



Afterburn Summer Camp 2024 Guide

Welcome to Afterburn's 2024 Summer Camp, where we believe that learning and growing should always be PRACTICALLY FUN! We are excited and honoured to offer this program to provide a fun and educational experience for your child(ren) this summer.

The information provided in this guide aims to answer any questions you may have. If your question isn't answered in this document, please feel free to reach out to us at info@afterburnfitness.ca.

Location:

230 Nantucket Blvd. Unit 1
Scarborough, ON
M1P 2N9

Emergency Phone Number:

Andrew Liew
(647) 624-5439

Feedback:

We welcome your feedback: positive or constructive. Please let our Lead Camp Counselor know how we can improve or quickly address and resolve any challenges that arise.



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About Afterburn Camps

At Afterburn Fitness we inspire others to train physically with purpose, efficiency, togetherness and sustainability to help people realize their full potentials, whatever their goals may be. We extend this philosophy to the younger generation: Afterburn Summer Camp has been designed to inspire critical thinking in young learners through hands-on exploration, and to develop skills, both physically and mentally, in order to expand on their knowledge. We believe in the importance of a well-rounded and well-balanced lifestyle for adults and children alike.

The camp is programmed and led by an Ontario Certified Teacher and as such will integrate important curriculum topics through games and activities that engage our campers. With a focused leader to camper ratio of 1:5, our leaders can ensure that our campers are able to have fun, as children should, while being mentally and physically engaged. Campers will observe healthy living practices such as mindfulness and healthy eating and learn about problem solving and approaching challenges with a growth mindset. The arts will be explored through life skills activities and crafts such as sewing, painting and cooking, and much more in order to encourage creativity.

Why Afterburn Camps

- Focused leader to camper ratio of 1:5
- One class of 10 means your child and their experience is that much more special to us
- An Ontario Certified Teacher ensures that the highest standards of professionalism and direct links to curriculum topics can be brought to your child
- We are proud to present our uniquely balanced approach, our next generation seems to be immersed in swipes, double-taps and gaining “likes” online - our camp will provide an opportunity to learn and practice life skills that our children will need as they grow into well balanced adults.
- These may include: Taking public transit, following a map, navigating a grocery store, following a recipe, budgeting, household skills such as sewing and simple carpentry skills.

Sample Daily Schedule (subject to change)

Please find a sample schedule below of what a day in the life of a camper looks like at Afterburn Summer Camp. Please note, staff may take campers to local parks, splash pads, etc. for outdoor fun and games. Staff follow strict safety protocols when taking campers off site. Parents / guardians will be notified in advance if a change of clothes or bathing suits / towels are required for water days (typically Fridays, weather permitting, accessibility to water for such activities varies by location). If you have any questions or concerns about water days, please speak directly with the Camp Counselor.

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- Arrival 9am
- Morning welcome and activities - STEM based (e.g., building challenge)
- 10:15: snack & movement break (dance, yoga, cooperative games)
- 10:45: continue with morning program
- 11:30: lunch and free play, outdoor walk, games on the turf
- 12:30: afternoon program - art based (e.g., watercolour painting)
- 1:45: snack & movement break
- 2:15: continue with afternoon program
- 3pm: dismissal
- *Before & after camp care is available (1 hour prior to and after camp for a \$30)*

Weekly Themes (4-weeks)

Week 1: Home Sweet Home: Campers will get a taste of what it takes to be a grown up this week at camp! We will be learning how to finger knit bookmarks, sew with a needle and thread and use REAL tools to try to create a wooden box. We'll make our own ice cream and applesauce this week! Can you make a dream house out of recyclable materials? Let's watercolour paint to create art that is fit to frame!

Week 2: Transportation Station: How do we move around our city and our world? This week at camp we will be investigating different types of moving machines. We'll build and test wheeled, flying and floating types of transportation. Art isn't only flat! What materials can you use to create 3D abstract art? We'll be using clay this week to create pinch pots and did you know you can use the sun to create delicious s'mores in a solar oven?

Week 3: Summer Olympics: Celebrate the Summer Olympics Games at camp this week. We will host our version of the Olympic games for campers with physical events such as frog jump, paper plate ping pong, balance challenges and paddling in our paddling pool. The Olympic games will give us a chance to talk about where we are from. We'll read and draw maps, create flags and posters and our own Olympic medals. Can you eat a rainbow? We'll be tasting colourful fruits and vegetables in the 5 colours of the Olympic rings.

Week 4: The Space Race: This week at camp we will go boldly where no one has gone before! Build and test your own working rocketship. What goes up, must come down. Design a parachute for your action figure astronaut to return to Earth. We'll have an astronaut training camp where campers can test their abilities to move like they are on the moon. Look to the stars for artistic inspiration and create moon dough art and an edible moon phases chart.

