



**TRUENORTH**  
SPORTS CAMPS

# ETOBICOKE

Family Handbook  
Summer 2025



416-619-1224

info@truenorthcamps.com  
truenorthcamps.com

#PlayAllDay  
@truenorthcamps





# We Are True North Sports Camps!

True North Sports Camps (TNSC) offers year-round sports programming for boys and girls ages 2 to 14 of all skill levels in Toronto, Etobicoke and Oshawa. We operate summer day camps as well as after school and weekend programs for baseball, flag football, basketball, soccer, hockey and multi-sport.

Play  
All Day

Since  
2007

Since 2007, our goal has been to provide the highest quality sports instruction in a fun, safe and encouraging environment.

At True North Sports Camps (TNSC), we believe that recreational sports are an important part of every child's development and we make it our priority to deliver a truly memorable experience. With low camper to staff ratios, our outstanding coaches are committed to building an individual rapport with each and every camper.

All of our energetic TNSC coaches are experts in their sport, who love to share their knowledge of the game while stressing the importance of sportsmanship, teamwork and fair play. We focus on creating an encouraging environment where all players learn something new, stay active and have fun!







# Our Story

Following humble beginnings as a local baseball camp, True North Sports Camps' (TNSC) sports programs have become a staple throughout Toronto and the GTA.

True North Sports Camps (TNSC) was launched in 2007 by four wide-eyed university students. Having coached competitive youth baseball for several summers, the four decided to create a local baseball camp-originally known as North Toronto Baseball Camp (NTBC)-in order to give back to their community and continue doing what they love: teaching young athletes the wonderful game of baseball. After the first summer, NTBC earned the reputation as Toronto's premier source for baseball day camp and afterschool clinics.

Boys and girls from the community signed up to have fun with their friends and learn baseball in a pressure-free environment. Whether it was weekly tournaments and cool giveaways, or the scouting reports and unique drills, there was always something fun for all skill levels.

In 2016, NTBC expanded to form TNSC, offering baseball, basketball, flag football, soccer and multi-sport camp programs. Based on the overwhelming response from campers and parents, TNSC launched a new location in Etobicoke in 2017.



See you  
Soon!







# Why attend True North Sports Camps?

Campers get a fantastic opportunity to develop their athletic skills, to remain active, and to learn valuable life lessons including sportsmanship, teamwork, and fair play.

Campers are divided into skill groups based on age and skill level. Throughout the week they participate in unique drills, fun games and mini competitions. With tons of giveaways and prizes as well as individual scouting reports (similar to a report card), each and every camper receives individual attention and leaves the week with something special.

Above all, True North Sports Camps (TNSC) believes recreational sports are an important part of every child's development and we make it our top priority to deliver a truly memorable experience!



Truly  
memorable  
experiences

TNSC  
Top Priority

## 5 Reasons to Attend

### 1 Choice

**We have something for everyone!**

Whether you enjoy baseball, soccer, basketball, flag football or multi-sport, we have a program for you!

### 2 Our Staff

**We invest a significant amount of time to ensure our staff are properly trained and given the resources they need to succeed.**

Our staff are able to make sure every camper has the best experience possible with our low 6:1 camper to counsellor ratio (even lower for the younger age groups).

Our Program Directors and Leadership team are not included in this ratio, which allows them to provide extra on-site support and assistance.

### 3 Our Programming

**Our exceptional sports programming is developed by a combination of university level coaches and elementary and high school teachers.**

We implement the latest drills, exercises and games for each specific sport, creating schedules which are designed to keep campers active and having fun!

### 4 Our Culture

**We've created the perfect balance between advanced skill instruction and having fun in a camp environment!**

While learning various skills from outstanding coaches, campers also get to participate in our themed Fun Fridays, site-wide games, water activities, and more. In order to ensure that all campers have a memorable and positive camp experience, we make it a priority to create a camp environment that is safe, encouraging and inclusive.

### 5 Parent Experience and Convenience

**We strive to provide outstanding customer service and convenience to all of our camp families.**

Whether you are a 10+ year TNSC family, or joining us for the first time, you can expect our Leadership Team to respond quickly and thoughtfully to all of your questions and concerns. Whether it's our Lunch Program, before and after care, or our week long sessions, we strive to provide the most convenient and flexible offerings we can.



