



TRUE NORTH

SPORTS CAMPS



TORONTO FAMILY HANDBOOK SUMMER 2019



TRUENORTH
SPORTS CAMPS

Table of Contents

- 2** Who We Are
- 3** Our Story
- 4** Why Attend True North Sports Camps
- 5** Camp Staff and Leadership Team
- 6** What's New This Summer
- 7** What You Need to Know about Camp
- 9** What to Bring to Camp Each Day
- 10** Sport-Specific Equipment
- 12** Locations – *Glenview Park*
- 13** Locations – *Memorial Park*
- 14** Locations – *Bond Park*
- 15** FAQ
- 16** Transportation
- 17** Pictures, Social Media, and Blog!
- 18** Health and Safety
- 20** Important Dates
- 21** Contact Information



Who We Are

True North Sports Camps offers year-round sports programming for boys and girls ages 4–14 of all skill levels in Toronto, Etobicoke and Markham. We operate summer day camps as well as after-school and weekend clinics for baseball, flag football, basketball, soccer and multi-sport.

At True North Sports Camps, we believe that recreational sports are an important part of every child's development and we make it our top 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 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!

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



Our Story

Following humble beginnings as a local baseball camp, True North Sports Camps' sports programs have become a staple throughout Toronto and the GTA. True North offers year-round programs for boys and girls ages 4 to 14 in **Toronto, Etobicoke and Markham**. We offer a variety of different sports camps as well as after-school and weekend programs, including: baseball, flag football, basketball, soccer and multi-sport.

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 - in order to give back to their community and to continue doing what they love: teaching young athletes the wonderful game of baseball. After their first summer, NTBC quickly earned the reputation as Toronto's premier source for baseball day camps and after-school 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 the 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 programs. Based on the overwhelming response from campers and parents, TNSC launched a new location in Etobicoke in 2017 and Markham in 2018.

As we embark on our 13th summer, TNSC looks forward to building upon the quality of our programs in Toronto, Etobicoke, and Markham. We hope to 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, and 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.

Five reasons to attend True North Camps:

CHOICE.

We have something for everyone!

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

OUR STAFF.

We go to great lengths to ensure we hire the best possible people. This involves a unique interview process that includes: a formal interview, a practical assessment, and a communication/teamwork component. Once hired, 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.

PROGRAMMING.

Our exceptional 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 daily schedules which are designed to keep campers active and having fun!

OUR CULTURE.

We've created the perfect balance between advanced skill instruction and having fun in a summer camp environment! While learning various skills from our 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 is safe, encouraging and inclusive.

PARENT EXPERIENCE.

We strive to provide outstanding customer service to all of our camp families. Whether you are a 10+ year True North 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. Don't hesitate to reach out!

Above all, True North Camps 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.

Camp Staff

True North Sports 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.

See below for more information about our Leadership Team and visit us at www.truenorthcamps.com/staff to learn about our 2019 summer camp directors!

Leadership Team



Courtney Berger, Executive Director

Courtney graduated from Western University with an Honours Business Administration degree from Ivey. She subsequently attended law school at the University of Toronto and practiced as a management-side employment lawyer on Bay Street for 3 years before joining our staff as the Executive Director. Courtney is responsible for overseeing the operations of the business, including hiring and training our staff, marketing, communications, finance and strategy.

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.



Blake Koester, Director of Operations

As Director of Operations, 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 was the Assistant Manager of Mooredale Sports Club, where he was responsible for organizing and coordinating a wide range of sports leagues and competitive teams. Blake loves to share his passion for sports, especially football and basketball!



Justin Atkinson, Assistant Director of Operations

As the Assistant Director of Operations, Justin helps Blake with year-round programs and ensuring every camper has the best possible time. He has over 15 years of baseball playing experience, including playing for the Ontario Blue Jays and at the collegiate level in the US. As a freshman, he helped lead his Jefferson College team to a #2 NJCAA ranking and an appearance in the 2012 Junior College World Series. Justin completed his Sports Administration degree from Belhaven University, in Mississippi, that led him interning for the San Francisco 49ers and in the Stanford University Athletics Department. Justin loves to share his baseball experiences and help kids develop their skills on the diamond!

What's New This Summer?