About Our Camp Counsellor

Our camp program lead is Kim Chin, ECE, BA, BEd, OCT. She has over 20 years of experience working with children and families in various settings including as a nanny, in nursery school, Montessori preschool, daycare, STEM summer school and public school from kindergarten to grade 8.

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Her approach to education is that children are more than capable of achieving challenges when given the right tools and support in order to work towards their goals. She believes that children have an innate inquisitive nature that can be encouraged by educators and the inquiry process.

In her free time, Kim enjoys exercising, weight lifting, yoga, arts & crafts and is an active member of a dragon boat team. She is also a huge fan of her cat, Sheila.

First Day of Camp

The first day of camp is an exciting and busy day which is why we kindly ask parents/guardians to arrive at least 10-15 minutes early on the **first day only**. This will allow parents and children to become familiar with our counselor, the location, drop-off process, etc. If you requested "Before Care", drop-off time is 8am. If you are running late, please let our counselors know as the facility will be locked after 9:15am for security reasons.

Programming concludes at 3pm and the pick up process begins. "After Care" scheduling must be confirmed in advance.

What to Bring (and What NOT to Bring)

It is important that all campers come prepared for a full day of great activities and fun. Please be sure your camper has the following items every day:

- Lunch and snacks must be provided by parents/ guardians as Afterburn does NOT provide food to campers. There is one lunch period and 2 snack breaks, where children will have the opportunity to eat, refresh, and play games. We ask that parents pack nut free lunches and snacks. There is absolutely no sharing of food allowed during camp.
- A pair of indoor shoes
- Water bottle
- Facial covering (if required by public health)
- Weather appropriate, comfortable clothing (packing a change of clothes is also advisable)
- Some activities will take place outdoors. On these days, you can pack sunscreen, bug spray, hat and sunglasses if needed.
- Any doctor prescribed medication (Afterburn Staff will NOT administer medications except in the case of a life threatening situation such as administering an EpiPen which must be provided by the parent)

Drop-off and Pick-up Times

Apart from the first day of camp, drop off should occur just prior to the start of programming at 9:00am.

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If you requested “Before Care” service, drop off is 8:00am to 9:00am. Programming ends at 3:00pm and the pick-up process begins. There is a 15 minute grace period before it is considered a late pick up and be charged \$30 for “After Care”. You can request for “After Care” during registration or by notifying the camp counsellor beforehand. After Care runs from 3:15pm to 4pm.

Sign Out Procedure

Afterburn Camp staff will bring the camper(s) to the normal drop off/pick up location and the parent/guardian will be required to sign out their camper(s). For your child(ren) to be released from camp, the person signing them out must:

- **Show Physical Government Issued Photo ID (digital copy not accepted), every time you sign out your child.** If you do not have acceptable ID with you (ie. driver’s license, passport, health card), your child will NOT be released. To speed up the process and avoid an uncomfortable situation for everyone involved (including your child(ren)), please do not argue with staff who are merely enforcing STEM Camp rules and doing their absolute best to keep 4 your child safe. We will wait while you retrieve your physical ID. This rule applies no matter who you know at the camp and how many times you’ve already picked up your child(ren).
- **If someone is picking up your child on your behalf, the listed parent/guardian MUST let our camp counselors know in advance.** The Approved Guardian PickUp MUST show proof of ID or your child will NOT be released.

We take the care and safety of your child(ren) very seriously. Under no circumstance will a child be permitted to leave camp without being signed out by an authorized adult that has verified their identification by showing a physical government issued photo ID.

Campers Leaving Camp (Signing Themselves Out)

Campers will not be permitted to leave the camp location. Should a camper leave without permission, the Camp Counselor will telephone the parent/ guardian to inform them that the child has left without permission. Depending on the age and circumstances, a staff member may need to physically restrain your child to prevent them leaving camp and entering a dangerous situation. No waivers are available to accommodate the circumstance when a parent may wish their child to walk home by themselves. Every child, regardless of age or circumstance, must be signed out by someone on the Approved Pick Up List.

Lost and Found

All lost and found items will be kept at camp until the end of the last week of camp, at which time they will be donated to a local charity if unclaimed. We strongly recommend that you label everything and check daily to ensure that your camper has returned home with their belongings.



Campers who bring valuables of any kind to camp do so at their own risk, so please leave valuables at home. Afterburn is not responsible for any damage, loss or theft of personal items brought to camp.

Allergy and Sensitivity Statement

Due to an increase in food related allergies and sensitivities in society, we request parents to take special care when preparing their child's lunch and snacks. Afterburn tries to provide a peanut and nut free camp. We encourage our families to be sensitive to those who may have peanut butter and/or nut allergies and ask that parents and guardians support our attempts in reducing the risks. Please only provide peanut-free and nut-free items in your child's lunch and snacks. Parents should be aware, however, that we do not monitor compliance of this request in every location and do not search campers' lunches.