## Our Staff

True North Sports Camps (TNSC) is known for its incredible staff. Everything starts with our hiring. From camp directors to CITs, we simply hire the best.

While having playing or coaching experience is certainly important, it's not our main priority. Most importantly, our coaches are able to create a positive environment for our campers, allowing them to have fun and forge lasting friendships.

**Fantastic coaches!**

Welcomed children in the morning and provided helpful feedback at the end of the day.



## Our Leadership Team

### Blake Koester

Executive Director



**Loves to share his passion for sports, especially football and basketball!**

Blake has been a part of the True North leadership team since joining as the Director of Operations in 2016. As of October 2020, he has taken over the role of Executive Director. Blake will be seen running year-round programs and ensuring that each and every camper has a fantastic experience.

Blake completed the Sport Management program at Humber College, which led to him working at the Ontario Cycling Association. Prior to joining True North, Blake had been the Assistant Manager of Mooredale Sports Club, where he was responsible for organizing and coordinating a wide range of sports leagues and competitive teams.

### Peter Fairman

Director of Operations



**Ready to expand TNSC's family with his enthusiasm, passion, and dedication.**

Peter is True North's Director of Operations.

Graduating with a bachelor's degree in Kinesiology at the University of Western Ontario, he comes to us with a key understanding of sport management and development. Combining his 10 years of experience in summer camps, and 4 years of experience in health coaching, he is well aware of how to create a safe and engaging environment for people to grow holistically.



# Our Leadership Team

## Megan Kingvisser

Senior Site Director

Passionate about creating a safe, fun, and inclusive sports experience for all campers.



Megan has been part of the True North team since joining as a Site Director in 2022. She is currently a high school teacher for the Toronto District School Board with a Masters Degree in Social Justice Education from the University of Toronto. She is excited for another year!

## Angelica Perri

Site Director at Forest Hill and Etobicoke

Can't wait to share her love for sports, as well as working with children!



Angelica graduated from Brock University with a degree in Child and Youth Studies and a Bachelor of Education. Her passion lies in teaching and working with children, so she cannot wait to get back into the swing of things this summer.

Angelica has worked in a wide range of summer camps, including overnight camp, and has participated in competitive and recreational dance since the age of three, teaching it ever since. Growing up, sports played a significant role in her life; whether on the field or in the stands cheering on her brother. She is excited to be returning to True North for her third year.

## Jessica Tomassi

Site Director at Lawrence Park

Passionate about creating a safe, fun, and empowering space for each and every camper.



Jessica is the Site Director at Lawrence Park, returning for her second year in the role. She graduated with honours in Child and Youth Studies from Brock University and recently completed her Bachelor of Education in the Primary/Junior stream at Brock's Teachers College.

With extensive experience in a variety of camp settings—from counsellor to director and program creator—Jessica brings a strong understanding of youth development and the magic of camp life. Known for her attention to detail, positivity, and love for camp energy, she's excited to bring another unforgettable summer to the Lawrence Park community. Jessica is proud to be part of the TNSC family.





## Our Leadership Team

### Sofia Geraci

Site Director at Oshawa,  
Leaside, North York  
(East End)

Excited to share  
her knowledge  
and passion of  
sports to create a  
safe and memorable  
experience for  
campers at TNSC!



Sofia is joining True North as a Site Director for the East End locations (Oshawa, Leaside and North York). Sofia graduated from Western University with a honours specialization in kinesiology and is continuing her studies at Ontario Tech University in the Faculty of Education Intermediate or Senior division.

Sofia has 6 years of experience working with children in camp/daycare settings as well as 3 years working and volunteering within the schools in her community. Sofia possesses extensive knowledge in the sports industry through her own playing and coaching career, specifically in soccer. Sofia was a varsity athlete during her undergraduate degree and continues to play for the Ontario Women's Soccer League.

### Courtney Berger

Consultant

Knows what it takes  
to create a memorable  
experience for each  
and every camper.



