinators may have the camper phone home to ease feelings of homesickness.



Visitors

At Camp Fircom, we will keep campers engaged from the time they wake up until the time they go to bed (with some built-in down time, of course)! Visits from family members and friends can be very distracting to a camper's daily routine and overall experience of being completely immersed in camp life. Therefore, there are no visitors at all during summer camp.

If this is your child(ren)'s first time away from home – not to worry, you'll see your happy camper in a few days' time! If they are feeling worried about being away from home for the first time and potentially getting homesick, our staff is highly trained at helping first time campers. Campers will be having so much fun, that homesickness is rare! If and when it happens, it tends to pass quickly once staff has been able to comfort your child(ren).

Head Lice

Head lice are prevalent in our communities and we ask that you check your child(ren)'s hair for evidence of lice and/or nits one week before camp begins to allow adequate time for treatment if necessary. Head lice are very contagious, and since campers live in a close environment with one other, we want to prevent outbreaks of lice.

We will be checking each camper individually upon arrival at camp. If lice are found, a parent/guardian will be notified and the camper will be treated with medicated shampoo (at the cost of the child's family). Camp Fircom maintains our strict "No Lice/No Nits" policy. Lice is very common, and we work hard to ensure that head lice does not prevent a child from attending camp.

In Case of Injury or Illness

Quiet rest areas are available when campers become over-tired or need extra care. On rare occasions, we may request that campers leave camp before the end of the session if they become ill and are no longer able to participate in camp activities. If your camper is highly contagious the Camp Nurse may also decide to send them home.

In the especially rare event that emergency medical treatment is required, a staff member will accompany your child(ren) to Lions Gate Hospital and our Camp Manager or Camp Nurse will contact you to make arrangements to meet at the hospital. Our staff member will stay with your child(ren) until you arrive.

Sleeping Habits & Bedwetting

If there are any concerns about your child(ren)'s sleeping habits which may have been missed during the registration process, please inform our staff during check-in in order to help us ensure a positive experience for the camper.

It is our belief that bedwetting should not prevent a child from coming to camp. We understand the hesitation and concerns that campers and their families may have about managing bedwetting at camp – to address these, our staff have been trained to handle this as discreetly as possible for campers to maximize their comfort at camp. If you have concerns about bedwetting you can always contact our Camp Registrar.



Behaviour Policy

Our camp staff are highly trained in providing quality care and implementing strategies to help guide children's behaviour. This also includes correcting any undesirable behaviour in order to ensure all campers are having an amazing time at camp!

In the spirit of community living, all campers are expected to be respectful and mindful of others. All behavioural expectations at camp are designed around safety and respect. Campers will be made aware of these expectations during our community meetings on the first day of camp and everyone is expected to adhere to them. Please talk to your child about the following points before they arrive at camp.

- Being that camp is a community, campers are expected to take responsibility in caring for others. This includes respecting privacy of other campers, respecting other people's belongings, sharing with others, treating others fairly, respecting differences (cultural or otherwise), and reporting (and not participating in) any incidences of bullying or exclusion.
- Campers are expected to take responsibility in caring for the environment. This includes respecting the natural life around camp (trees & animals), keeping the site clean of garbage, recycling, and not being wasteful (particularly at meal times). Campers are expected to be respectful of camp equipment, accommodations, and general camp property.
- Campers are expected to take responsibility in caring for themselves. This includes wearing sunscreen, wearing weather appropriate clothing, washing hands regularly, showing good hygiene (showering & brushing teeth), getting enough rest, and listening to instructions and directions from camp staff.

Camper Dismissal

Although camper dismissal is rare, it is important to note that the following behaviors or actions are not tolerated at Camp Fircom: bullying and/or harassment, use of derogatory language, use of profanity (swearing), theft, vandalism, and aggressive defiant/disorderly conduct. The Camp Manager reserves the right to withdraw any camper without warning who, in their opinion, compromises the physical or emotional safety of any person at camp, or who is an immediate hazard to the safety of themselves or others. You will be responsible for any costs associated with any dismissal due to behavioural issues and no refund of camp fees will be given.

Possession of Illicit Substances

Smoking, the consumption of alcohol, and/or the use of non-prescription drugs are not permitted at camp. Any camper or staff member who disregards this policy will be automatically removed, regardless of circumstance or degree of participation. You will be responsible for any costs associated with your child(ren)'s dismissal for possession of illicit substances, and no refund will be given if the dismissal is due to possession of illicit substances.



CONTACT US

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