If your child(ren) has a sensitivity to a certain food or item, please let our staff know immediately.

Rules and Regulations

Courteous and respectful behaviour is expected from all Camp Staff as well as campers and their parents/guardians. The following section details appropriate and inappropriate behaviour by campers and parents/guardians, as well as the Camper Removal Process.

Camper Expectations:

Courteous and respectful behaviour is expected. All campers must conduct themselves in a mature, respectful, and cooperative manner while attending camp. Campers are responsible for their own behaviour and conduct.

Appropriate behaviour:

- Encouraging fellow campers and sharing creative ideas
- Displaying an eagerness to learn and asking lots of inquisitive questions
- Helping fellow campers whenever possible
- Participation in all activities and willingness to make new friends
- Displaying friendly disposition to all campers, staff and public
- Outside the box thinking

Inappropriate behaviour:

- Preventing or interfering with another camper's experience
- Threats, bullying, harassment of any kind, intimidation, abuse or fighting
- Attending camp under the influence or in the possession of drugs or alcohol
- Possession or use of prohibited items
- Vandalism, theft or misuse of equipment or property belonging to Afterburn, another camper, staff member or the host facility



Vandalism and Theft

The parent/guardian of campers involved in any theft, loss of, or damage to Afterburn or third-party property will be held financially responsible. All instances of vandalism or theft of property belonging to Afterburn Camp, Camp Staff, or the host facility, will be reported to the police.

Bullying

Afterburn takes bullying very seriously. Bullying includes, but is not limited to, actual or threat of physical, emotional and/or psychological abuse, stalking/e-stalking, and deliberately excluding others from participating in any activity or inciting hatred towards others in any form.

Prohibited Items

Items that are deemed hazardous must not be brought to camp. Such items include, but are not limited to: matches, knives, lighters, drugs, alcohol, cigarettes, marijuana, illegal substances, and weapons. If any of the above items are found, the item will be confiscated, and disciplinary action will be taken. In certain circumstances, appropriate authorities may be contacted.

Accidents

Regardless of the level of camper supervision provided at camp, accidents happen. Slips and falls, bumps and bruises, scrapes and cuts. Staff at camp will administer basic first aid in the event that a minor accident happens. These types of minor accidents will not be reported and you will not be contacted in the event they occur. Camp staff will discuss these minor accidents with you at the end of the day during the pick-up process. In the event of a more serious accident or medical emergency, staff will call emergency services and will attempt to contact you or your emergency contact in the event you do not respond.

Weather

Afterburn Camp operates out of an indoor facility, so camp will run rain or shine, no cancellations will occur due to inclement weather. In the event of a heat advisory, staff will observe local public health guidelines with regards to outdoor exposure limits. Special care will be taken to ensure children are properly hydrated and activities are not overly strenuous. In the event of severe weather like thunderstorms and tornadoes, staff will observe facility emergency procedures to ensure the safety of all campers and staff. Parents / guardians will only be contacted if there is damage to the facility or a prolonged power outage, etc. that would prevent staff from conducting camp activities safely.

Medications

If your child requires medication to be taken throughout the day at camp, please note that camp staff are not trained or authorized to administer medication of any kind with the exception of, but not limited to, assisting a child with the use of an Epinephrine Auto Injector in the event of a life threatening episode of anaphylaxis or Glucagon medications for type 1 diabetics experiencing severe hypoglycemia (severe low blood sugar), or assisting a camper with the use of an inhaler



in the event of a severe asthmatic episode, etc. All other medications must be taken by the camper independently or parents / guardians must make arrangements to return to the camp to oversee the administration of medicines.

Camper Removal Process

Afterburn is dedicated to providing campers with fun, education-based programming in a safe and inclusive environment. Camp staff do what is within their power to resolve conflict and behavioural issues at the campsite in the hope of avoiding the removal of a camper.

Unfortunately, sometimes it is necessary to remove a camper from the camp setting to prevent further safety concerns for the other campers in the program, the staff, or even the camper themselves. The process for removing a child from camp is as follows:

Step One: Camp staff issue verbal warnings to the camper regarding their behaviour. The behaviour is discussed with the parent/guardian at pick up that afternoon. Written incident reports are not required and will not be filed for step one.

Examples of this type of behaviour includes (but not limited to): inappropriate language, disruptive behaviour, not following instructions, throwing items, rough housing, removing clothing, agitated / aggressive behaviour, bullying. An incident of a minor nature is quickly resolved with a verbal warning to the child. Continuation of these behaviours will escalate the process to step 2, where the camper may be removed for the remainder of the day.

