

Getting Ready for Sprout Camp



2023 Camp Locations & Hours:

#1 Sprout Camp: Jul 31- Aug 4

#2 Sprout Camp: Aug 7- 11

FREE @ **Churchill Park Clubhouse:** 167 Cline Ave N Hamilton. L8S 4C1
9am – 3pm, connect with us about extended care.

What to wear & pack:

1. **Back-pack:** with your child's 'stuff'. Please label your camper's material/inform them to be responsible for belongings. Stuffedies, books and journals encouraged for down time.
2. **A nut-free, energizing, lunch:** Attempt to use reusable containers to avoid litter. Most days we make a whole-food snack.
3. **Reusable Water Bottle/Canteen.**
4. **Hat/baseball cap.**
5. **Sunscreen:** We have safe sunscreen for your child to apply if needed (Sun Bum 50)
6. **Dress for the weather.** Cool, covering clothing, consider sun and tick protection.
7. **Bathing Suit and Towel:** for splash pad play and swimming at: Churchill Park/ Coronation Park
8. **Shoes: Supportive, CLOSED-TOED, are a must. No Flip flops/sandals.** (Keens ok)
9. **Face Masks:** encouraged indoors to mitigate risks of Covid-19. Please screen daily for symptoms.

*You can pack an extra set of clothes that can stay at the centre for the week of camp.

Activities Schedule: At the start of each week parents will receive information that includes when/how we will go: swimming, hiking, on a trip (Hamilton Farmer's Market). It shares activities/snacks campers have expressed interest in. We may reschedule certain activities to avoid bad weather. Talk with us if you have to make alternative arrangements for your child while at camp.

Staff Training and Qualifications: Bachelor of Education in Outdoor and Experiential Learning, Ontario Certified Teacher, First Aid, National Lifeguard Certifications, Certified Food Handler, Bus License, over 20-years' experience teaching and leading youth in various settings. Sprout Camp has operated since 2010, with hundreds of happy campers, at sites across Hamilton, without incident.

Let us know:

-of allergies, health concerns or any changes to your child's health while at camp.

-who will be picking up your child from camp.

- if you need any resources to perform daily lice, tick and Covid-19 checks with your camper.

If you have any questions or need to reach us at camp, we carry a cellphone at all times.

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www.sproutcamp.ca