Courtney joined the TNSC leadership team as the Executive Director in 2016. As of October 2020, she has moved to a part time consultant role advising the leadership team. Courtney is responsible for overseeing the operations of the business, including hiring and training our staff, marketing, communications, finance and strategy.

Courtney graduated from Western University with an Honors Business Administration degree from Ivey. She subsequently attended law school at the University of Toronto and practiced as a managementside employment lawyer on Bay Street for 3 years before joining our staff as the Executive Director. After having worked at a number of summer camps in the past and dedicated her free time volunteering with children, Courtney knows what it takes to create a memorable experience for each and every camper.

### Our Camp Directors

To learn more about our 2025  
summer directors, visit us at:  
[www.truenorthcamps.com/staff](http://www.truenorthcamps.com/staff)







# What you need to know about camp

## 1 Camper Arrival and Drop off

**Regular drop off runs from 8:30am to 9:00am.**

All campers should arrive at the drop off location provided on [page 14](#).

Once they arrive, campers will be checked-in and escorted into camp where they will put away their belongings and join the check-in game.

See below for [Extended Care](#)

### **Late Arrival**

If your child will arrive after 9:00am, please email or call the camp office directly. The camp office will inform your child's Program Director.

**Email** → [info@truenorthcamps.com](mailto:info@truenorthcamps.com)

**Phone** → 416-619-1224

## 2 Pick up

**Regular pick up runs from 3:30pm to 4:00pm at the same location as drop off.**

To ensure camper safety, we will not release campers to unauthorized individuals. If you would like to make changes to your child's authorized pick up list, please call our office.

**Phone** → 416-619-1224

See below for [Extended Care](#)

## 3 Extended Care

**Extended Care is available before camp beginning at 8:00am and after camp between 4:00pm to 5:00pm.**

Our Extended Care program is an extension of the camp day, including fun and engaging programming.

The additional cost is **\$75 +HST per week**.

## 4 Sunscreen

Please apply sunscreen (SPF 30 or higher) on your camper each morning, and send a labelled bottle of sunscreen for repeated applications throughout the day.

## 5 Water bottle

We suggest providing a refillable water bottle, as we provide coolers of water throughout the day. Please avoid sending glass bottles. If you would like to send juice boxes, we suggest freezing them the night before so they remain cold.

## 6 Lunch

**Each camper can bring their own lunch, snacks and water bottle.**

It is recommended to send an insulated lunch bag, as we do not have access to refrigerators at any of our campsites. Campers must remain on site during their lunch period.

### **Please Note**

We are a nut-free camp!

See next page for our [Lunch Program](#) →



# What you need to know about camp

## 6 Lunch Program

We will be continuing our lunch program and have partnered with Food for Good this summer!

In an effort to make your mornings just a little bit easier, we’ve partnered with Food for Good to offer delicious meals delivered directly to camp. No more packing lunches - just choose your camper’s meal plan after you register and we’ll handle the rest!

Learn more about Lunchbox, our new lunch program options, and how to sign up by visiting: [www.truenorthcamps.com/lunch](http://www.truenorthcamps.com/lunch)

Below is our lunch schedule by location:

Location	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Etobicoke</u>	Imperfect Fresh Eats	BarBurrito	Gino’s Chicken + Wraps	Impact Kitchen	Gino’s Pizza

## 7 Snacks

All campers must bring two snacks per day, as we have a morning and afternoon snack break.

**Please Note**  
We are a nut-free camp!

## 8 Nut-Free

All lunches and snacks must be nut free.

**We have a strict no sharing policy.**  
As we have a number of children and staff at camp with life threatening peanut and nut allergies, we urge that any products containing nut ingredients not be sent to camp. Camp will adhere to this policy in the strictest sense and will confiscate any food items that may contain traces of nuts or nut products.

## 9 Scouting Reports and Camper Certificates

Throughout the week campers are given an opportunity to demonstrate skills and techniques they have learned at camp. At the end of each week campers will receive a personalized scouting report (sport specific camps) or a certificate (multi-sport camps) detailing their strengths and areas for improvement.