Step Two: Camp staff have consulted parents regarding the behavioural issues and no improvement has been made by the camper following the initial incident. An Incident Report is to be filled out describing the incident and steps taken by camp staff to resolve the situation. The lead Camp Counsellor will contact the parents to discuss the issue and implement a behavioural strategy or decide that the time has come for the child to be removed from camp.

Step Three: After implementing the behavioural strategy discussed above, a third incident will result in a phone call to the parent/guardian where arrangements are made for the camper to be picked up from camp. The parent/guardian will be informed that the child has been removed for the remainder of the camp season and no refund will be provided. The parent/guardian or other authorized pick-up person must pick the camper up as soon as possible and sign the camper out as per the pick-up procedure.

Note: STEM Camp reserves the right to immediately remove a camper at any time without adhering to the Camper Removal Process should Afterburn Staff deem it necessary to do so. Campers who are considered a risk to themselves or others will be immediately removed from camp. Please also be aware that should your child be involved in an incident involving another child, in accordance with our privacy policy, we will not discuss certain details of the incident that specifically pertain to the other camper.



Educational Assistants (EA's) and 1:1 Support

Afterburn is committed to ensuring the successful camp experience of all campers. Unfortunately, our staffing structure does not allow for 1:1 camper support. If your child has an Educational Assistant (EA) at school that assists with behaviour concerns, they are **required to bring a qualified support person** with them to camp. Please note, all campers are required to be self-sufficient in the washroom as camp staff are not authorized to assist your child. Afterburn Camp is unable to provide this support, parents/guardians are required to make these arrangements. Full disclosure is required at the time of registration and failure to do so may result in participant removal, no refunds or credits will be issued should this occur.

Parent Behaviour

Afterburn believes that everyone is entitled to be treated with respect and that differences can be resolved peacefully and respectfully. We encourage parents/guardians to discuss situations of concern with our lead Camp Counsellor. However, just as parents/guardians would expect their children or themselves to be treated with respect, Afterburn staff also deserve the same consideration. If parents/guardians are deemed to be disrespectful to staff either in person or on the phone, Afterburn staff will interpret this as a bullying situation and issue a warning that the interaction will be terminated if it does not improve and reserve the right to do so if the parent/guardian is disrespectful in any way. In particular, threats, yelling and name calling will not be tolerated. Afterburn may decide to terminate your involvement with our organization at this point without issuing a refund. Disrespect is not consistent with Afterburn's core values.

Care of Equipment

Afterburn staff will assign and monitor the usage of equipment as required for each activity. Campers are expected to follow all instructions regarding the care of equipment as provided by camp staff.

Cancellation - Refund and Credit

We suggest that all payments be made by E-transfers, cash or cheque. If there is a request to pay by credit card, please be advised that there is a 3.75% surcharge added on top of the total.

For the 2024 summer camp season, participants are able to register or request a refund up to one week before the program starts. For example, the *Home Sweet Home* camp runs from July 8-12th, so the deadline to register or request a refund is July 1st. Once it is one week before the program start date, your child's spot will be confirmed for camp and no refunds or credits will be issued under any circumstances. Please be aware of this before purchasing. If you are not agreeable to this condition, please do not proceed with purchasing camp sessions. Before and After Care can be cancelled/ refunded if we're notified at least 24 hours in advance.

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In the event that Afterburn cancels a camp day or week (full program), a full refund will be issued. Possible reasons for cancellation would be lack of enrollment, insufficient staffing, facility closure, etc. Decisions to cancel camp locations are made with consideration of families searching for summer care options for their child(ren) and best efforts are made to finalize these decisions by June 15th, 2024, however this is not always possible.

Participants may switch their camp weeks, given there is availability. There is no guarantee that sessions will be available for your requested date.

Afterburn reserves the right not to offer refunds or credits after July 1st, under any circumstances, including, but not limited to:

1. Inclement weather or unforeseen circumstances such as facility closures
2. A child is removed from camp as a result of inappropriate behaviour or as a result of parental bullying of Afterburn Staff
3. A child is removed from camp because they require one on one support. One on one support is not provided at Afterburn Camp due to our staffing structure. Parents / guardians must disclose if a child has an EA (Educational Assistant) at school that assists with behavioural concerns. Failure to disclose this information in the registration form may result in participant removal, no refunds or credits will be issued should this occur.
4. A health or safety situation, including situations resulting from a pandemic, epidemic or other health-related matter
5. The Participant's decision not to attend for any reason at any time
6. Unforeseen illness or injury
7. A child decides that they are "not enjoying" Afterburn Camp. This happens in life, and we are not under any illusion that Afterburn Camp is for everyone. Please talk with the camp staff about strategies to make the camp more enjoyable but realize that sometimes a child just does not enjoy something. This is no one's fault, and children need to learn how to cope with situations that are not, in their opinion, ideal for them.