



Camp Narnia

Information for Parents

“ ‘Why, it is just like branches of trees!’ exclaimed Lucy.
And then she saw that there was a light ahead of her;
not a few inches away where the back of the wardrobe ought to have been,
but a long way off.

Something cold and soft was falling on her.
A moment later she found that she was standing in the middle of a wood
at night-time with snow under her feet and snowflakes
falling through her hair.”

The Lion, the Witch and the Wardrobe – C.S. Lewis

Camp Office: #219-633 West 8th Ave, Vancouver, V5Z 1C7
August 2018 location: Seven Springs Camp, 1888 Kaye Rd. Nanoose Bay, BC

Phone: **604-771-0972**

Email: campnarnia@gmail.com

Website: www.campnarnia.com

CAMP NARNIA PARENT HANDBOOK

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About our Camp

1.1 WELCOME TO CAMP NARNIA!

We are so pleased to have your child attending Camp Narnia this year! This Information Handbook contains details that all campers and parents should understand before camp begins. However, we know that not all questions can be answered in a handbook, so we encourage you to call or email us with your questions.

1.2 About Camp Narnia

Camp Narnia is an independent, non-denominational camp for boys and girls 6-12 years old, and teens from 13-15 years. Camp Narnia operated from 1986-2006 first on Salt Spring Island and then near Shawnigan Lake under previous ownership. The current owner operators are all staff and campers from the old camp; we re-opened the camp in 2011 at our current location at Seven Springs Camp near Nanoose Bay.

We believe in the saying “it takes a whole community to raise a child.” Our philosophy is drawn from the belief that children will thrive and grow when they are given the chance to be contributing members of the temporary community that forms in a camp setting. Feelings of self-worth, confidence and a sense of belonging emerge when children can offer their own unique talents and skills to the real-life experiences they have at camp. The basic human values of loyalty, respect, responsibility, compassion, courage and joy that are found in C.S. Lewis Chronicles of Narnia provide a foundation for the camps program. Our activities encourage self-reliance, independence and an awareness in campers of the role they play in creating their own experiences.

1.3 Narnian Themes

There are seven stories in the Chronicles of Narnia:

The Lion, The Witch, and The Wardrobe; The Silver Chair; The Voyage of the Dawntrader; The Magicians Nephew; Prince Caspian; The Horse and His Boy; The Last Battle.

At each camp session, one of these exciting tales is chosen as a vehicle for our activities and to be performed in an all-camp drama production. Campers are encouraged (not required) to read the story before coming to camp since they will be joining in the fun. Together with counsellors, they will take on roles, get into costume and act out the story all around the farm and forest settings of Camp Narnia.

Check our website campnarnia.com for this year’s story themes.

1.4 Staff

Camp Narnia is run by a dedicated team of staff, all volunteers who return year after year to make Narnia possible. The majority of our staff are former campers, though some have come to us through the Leaders In Progress (LIP) training program, or as work experience for aspiring teachers and educators. They are an excellent group of young people dedicated to upholding the philosophy of Camp Narnia and to providing all campers with a high quality of care and camp programming.

We believe our staff are living role models for our campers. While at camp we follow the same rules set out for campers whenever possible, and for the same reasons. Staff do not carry mobile phones or electronic devices, eat the same meals as the campers, and treat each other with the same respect expected of campers. We strive every week to live together as the kind of community we hope our campers will emulate.

We run a full week of training for all staff before camp starts, for staff to brush up on all the skills necessary for caring for their campers and providing them with the camp experience they deserve. Our camp staff are thoroughly screened and vetted, including criminal record checks, interviews and reference checks.

2. The Camp Experience

2.1 Cabin Groups

At Camp Narnia we sleep in cedar cabins. A camper's cabin group is their main social group while at camp; however, there are many chances to do things with campers from other cabins.

One of the best parts of coming to camp is that children have the chance to meet new friends and enjoy new experiences. All the same, campers may select two friends to have as cabin mates when they register. As long as our camp policies regarding gender and age of campers are kept we will do our best to accommodate these requests to a limit of two friends per camper. Campers are advised that our camp program is set up to allow contact amongst all campers throughout the day, so not to worry if all their friends are not in their cabin.

2.2 Activities

You should know what your child will be involved in at camp. All campers will enjoy our cornerstone activities:

Challenge Course — a team challenge course in the forest

*Campfire building and outdoor cooking*¹ — an absorbing session in which campers learn to build their own fires and to prepare and cook food for themselves. Involves chopping wood with a small hatchet.

Animal care - an opportunity to feed and care for our friendly animals. This year we expect to have goats, chickens and ducks.

Swimming and beach time— At nearby Englishman River and Rathtrevor Beach. There is also a small pond on the property that may be used with children's kayaks as part of an activity. All swimming and boating will be supervised by a qualified lifeguard.

