

Questions most often asked about Camp Kagama



- What is the camp Director's background and what are his/her qualifications?***
- What are the qualifications of the camp staff?***
- What is the counsellor/camper ratio at Camp Kagama?***
- What is the camp's staff return rate?***
- What measures are taken by the camp to ensure the safety of its campers?***
- What kind of health care facility is available on site?***
- What if a child gets sick at camp?***
- How are problems like home sickness and bullying handled?***
- Can I send a phone with my child to camp?***
- Can I make a cabin mate request at registration?***
- What sort of meals are prepared and how are food allergies/preferences accommodated?***
- What programs are offered at Camp Kagama?***
- What is the value of camp? What are three things that Camp Kagama wants their campers to take away from their experience?***
- What is the Camp Fee Policy? Do you give refunds?***

Camp Kagama answers:

What is the camp Director's background and what are his/her qualifications?

Each camp has an adult Director or two Co-Directors. They are all volunteers who supervise and lead camps during their summer vacations. Their professions vary from teachers to police officers, civil servants to retail managers or book-keepers, but they have one common area of training. They have all experienced life at Camp Kagama ... as campers themselves, and as counsellors or supervisors or

camp administrators. Their focus as Directors is on the well-being and guidance of our youth, while overseeing the implementation of a prepared program unique to their camp session.

What are the qualifications of the camp staff?

Each staff member must provide personal references along with their applications for a Counsellor or Supervisor position at Camp Kagama. These applications are reviewed and screened by members of the Board of the Directors. All applicants are required to attend a mandatory Training Session held in June prior to the beginning of the camp sessions.

There are 4 - 6 Senior Staff Supervisors (2 Activities Co-Supervisors, First Aid Supervisor & Assistant Waterfront) per camp session. Supervisors must be 16 years of age or older and are chosen based on their application, their interview evaluation, their experience and the leadership skills demonstrated in their participation at the Training Session.

Our Waterfront Supervisor & First Aid Supervisor are mature (18 years and older) and fully qualified to the Bronze Medallion level with Standard First Aid training, CPR - Level C, or higher. He/She is assisted by additional staff who must be 16 years and older who have been trained/certified to at least the Bronze Medallion Level or higher.

(Full details regarding lifeguard qualifications are available for review at www.lifesavingsociety.com)

There is at least one Counsellor assigned to each cabin of campers. Each counsellor must be 15 years of age or older to submit an application, and applicants must attend the Counsellor Training Program held in June with the in-coming Directors. This 3-day program, co-ordinated with the Board, Directors and the Camp Administrator, is to assess individual candidates' leadership skills and abilities for participation in the summer program.

Every summer, a maximum of two Senior Girl campers and two Senior Boy campers may be invited to apply to be Counsellors-In-Training (CIT) the following summer and are allowed to apply at 14 years of age. These invitations are issued based on Directors' and staff's recommendations that these campers have demonstrated outstanding leadership, maturity and camp spirit during their time as campers. These invitations do not guarantee a spot as a CIT. These candidates must submit applications and successfully complete the Counsellor Training Program like all other applicants.

What is the counsellor/camper ratio at Camp Kagama?

The staff to camper ratio varies, but is 1 to 3 (staff per camper) or 1 to 4 (staff per camper) depending on registration. There is one Counsellor assigned to sleep in each cabin with their 7 (maximum) campers.

What is the camp's staff return rate?

Our slate of Directors have all led programs at Camp Kagama in previous years. More experienced directors are often paired with novice co-directors to provide mentorship. Approximately 65% of our counselling staff have also been involved with Camp Kagama in previous years as campers themselves or as counsellors.

What measures are taken by the camp to ensure the safety of its campers?

Since Camp Kagama is situated on the St. Lawrence River and water sports are an integral part of our program, strict emphasis is placed on waterfront safety. The waterfront is off limits without supervision and a 'buddy system' is implemented for most activities. Certified Personal Floatation Devices (PFD) are provided for all staff and campers participating in canoeing. The Waterfront Supervisory staff are all fully qualified to at least the Bronze Medallion level with Standard First Aid training, CPR - Level C, as well as water search and rescue procedures.

All sports and game activities and hiking expeditions are supervised by Senior Staff and Directors.

All personal involved with Camp Kagama who are 18 years of age and older, must provide current Police Clearance documentation.

What kind of health care facility is available on site?

Camp Kagama has a small infirmary cabin with basic first aid supplies. All camper medications (prescribed and over-the-counter) are kept in the infirmary under the supervision of the First Aid Supervisor and administered as required and/or prescribed on the mandatory medical forms. The First Aid Supervisor is fully trained in First Aid and CPR Level C and is responsible for any emergency situations. If necessary, a vehicle is available on site for transportation to the local clinics which are approximately 30 minutes from the campus.

NOTE: Because of the remoteness of Camp Kagama, we are unable to accommodate campers with high-risk health conditions safely. (e.g. life-threatening allergies to insect bites, bee stings or food products that can produce or lead to anaphylactic shock). Ambulance response time is approximately 45 minutes and hospital ER proximity is 45 minutes away. Any individual residing at the camp, who normally carries an EPI pen to counter allergic reactions and wishes to attend a camp session, is required to present 3 EPI-pens to the First Aid Supervisor upon arrival. Camp Kagama does not provide EPI pens

What if a child gets sick at camp?