## 10 Rainy Days

In case it rains, we have access to an indoor facility at all of our camp locations. Depending on the length of time we are indoors, we will continue to play games and drills and keep campers active. Rainy day programming is prepared and adjusted to ensure that our campers’ experience is still filled with quality sports instruction and fun!



# What you need to know about camp

## 11 Visitors

So we do not disturb the camp program or our campers, visitors are not permitted to interact with campers or staff during the camp day. We want to encourage our camp families to allow their children to have a full camp experience. If there are any special occasions where families are invited, we will let you know!

## 12 Lost and Found

Items misplaced around the camp will be placed in our lost and found, which can be accessed directly by asking your camps' Program Director.

### **Label! Label! Label!**

If items are properly labelled with your campers first and last name, they can be returned more easily! At the end of every session, all unclaimed items will be donated to a charitable organization.

### **Please Note**

True North Sports Camps (TNSC) is not responsible for any loss or damage to your campers property, so please keep all valuables at home.

## 13 T-Shirts

Following TNSC tradition, we will once again be providing our campers with some very cool camp gear. Our t-shirts will be distributed each Monday morning at the beginning of camp to new campers. Our camper t-shirts are not required to be worn at camp!

### **Please Note**

True North Sports Camps (TNSC) is not responsible for any loss or damage to your campers property, so please keep all valuables at home.

## 14 Camper Code of Conduct

### *For Parents*

The Summer Camp Code of Conduct outlines the expected behaviour for both campers and their parents/guardians to ensure a safe, enjoyable, and inclusive environment for all participants. By adhering to this code, we aim to foster a positive atmosphere where everyone can learn, grow, and have fun.

- We have zero-tolerance for any form of bullying, harassment or discrimination including verbal, physical or emotional.
- Camp properties and resources are to be used responsibly and respectfully. Any intentional damage to camp facilities, equipment or natural surroundings will not be tolerated.
- It's essential for campers to listen to and follow instructions given by camp staff members. Disruptive behaviour, defiance, or refusal to comply with rules and guidelines may result in disciplinary action.





# What you need to know about camp

## 14 Camper Code of Conduct

### *For Parents*

The steps listed are based on continued and not improving behaviours at camp:

#### 1. Advice

We'll connect with you to discuss the behaviours and see if you have any tips and tricks on how we can improve your camper's experience.

#### 2. Camper Behaviour Agreement

We'll create an age-appropriate Camper Behaviour Agreement that clearly outlines the expectations; we will review it with your camper and yourself.

#### 3. Send home for the day

If the same behaviours continue, you will be asked to pick up your camper from camp for the day. They will be welcomed back the next day.

#### 4. Send home for the remainder of camp

If the same behaviours continue, you will be asked to pick up your camper and they won't be welcomed back for the remaining week.

#### Please Note

We evaluate each situation individually and True North reserves the right to make amendments to the policy and make decisions on a case-by-case basis which from time to time may not align with these steps. Our ultimate goal is to create a safe space for kids, parents and staff.

87% of 223

87% of 223 families that attended TNSC last summer, were extremely likely to recommend our programs to a friend or colleague!





# What to bring to camp each day



## Lunch, Snacks and Water bottle

Campers must bring their lunch, snacks and water bottle.

- Campers are very active throughout the day and may be extra hungry. Please pack accordingly. We will provide coolers of water throughout the day.
- **We are a nut-free camp!**  
Any products sent to camp that contain nuts or “may contain traces of nuts” will be exchanged for a nut-free snack provided by the camp.



## Running Shoes

All of our programs require proper running shoes.

- Sandals and Crocs are safety hazards and not permitted.
- Campers are welcome to bring sport-specific footwear, including baseball, soccer, and flag football cleats or basketball shoes.

### **Please Note**

All cleats must be plastic.



## Hats

Please ensure you bring a hat each day. As many of our camp programs are primarily outside and we will be enjoying the beautiful Toronto summer weather, we want to ensure that we are always practicing sun safety.

### **Label! Label! Label!**

Camp does not have spare hats so be sure to send your labelled hat each day!



## Valuables

Money, jewellery, phones, and other valuables that are at risk of getting broken or lost should be left at home.