EXPANDED GIRLS CAMP

We are thrilled to be offering our Girls Baseball Camp again while adding a Girls Multi-Sport and a Girls Soccer Camp in 2019!

Week 2 (July 8-12) – Girls Baseball Camp

Week 3 (July 15-19) – Girls Multi-Sport Camp

Week 4 (July 22-26) – Girls Soccer Camp

Operating Monday to Friday from 9:00 a.m. to 3:30 p.m., we provide an inclusive and encouraging environment in which girls can learn, practice and compete.

EARLY DROP-OFF NOW AVAILABLE

We are pleased to announce that we have expanded our existing extended care program in Toronto and Etobicoke. You will now be able to drop off your child as early as 8am and can pick them up anytime between 4pm – 5pm. As much as creating the best possible experience for each and every camper is our main goal we strive to make our programs convenient for parents as well!

NEW LOCATION: BOND PARK

We are excited to introduce a new location for 2019: Bond Park! Located at Leslie and Lawrence, Bond Park offers state-of-the-art facilities and a fantastic environment for young ball players. We are offering both recreational and elite baseball camps for boys and girls, ages 7 to 14 at this new location for one-week sessions throughout July and August.

What You Need to Know About Camp

1. Arrival and Camper Drop-Off

All campers should arrive at the drop-off location provided on [pages 12-14](#). 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. Regular drop-off runs from 8:30am to 9:00am. See below for Extended Care.

**Late Arrival, if your child will arrive after 9:00am, please email or call the camp office directly (info@truenorthcamps.com or 416.619.1224). The camp office will inform your child's Program Director.

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. See below for Extended Care.

3. Extended Care

Extended Care is available before camp beginning at 8:00am, and after camp between 4:00pm – 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

We do not provide lunch - each camper must bring their own lunch, snacks and water bottle. Please note that we are a nut-free camp! 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.

7. Snacks

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

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

Throughout the week campers are given an opportunity to demonstrate skills and techniques they have learned at camp. At the end of each week (except for campers in our Multi-Sport programs), players will receive a personalized Scouting Report 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

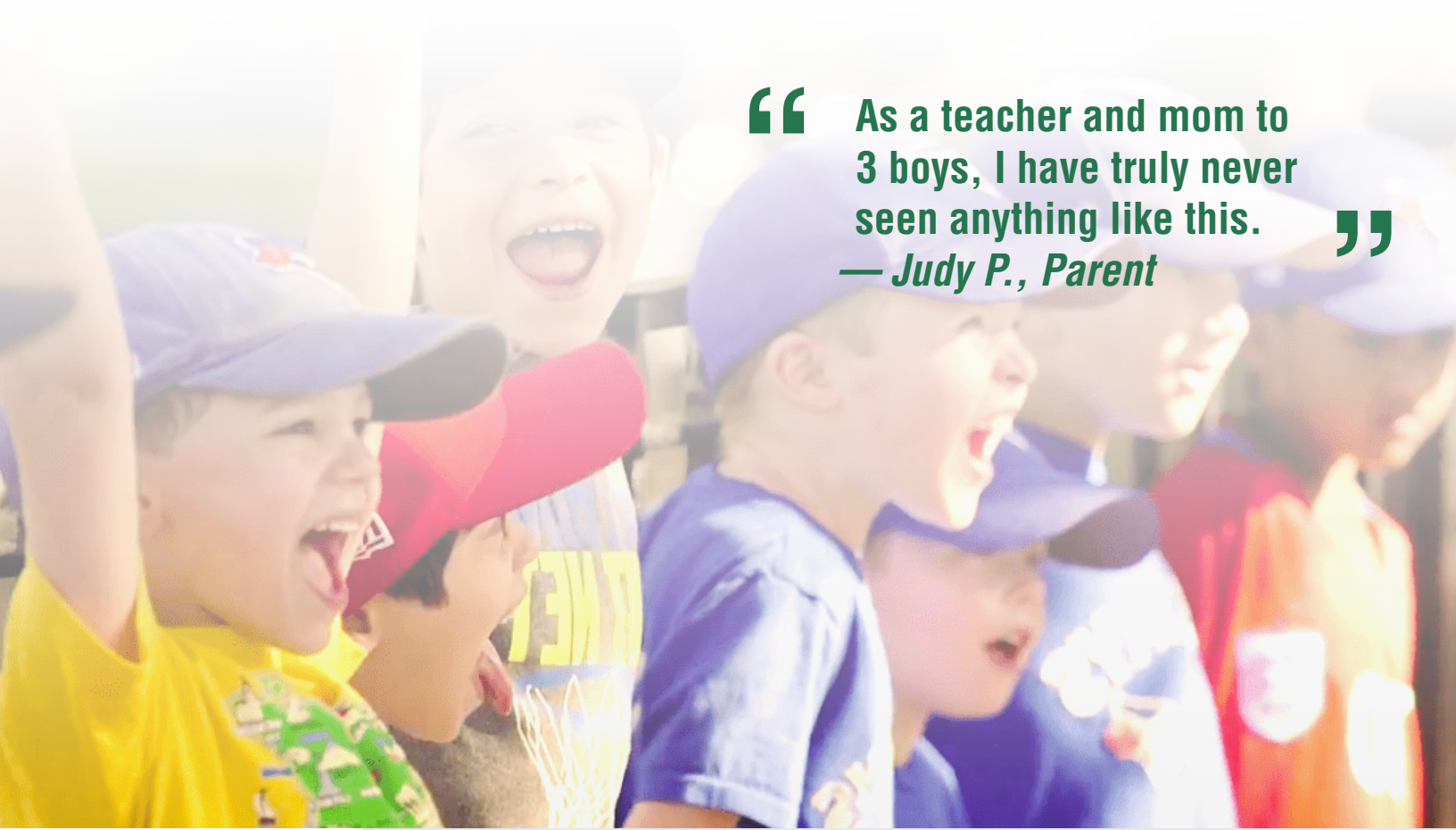
So we do not disturb the camp program or our campers, visitors are not permitted to interact with campers or staff during the camp day. We want to encourage our camp families to allow their children have a full camp experience. If there are any special occasions where families are invited, we will let 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. True North is not responsible for any loss or damage to your campers property, so please keep all valuables at home.