If a camper feels ill for a sustained period, the First Aid Supervisor who provides the initial treatment, will determine, in consultation with medical professionals if necessary, and the camper's parents, whether it is necessary or more desirable for the camper to recuperate at home.

How are problems like home sickness and bullying handled?

Our Directors and staff have had experience with both of these issues since they occasionally crop up at any camp for young people. At Camp Kagama, we train our team members to approach these problems immediately and discreetly. We try to provide our campers with a means to discover adaptations to being away from home and entering a new environment. While encouraging a homesick camper to remain for the full session, we discourage calls home since we have found that a call home usually intensifies, rather than alleviates homesickness.

Solutions in both of these situations are adopted appropriate to the circumstances, with consideration for how to best support the camper while retaining their dignity. A variety of alleviation methods are employed based on previous successes, but if the issue is not resolved satisfactorily within a reasonable time frame, parents are contacted by the Camp Administrator or the Director for further action, as is the Board of Directors.

Can I send a phone with my child to camp?

A cell phone is NOT on the list of "What to Bring to Camp". The prohibition of cell phone use among campers is enacted for a number of reasons. A camper is more likely to turn to their counsellors or cabin mates for assistance or advice or just someone to talk to if a cell phone is not available to call home. In fact, a cell phone can more isolate a camper and distract them from or interfere with whole camp experience.

As well, the issue of privacy and security which affects every camper under our care, may be unintentionally compromised with inappropriate texting or photo sharing by another camper with a cell phone.

Can I make a cabin mate request at registration?

While we are fully aware of how important it may seem to be for your camper to be with their best friend or sibling, unfortunately through our experience, we have found that these requests cause more

difficulty overall for everyone. As a result the Board of Directors has decided that we do NOT guarantee cabin mate requests - no exceptions.

What sort of meals are prepared and how are food allergies/preferences accommodated?

Our cooks are proficient in providing basic, nutritious meals to large groups of campers and are all qualified through the Food Handling Course for preparations. The menus are varied and flexible to coordinate with the day's activities. Although peanuts and peanut butter are not part of the food program or purchases, we can not guarantee that all food is peanut-free. Staple foods such as wheats, eggs, milk products, etc., are a standard part of the camp menus. Camp Kagama does not provide alternative meal options for special diets such as vegetarian, gluten-free or lactose-free diets.

NOTE: Because of the remoteness of Camp Kagama, we are unable to accommodate campers with life-threatening allergies to food products that can lead to rapid anaphylactic shock. Ambulance response time is approximately 45 minutes and hospital ER proximity is 45 minutes away. For extreme food allergies that require an EPI-pen to counter reactions, 3 EPI-pens must be provided to the First Aid Supervisor.

What programs are offered at Camp Kagama?

Camp Kagama offers programs focused on traditional camping values ... that is, programs that allow each camper to develop self-assurance and acceptance of others in a social environment that is safe, active and supportive. Each session includes learning about our environment and the people and the world in which we live. We emphasize personal interactions, creative activities and sports ... without the noise of social media like Facebook, YouTube or email. Daily activities include arts and crafts periods; sports and games including hiking, swimming and canoeing; discussion periods; sing-a-longs and campfire programs. The specific elements of our programs (at typical day at camp) are presented on our website in *"What Happens at Camp?"* and the focus and success of our programs are expressed in the video *"So tell me about Camp Kagama"* and on our *Memories* link.

Camp Kagama began in 1936 as an Interdenominational Christian camp. However, we respect the fact that not all of our campers come from a Christian background. To retain some of our historical traditions like Vespers and singing thanks before meals, but also to accommodate diversity within our communities, our programs now emphasize the basic universal mores that form part of all religions, (Christian, Muslim, Sikh, Buddhist, First Nations, etc.) - respect, honesty, community, fairness, kindness and appreciation for what we have. The principle of the golden rule - "Do unto others as you would have them do unto you" is a prime example of the lessons used at Vespers. Our prime objective is that every camper feels valued and included for who they are and what they can contribute to all at camp.

Over 23,000 campers have experienced life at Camp Kagama in its 80+ years of operation. Some of their comments are presented in the 'Memories' section of our website.

What is the value of camp? What are three things that Camp Kagama wants their campers to take away from their experience?

We strive to have all our campers leave Camp Kagama with an enhanced sense of self-worth, self-confidence and the pride of accomplishment.

We want them to cherish memories of fun, laughter and camaraderie ... of campfire smoke and the splashing of water and the joy of songs.

We want them to leave having learned something new, having made a new friend and looking forward to returning again.

What is the Camp Fee Policy? Do you give refunds?

Payment of camp fees can be made online by VISA, Mastercard or e-cheque and must be received in full prior to the first day of camp. Any NSF cheques will incur an additional charge of \$25.

Refund of the camper registration fee is **NOT** available if a camper is dismissed by the Director, Camp Administrator or the Board of Directors for objectionable or inappropriate behaviour during any camp session.

Refunds may be issued for campers who leave camp prior to the end of the session due to homesickness or illness according to the discretion of the Board of Directors and based on the following guidelines:

- Before 5 PM on Day 1 - Arrival Day at camp: 100% refund
- After 5 PM on Day 1 but before 5 PM on Day 2: 75% refund
- After 5 PM on Day 2 but before 5 PM on Day 3: 50% refund
- After 5 PM on Day 3: No Refund

If you have any questions that we have not addressed, please feel free to contact us through our website at CampKagama.ca and we will be more than happy to provide you with our answers.