### **Phones**

- Phones are not permitted to be used at camp.
- While campers are permitted to use their phone after camp to communicate with their parents, if necessary, all phones and electronic devices must be stored in their backpack or gym bag during the day.

### **Please Note**

True North Sports Camps (TNSC) is not responsible for lost or stolen valuables, including phones.



# Sport-Specific Equipment

## Baseball

Baseball-Specific items to bring:

- **Baseball glove**
- **Protective athletic cup (recommended)**
- **Running shoes or baseball cleats (plastic only)**
- **Campers should wear athletic clothing.**  
While baseball pants are not required, athletic pants are a good idea for sliding.

While we will provide all other equipment, campers are allowed to bring personal baseball items, including bats, helmets, and batting gloves, if they would like!



## Basketball

Basketball-Specific items to bring:

- **Basketball shoes or running/cross-training shoes with proper ankle support.**
- **Campers should wear athletic clothing.**  
We recommend shorts and a t-shirt/singlet!

While we will provide all other equipment, campers are allowed to bring personal basketball items, including headbands, and towels, if they would like!

### Please Note

Remember to label all personal items.



## Soccer

Soccer-specific items to bring:

- **Running shoes or soccer cleats (plastic only)**
- **Shin pads (highly recommended)**
- **Campers should wear athletic clothing.**  
We recommend shorts and a t-shirt!

While we will provide all other equipment, campers are allowed to bring personal soccer items, including sweatbands, and towels, if they would like!

### Please Note

Remember to label all personal items.

### Please Note

- **Remember to label all personal items.**
- **We use hardballs, 'soft' balls, wiffle baseballs and tennis balls.**  
The type of ball used is dependent on the activity and the campers' age/skill level. 'Soft' baseballs are the same size and weight as a hardball, although they are much softer with a nylon cover.



## Flag Football

Flag Football-specific items to bring:

- **Running shoes or football cleats (plastic only)**
- **Campers should wear athletic clothing.**  
We recommend shorts and a t-shirt!

While we will provide all other equipment, campers are allowed to bring personal football items, including receiver gloves, and jerseys, if they would like!

### Please Note

Remember to label all personal items.



## Multi-Sport

Multi-Sport specific items to bring:

- **Running shoes**
- **Campers should wear athletic clothing.**  
We recommend shorts and a t-shirt!

While we will provide all other equipment needed for the various sports activities at camp, campers are allowed to bring other personal items including baseball gloves, sweatbands, jerseys and towels, if they would like!