13. T-Shirts

Following 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. Please note that each camper will receive only one t-shirt throughout the summer. Our camper t-shirts are not required to be worn at camp!



“ As a teacher and mom to 3 boys, I have truly never seen anything like this. ”
— *Judy P., Parent*

What to Bring to Camp Each Day

Lunch, Snacks, and Water Bottle

Campers must bring their own lunch, snacks and water bottle. Please note that campers are very active throughout the day and may be extra hungry – please pack accordingly. We will provide coolers of water throughout the day. Please note that 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.

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

Running Shoes

All of our programs require proper running shoes. Sandals and crocs are a safety hazard and are not permitted. Campers are also more than welcome to bring sport specific footwear, including baseball, soccer, and flag football cleats or basketball shoes. All cleats must be plastic.

Valuables should be left at home!

Money, jewellery, phones, and other valuables that are at risk of getting broken or lost should be left at home. 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. Camp 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 may be 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! Remember to label everything!

Notes: We use hardballs, "soft" baseballs, 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.



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 or singlet!

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

Sport-Specific Equipment

FLAG FOOTBALL

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! Remember to label everything!

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! Remember to label everything!

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! Remember to label everything!

Drop Off and Pick Up by Location

TORONTO

Location: Lawrence Park @ Glenview Senior P.S.

401 Rosewell Ave, Toronto, ON M4R 2B5

Baseball/ Multi Sport:

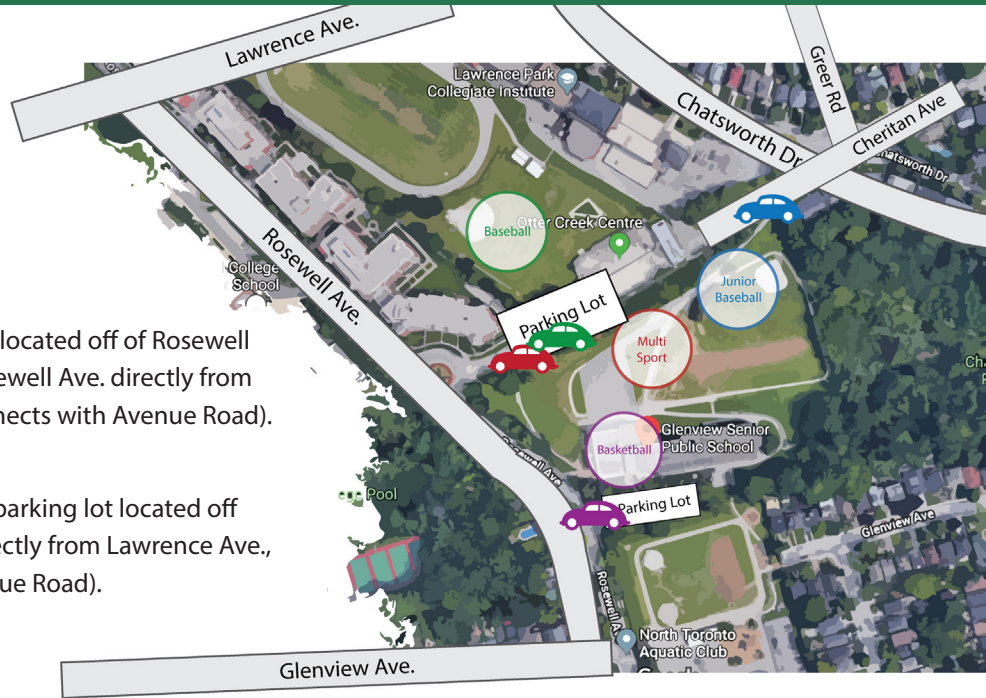
Drop off & pick up will be at the north parking lot located off of Rosewell Ave. Look for the roundabout. You can access Rosewell Ave. directly from Lawrence Ave., or from Glenview Ave. (which connects with Avenue Road).

Basketball:

Drop off & pick up will be at the Glenview school parking lot located off of Rosewell Ave. You can access Rosewell Ave. directly from Lawrence Ave., or from Glenview Ave. (which connects with Avenue Road).

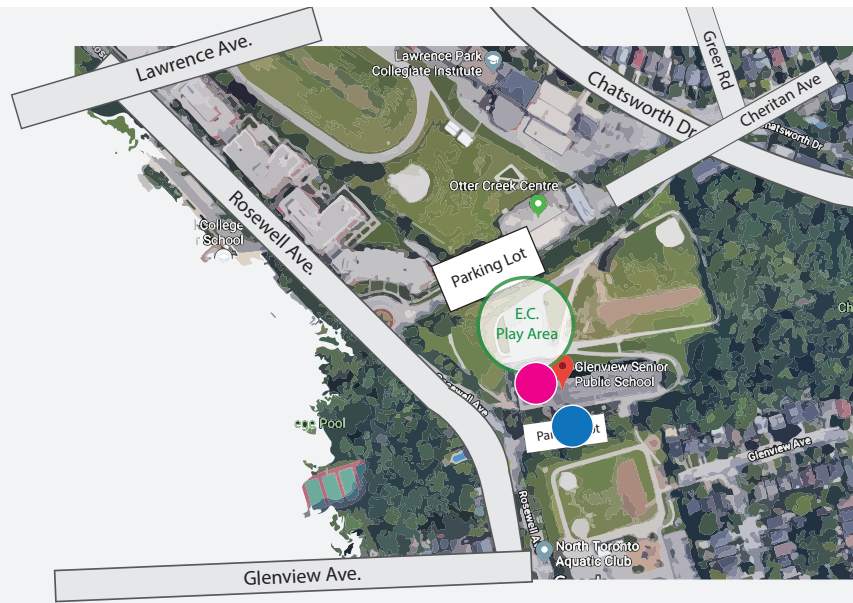
Junior Baseball:

Drop off & pick up will be at the west end of Cheritan Ave., which can be accessed from Duplex Ave, Chatsworth Dr. or Greer Rd.



Extended Care

- Extended Care Play Area
- Outdoor Pick Up/Drop Off
- Indoor Pick Up/Drop Off (When Raining)



Bus Service

Drop off & pick up is located at the Glenview school parking lot located off of Rosewell Ave.

Other Important Information

Time: Camp runs daily from 9:00 AM to 3:30 PM.