### Please Note

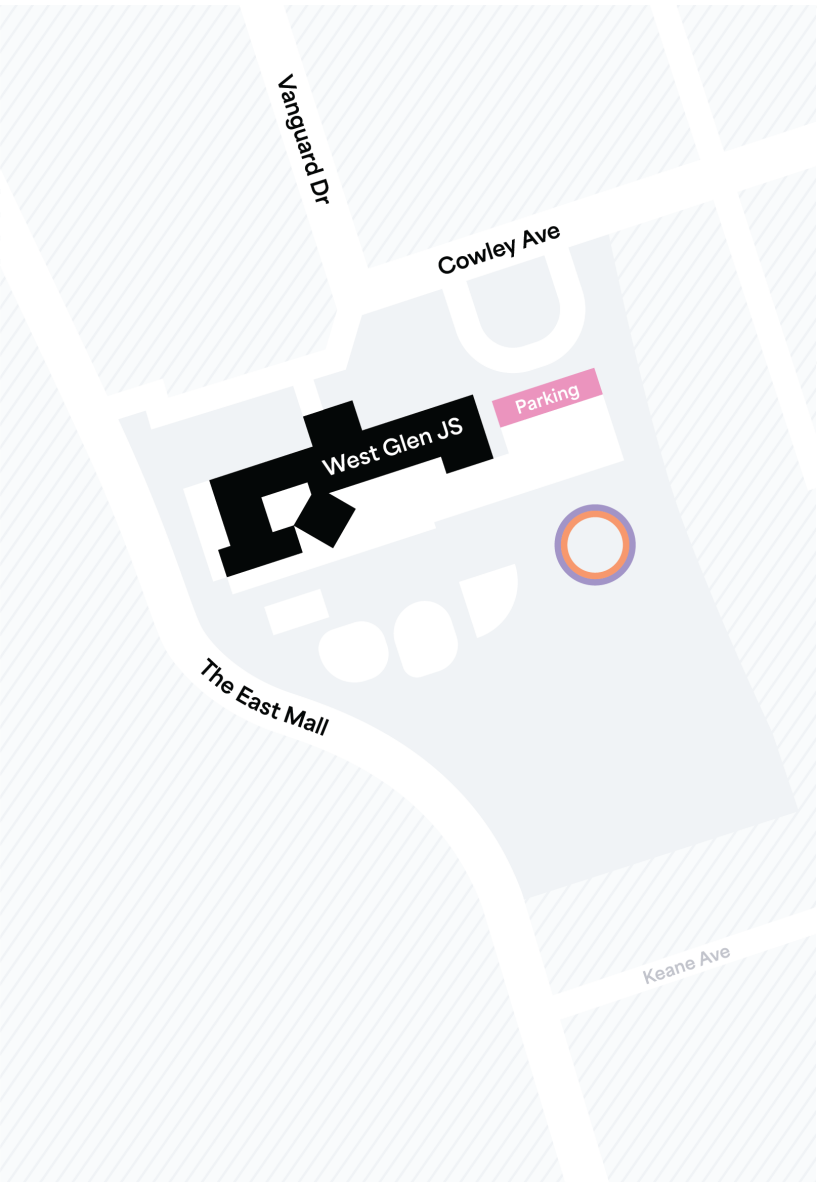
Remember to label all personal items.





# Etobicoke at West Glen JS

47 Cowley Ave, Etobicoke, ON M9B 2E4



## On the Map + Camp Directions

 Multi-Sport

Drop off and pick up is at the West Glen JS parking lot off of Cowley Ave.

 Drop off and Pick up Area

 Extended Care Play Area

### Please Note

While most of the time at camp will be spent outdoors, in case it rains, we have access to West Glen JS where we are able to do indoor activities.

## Drop off and Pick up Schedule

Camp runs daily from 9:00am to 3:30pm

### Drop off

Between 8:30 and 9:00am

Extended Care starts at 8:00am

### Pick up

Between 3:30 and 4:00pm

Extended Care ends at 5:00pm



# FAQ



1     How long has True North Sports Camps (TNSC) been operating summer camp?

True North Sports Camps originally started as North Toronto Baseball Camp (NTBC) in 2007. Since then, the camp has grown to over 500 annual campers and has expanded to include basketball, football, soccer and multi-sport clinics and camps!

2     Who are the directors of True North Sports Camps (TNSC)?

Our Executive Director is **Blake Koester**.  
Our Director of Operations is **Peter Fairman**.  
Our Senior Site Director overseeing all of our camp sites is **Megan Kingvisser**.

We also have a Site Director for each of our locations:

Location	Site Director
<u>Etobicoke and Forest Hill</u>	Angelica Perri
<u>Lawrence Park</u>	Jessica Tomassi
<u>Leaside, North York, Oshawa</u>	Sofia Geraci

3     My child has not played many sports before, is True North Sports Camps (TNSC) the right fit?

We definitely believe so! Our camp was founded on the principles of providing high quality instruction in a friendly and inclusive atmosphere for all skill levels.

- Campers are divided into groups based on age and skill level.
- Our coaches are given the flexibility to alter the activities to suit the needs of their group.
- Our coaches are trained to adapt their teaching styles based on the age and skill level of their players.
- Our directors and head staff put significant thought into the camp and clinic programming to ensure that both beginner and expert campers alike will have an amazing experience.

4     Do you offer extended hours?

Yes. Extended Care is available before camp beginning at 8:00am and after camp between 4:00pm to 5:00pm for an additional fee. Please call the camp office if you would like to register.

Phone    →    416-619-1224

5     Do the campers take breaks throughout the day?

**Absolutely!**  
All campers will take water and snack breaks throughout the day. In addition, we take a 30 minute lunch break at noon where campers are required to stay seated for the full 30 minutes to ensure they are getting the appropriate rest needed and finishing their entire lunch. Our staff are very focused on ensuring that all campers stay hydrated and spend an appropriate amount of “cool-down” time in the shade. On especially hot days, campers will take additional water breaks and we might move some of our programming indoors.



## FAQ



### 6 Do you have a lost and found?

Yes we do! First check your camp site. All lost and found is collected by the Program Directors each day. If you do not find the lost item after checking at camp, please email us with a description of the item(s) you are missing.

Email → [info@truenorthcamps.com](mailto:info@truenorthcamps.com)

### 7 What is North Toronto Baseball Camp (NTBC)?

True North Sports Camps (TNSC) originally started as North Toronto Baseball Camp (NTBC) in 2007. Today, NTBC continues to maintain its own brand, and are the baseball program operated in Toronto by True North Sport Camps. It's still the same great program at the same great location with many of the same staff.



94% of 223

Summer Camp  
Families rated  
our coaches as  
**EXCELLENT!**





## Photos, Social Media and Blog

We believe communication with our camp families is extremely important for the safety of our campers and to make sure you can be part of the fun we are having throughout the day.



### Photo Gallery

Photos of our campers will be updated daily in our Facebook albums and Instagram feed.

Please check our Facebook page at [www.facebook.com/truenorthcamps](http://www.facebook.com/truenorthcamps)

Each camp location will have its own album for easy searching for smiling faces!



### Blog

We post frequently on our blog with amazing and interesting content for parents, campers and sports fans alike!

Visit [www.truenorthcamps.com/blog](http://www.truenorthcamps.com/blog)



### Newsletter and Updates

Stay tuned to your inboxes!

We will be sending home updates about our time at camp in all of our programs at all of our locations. This allows for our camp families to get a taste of the True North Sports Camps (TNSC) experience. The newsletter will include highlights, important dates, what's coming up next week, and photos!

#playallday @truenorthcamps

Stay connected to camp through  
our favourite forms of social media:  
Facebook, Twitter and Instagram





# Health and Safety



## 1 First Aid

**All of our Camp Directors are certified with Standard First Aid and CPR.**

We provide first aid training by a registered nurse to all of our staff at our annual staff training. First aid kits and materials are readily available at each camp site. Given the active nature of campers in our sports specialty camp programs, we place a strong emphasis on safety and teach our campers and staff how to have fun and play safe!

## 2 Injury Policy

We make a concerted effort to prevent injuries while at camp by teaching our campers and staff the skills they need to play each game as safely as possible. However, we know that injuries, large or small, are a risk.

If a camper is injured while at camp, we will keep all lines of communication open with the camper's family and let them know the steps we are taking to handle the situation. It is our priority to attend to the camper first to assess each situation to ensure that health and safety are never compromised. Should a camper sustain a head injury while at camp, the family will be notified immediately. The trained leadership staff team on-site will assess the situation and determine next steps, including whether the camper is well enough to remain at camp that day.

## 3 Medical Information

You have the opportunity to inform us of any medical issues, concerns, allergies, etc. on your summer camp registration form. This can be accessed through your online camp account by logging in at:

[campsself.active.com/TrueNorthCampsLtdCAD](https://campsself.active.com/TrueNorthCampsLtdCAD)

If this info needs updating, please inform our camp office immediately!  
You can contact the camp office by phone or email.

**Email** → [info@truenorthcamps.com](mailto:info@truenorthcamps.com)

**Phone** → 416-619-1224

## 4 When should I keep my camper at home?

Should your son or daughter be diagnosed with a contagious illness (i.e., chicken pox) or COVID-19, please let us know so that we can inform the other parents if necessary.