Drop Off: Between 8:30am and 9:00am (extended care starts at 8:00am)

Pick Up: Between 3:30 PM and 4:00 PM (extended care until 5:00 PM)

Drop Off and Pick Up by Location

TORONTO

**Location: Forest Hill
@ Memorial Park**

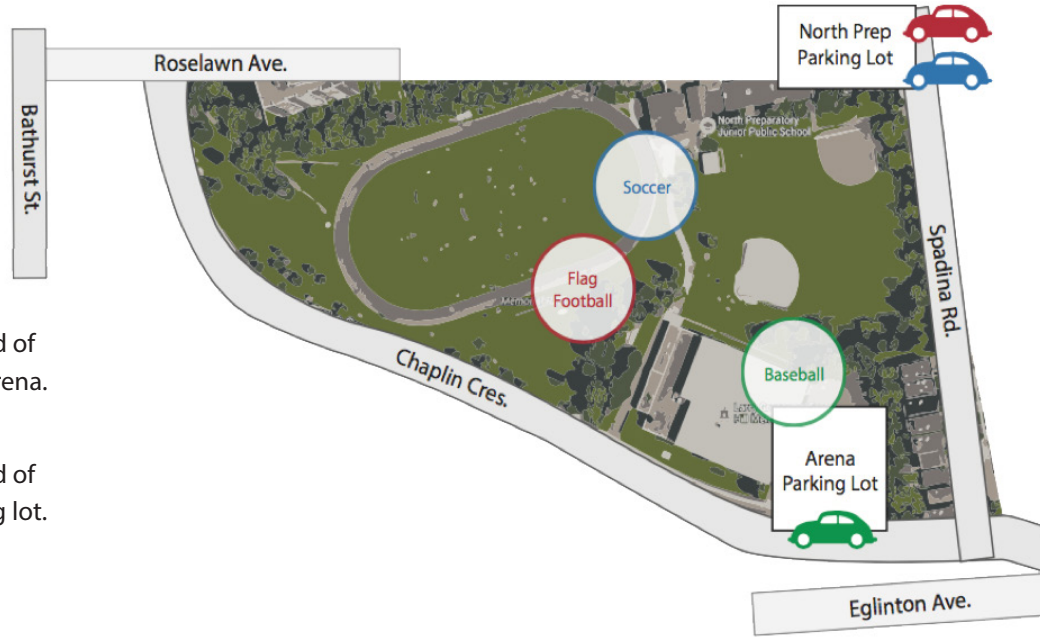
340 Chaplin Crescent,
Toronto, ON M5N 2N3

Baseball

Drop off & pick up is located at the north end of the parking lot of the Forest Hill Memorial Arena.

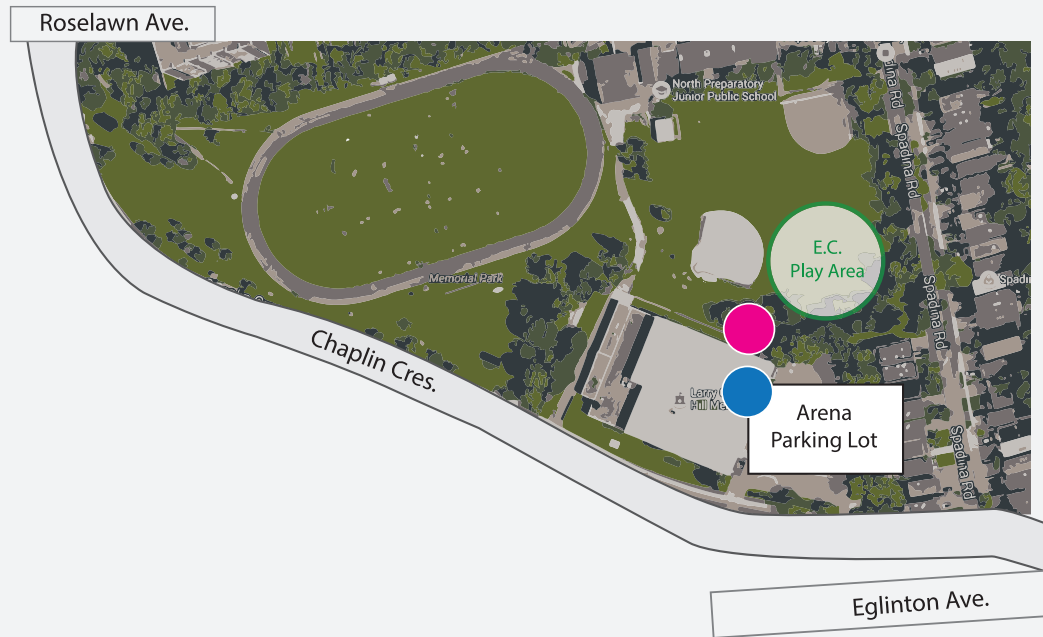
Soccer & Flag Football:

Drop off & pick up is located at the north end of Spadina Rd. at the North Prep school parking lot.



Extended Care

- Extended Care Play Area
- Outdoor Pick Up/Drop Off
- Indoor Pick Up/Drop Off (When Raining)



Bus Service

Drop off & pick up is located in the parking lot of the Forest Hill Memorial Arena.

Other Important Information

Time: Camp runs daily from 9:00 AM to 3:30 PM.

Drop Off: Between 8:30am and 9:00am (extended care starts at 8:00am)

Pick Up: Between 3:30 PM and 4:00 PM (extended care until 5:00 PM)

Drop Off and Pick Up by Location

TORONTO

Location: North York @ Bond Park

120 Bond Ave, North York, ON M3B 1C9

Baseball:

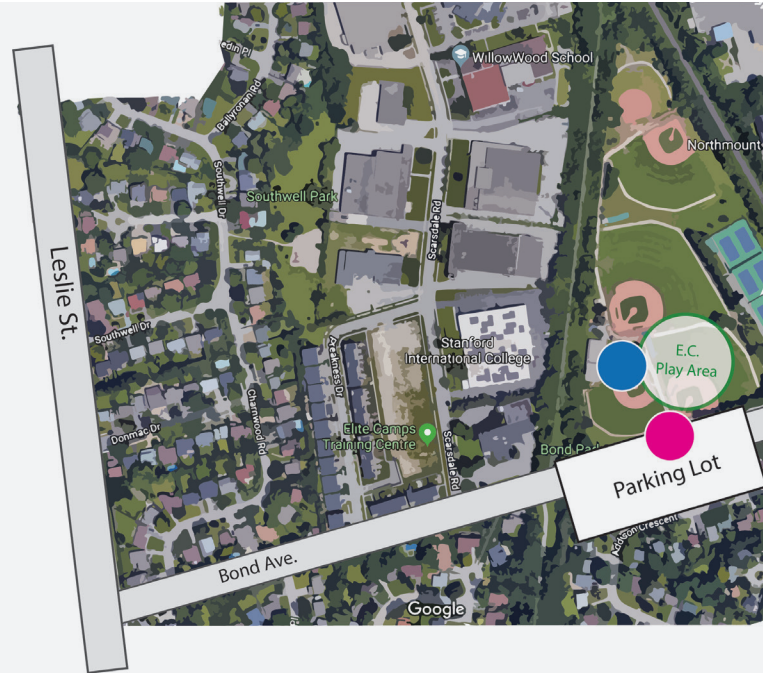
Turn east from Leslie Street onto Bond Avenue. Follow Bond until you travel under a bridge and into a parking lot at the end of the road.

Drop off & pick up is located at the entrance to Bond Park in the North East corner of the parking lot.



Extended Care

- Extended Care Play Area
- Outdoor Pick Up/Drop Off
- Indoor Pick Up/Drop Off (When Raining)



Bus Service

Drop off & pick up will also be located at the parking lot at the end of Bond Ave.

Other Important Information

Time: Camp runs daily from 9:00 AM to 3:30 PM.

Drop Off: Between 8:30am and 9:00am (extended care starts at 8:00am)

Pick Up: Between 3:30 PM and 4:00 PM (extended care until 5:00 PM)

FAQ

1) How long has True North been operating Summer Camp?

True North Sports Camps originally started as North Toronto Baseball Camp in 2007. Since then, the camp has grown to over 1500 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?