## 5 Medication

**Please do not send any medication to camp in a lunchbox or backpack. This includes over-the-counter medications as well.**

If medication must be given to a camper during camp hours, the Camp Director will deliver it only (not a counsellor). Medication should be delivered to the Camp Director in its original bottle labelled with the child's name. Medication will be dispensed according to the written and signed instructions provided by the parent. **These instructions must include:**

1. Child's name
2. Name of medication
3. Dosage
4. Time dosage is to be given
5. Any directives (i.e. must be given with food)
6. Medication side effects
7. Date on which medication is to begin and date on which it is to end



# Health and Safety



## 6 EpiPen Policy

**If your child requires an EpiPen please ensure that two are sent to camp.**

One will be kept on the camper at all times and one will be kept on site in our First Aid kit.

## 7 Lice Policy

If a child is found with nit eggs or lice, parents will be called and asked to remove their child from camp immediately. You are required to keep your child at home until professionally treated. The child must be accompanied by a letter from the professional service certifying that they have been treated.

## 8 Sun Protection

We recommend that your camper be protected with sunscreen. It is suggested that you use a long-lasting, water resistant variety, readily available in drug stores.

- Families should apply the lotion before the campers leave home for camp. We will also reapply throughout the day.
- Sunscreens are made with chemicals that irritate eyes and skin when it's used improperly. Please ask your campers not to share their sunscreen, as another child may have an allergic reaction to the one your campers use.
- We suggest that each camper bring a hat to wear outside to help shield their faces from the sun.

## 9 Excessive Heat

If the temperature or air quality necessitates changes in the regular schedule, outdoor activity will be limited to periods of no more than 30-45 mins at a time. Indoor locations for lunch will be provided. We also have indoor alternate programming planned to limit sun exposure. Campers will be encouraged to take frequent water breaks.

## 10 Bullying

We have a zero tolerance policy for any bullying or otherwise physical or aggressive behaviour during our programs. It is our goal that camp remains a safe environment for all campers and staff.

## 11 Camper Behavior Policy

We have a zero tolerance policy for any physical or aggressive behaviour during our program. It is our goal that camp remains a safe environment for all campers and staff.

Our Camper Behavior Policy outlines the expected behaviour for both campers and their parents/guardians to ensure a safe, enjoyable, and inclusive environment for all participants. By adhering to this code, we aim to foster a positive atmosphere where everyone can learn, grow, and have fun.

For further information, see [page 10 and 11](#)

## 12 Questions

If you have any questions about our health and safety policies, please feel free to chat with our Camp Directors on-site or contact our camp office. We always have staff in the office available to answer inquiries received via phone or email. Please feel free to leave a voicemail if no one answers your call and we will promptly return your message.

**Email** → [info@truenorthcamps.com](mailto:info@truenorthcamps.com)

**Phone** → 416-619-1224



# Important Dates

## Summer Camp Dates

Week	Dates
Week 1 * (3 Day)	July 2 - July 4
Week 1 * (4 Day)	June 30 - July 4
Week 2	July 7 - July 11
Week 3	July 14 - July 18
Week 4	July 21 - July 25
Week 5	July 28 - August 1
Week 6 *	August 5 - August 8
Week 7	August 11 - August 15

\* Indicates a 3 or 4-day week due to:  
Canada Day (Tuesday, July 1)  
The Civic Holiday (Monday, August 4)

## Fun Fridays at Camp

Week	Theme
Week 1	Oh, Canada!
Week 2	Neon Day
Week 3	PJ Day
Week 4	Halloween Day
Week 5	Jersey Day
Week 6	Animal Safari
Week 7	Colour Wars



## Fall Clinics and Afterschool Programs

**Fall Outdoor Schedule (September and October)**  
Our outdoor fall programs are NOW OPEN for registration! Register to continue your True North Sports Camps (TNSC) experience all year long!

**Fall Indoor Schedule (October to December)**  
We anticipate having our indoor fall schedule on our website by mid-July.

# Contact Us

We would love to hear from you!  
If you have any questions about our programs  
or are interested in learning more, please do  
not hesitate to contact us anytime.

## Camp Office

Phone Number	416 619 1224
Address	510 Eglinton Ave W, Unit 3, Toronto, ON M5N 1A5
Email	info@truenorthcamps.com
Website	truenorthcamps.com
Social Media	@truenorthcamps



**TRUENORTH**  
SPORTS CAMPS



Kept children occupied,  
active and happy all day.  
Great Camp!