Our Executive Director is Courtney Berger. We also have a Director of Operations (Blake Koester), Assistant Director of Operations (Justin Atkinson) and a Director of Administration. For more information please visit our staff page, <https://www.truenorthcamps.com/staff>

3) My child has not played many sports before, is True North 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. As well, 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. Drop-off is between 8:30 – 9:00am and pick-up is between 3:30 – 4:00pm. We offer extended care starting as early as 8am and until 5pm for an additional fee. Please call the camp office if you would like to register, 416.619.1224.

5) Do you offer bus service?

Yes. We offer depot bus service for certain routes in mid-town Toronto. Please visit our [Transportation Page](#) for more details.

6) What do you do in case of heat wave?

In case of a heat wave and high temperatures, we will ensure that we incorporate indoor time and water games as part of the programming. Furthermore, snack breaks and lunch will take place indoors. We also have camp tents that are set up throughout camp to provide extra shade.

7) Do the campers take breaks throughout the day?

Absolutely! Campers 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: a) getting the appropriate rest needed; and b) 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, or bring out the slip-n-slide to cool off!

8) 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 at info@truenorthcamps.com with a description of the item(s) you are missing.

9) What is North Toronto Baseball Camp?

True North Sports Camps originally started as North Toronto Baseball Camp in 2007. Today, NTBC continues to maintain its own brand, and is the baseball programs 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.

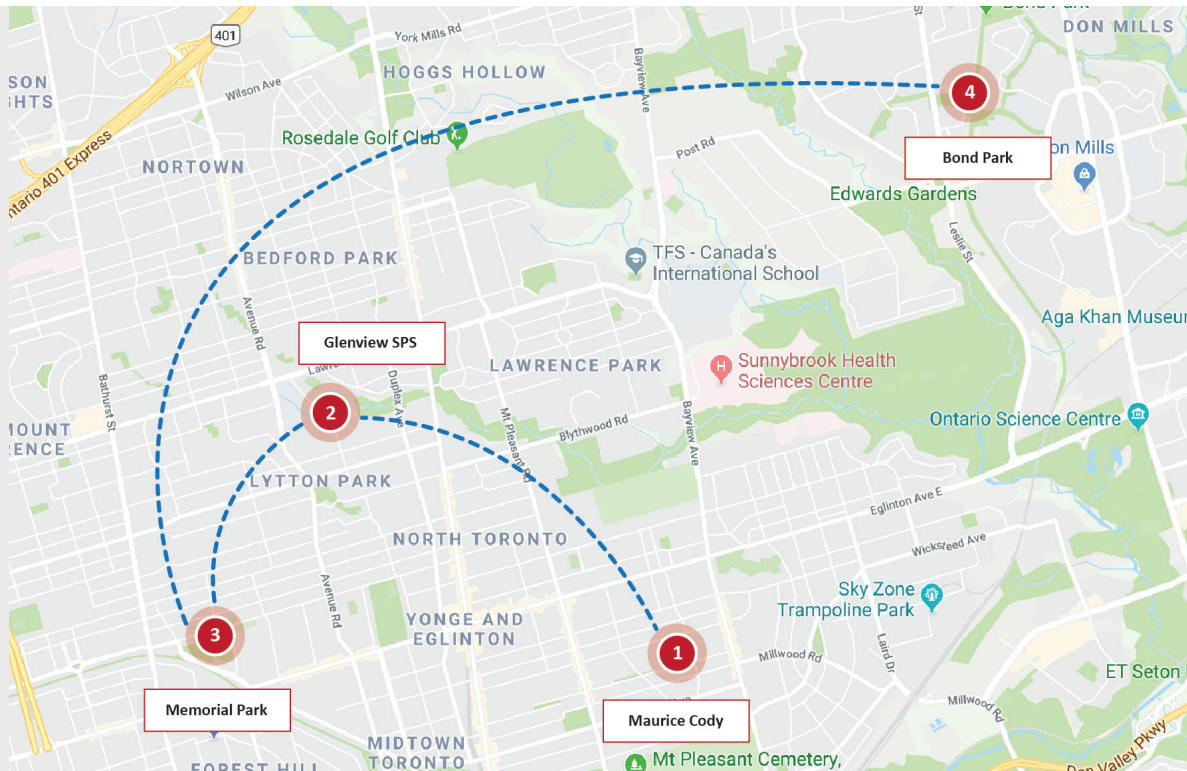
Transportation

In an effort to assist families with busy mornings and afternoons, we are excited to offer an expanded depot bus service in Toronto.

Here are a few details:

- If you sign up for 3 or more weeks of bus service, we will waive the bus fee for any additional weeks.
- Campers should arrive at their bus stop 10 minutes before the scheduled pick-up time, as buses will leave promptly at the scheduled departure time.
- We do not offer any bus service during the following dates: Canada Day (July 1), Civic Holiday (August 5), Week 8 (August 19 – 23) and Week 9 (August 26 – 30).

- All campers will be accompanied on the bus by at least one True North staff member.
- If you are interested in bus service, but none of the locations listed below are convenient for you, please let us know. If we receive enough interest from certain areas, we will be happy to add additional buses!
- Parents should be prepared to wait 10 minutes past the pickup time in the event of delay.
- Our bus service costs \$75 +HST/week for each child. If you sign up for both bus and extended care the cost will be \$100 +HST/week for each child. Please note that extended care is not offered at Maurice Cody JPS as we do not have any camps at that location.



STOP	LOCATION	ADDRESS	AM	PM
1	Leaside: Maurice Cody	364 Belsize Dr, Toronto, ON M4S 1N2	8:10	4:10
2	Lawrence Park: Glenview	401 Rosewell Ave, Toronto, ON M4R 2B5	8:25	3:55
3	Forest Hill: Memorial	340 Chaplin Crescent, Toronto, ON M5N 2N3	8:35	3:45
4	North York: Bond Park	120 Bond Ave, Toronto ON M3B 1C9	9:05	3:15

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

@truenorthcamps



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

BLOG

We post frequently on our blog with amazing content for parents, campers, and sports fans alike! Visit www.blog.truenorthcamps.com.

NEWSLETTERS & 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 Camp experience. The newsletter will include highlights, important dates, what's coming up next week, and photos!

Health and Safety

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!

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.

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:

<https://campself.active.com/TrueNorthCampsLtdCAD>.

If this information needs updating, please inform our camp office immediately! You can contact the office by phone (416-619-1224) or email (info@truenorthcamps.com).

When should I keep my camper at home?

If your child is sick (fever, vomiting, stuffy nose, coughing, stomach aches, etc), in order to avoid spreading the illness to other campers and staff, and given the active nature of our programs, we recommend keeping the child at home. Should your son or daughter be diagnosed with a contagious illness (i.e. chicken pox), please let us know so that we can inform other parents if necessary.

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 (or bus staff if applicable) 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

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.

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.

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 can irritate eyes and skin if 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.

Excessive Heat

If temperature or air quality necessitates changes in the regular schedule, outdoor activity will be limited to periods of no more than 30-45 minutes 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.

Bullying

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

Camper Behavior Policy

Camp has a no 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.

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 (416-619-1224) or email (info@truenorthcamps.com). Please feel free to leave a voicemail if no one answers your call and we will promptly return your message.

Important Dates

2019 Summer Camp Dates

WEEK	SESSION DATES
1	July 1 – July 5
2	July 8 - July 12
3	July 15 – July 19
4	July 22 – July 26
5	July 29 – August 2
6	August 5 – August 9
7	August 12 – August 16
8	August 19 – August 23
9	August 26 – August 30

Please Note only our camps located at Memorial Park (Forest Hill) are open on Canada Day July 1st. The rest of our camps begin on July 2nd.

Please Note only our camps located at Memorial Park (Forest Hill) are open on the Civic Holiday Monday August 5th. The rest of our camps are closed on that day.

Fun Friday's at Camp!

WEEK	THEME	WEEK	THEME
1	Oh, Canada!	6	When I Grow Up
2	World Cup	7	Movie Character Day
3	Beach Day	8	Pajama Day
4	Superhero Day	9	Jersey Day
5	Animal Planet Day		

Fall Clinics and Afterschool Programs

Stay tuned for fall clinic and afterschool program registration to continue your True North Sports Camps experience all year long! Registration should open in late July!



Contact Information

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.

HEAD OFFICE

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