Talent Show – A chance for all campers to show off their many talents. A virtuoso on the nose whistle? An experienced fire juggler? A dancer, piano player, baton twirler, martial artist, actor, or speed-drawer? Be sure to bring your instruments and sign up for our friendly show.

Narnia Play – An all-camp play that happens on Thursday nights. Everyone participates, no practicing necessary and it's lots of fun! This summer's theme: *The Lion, the Witch and the Wardrobe*

¹ This activity will be adapted should there be a fire ban in effect.

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Stargazing – An overnight sleep out on the camp property where campers get to watch for shooting stars, and experience what it’s like to sleep under an open sky.

The program also includes *Archery, Arts and Crafts, Forest Games, Culinary Arts, Shelter building, Campfires and Special Events*. More information on our program is available on the camp website.

2.3 A Typical Day at Camp Narnia

7:30 a.m.	Wake up to the sound of the morning music
8:00 a.m.	Morning ‘Mile’ — “Do your Best and Enjoy Every Step” Flag-raising ceremony — The Narnian Flag goes up with our B.C. and Canadian flags
8:30 a.m.	Breakfast — a hearty and healthy selection of tasty breakfast foods Cabin clean-up — cabins looking clean will win the golden dustpan!
9:30 a.m.	Morning activities — campers head off for a morning of fun in the forest, on the farm, at the river, at the crafts cabin, or in special events
12:00 p.m.	Lunch — kid-friendly fun and filling lunches!
1:00 p.m.	Quiet time — campers take time to relax, read, write letters or play quiet games
2:00 p.m.	Thought for the Day — one cabin group presents a skit demonstrating values drawn from the Narnia stories
2:30 p.m.	Afternoon activities - more to explore
5:00 p.m.	Free Time
5:30 p.m.	Dinner - hot and home-style and lots of it, always with salad, main course and dessert
7:00 p.m.	Evening program - wide games, Narnian plays, talent shows, campfires
9:00 p.m.	A snack before bedtime
9:30 p.m.	Bedtime flag lowering brings the day to a close (The Night Watch song signals that all is quiet)

2.4 Camper Behaviour

We anticipate that when campers choose to come to camp, they do so wanting to participate in the activities we offer. If campers do not want to take part in an activity, their concerns will be listened to and they may be excused from the activity. They will, however, be encouraged to participate.

Camper behaviour that is harmful to themselves or others, or interferes with others’ enjoyment of camp may result in their removal from the activity, and in some cases, even being sent home. In these instances, every effort will be made to sort out the difficulty at camp, and parents will be

consulted by phone when appropriate. If a camper is sent home in these circumstances, there will be no refund of fees.

2.5 Food

The camp kitchen serves wholesome foods that are “kid friendly;” we do not serve typical “junk foods.” Granola, fruit salad with yogurt, and a fresh baked scone or muffins are regular daily supplements to the breakfast entree. Lunches may be home-made soups, quesadillas, pita sandwiches or pizza. Typical dinners may be lasagna, spaghetti or casseroles, beef stew, chicken pot pie with dumplings, or pork with rice or potatoes. Salads are served at every supper, as well as desserts. There is an evening snack provided.

Campers are asked not to bring snacks or extra food from home. Any candy or snacks will be asked to be handed in at check-in to be returned at the end of camp. Campers must not have food in their bags, as this can attract wild animals.

Our camp program includes a number of activities that involve campers in preparing their own meals. Campers in the teen program will be cooking several meals for themselves.

We will accommodate vegetarian and vegan diets and some restricted diets due to allergies such as Celiac Disease or lactose intolerance. Our kitchen is peanut-free. Please include all relevant dietary needs on your medical form when registering.

3. Important things for Parents (and Campers) to know

3.1 Things to Bring (and NOT to bring)

Please make sure that campers bring the essential items. Items should be marked with the child's name and a list of contents placed inside the bag.

Essential Items

WARM sleeping bag and pillow	Bathing suit & water shoes
An extra blanket for warmth (if necessary)	Sun hat and sunscreen lotion
A week supply of clothes to wear	Towel and face cloth
Pyjamas	Toiletries - soap, shampoo, toothbrush and toothpaste
Warm jacket, suitable for rain	Plastic bag for soiled laundry
Two pairs of shoes, one good for walking or hiking	Flashlight and batteries

Optional Items

Camera (please do not send expensive ones in case of loss or damage)
 Small back-pack to carry things at the river or beach
 Musical instruments (for our Talent show) or books
 Prescription or nonprescription medicines (to be kept in the medical room)
 Mail from home to be delivered to the camper throughout the week (to be dropped of at check-in)

Please Do Not Bring

Candy or food²
 Electronics, i.e.: iPods, games, cell phones
 Cigarettes or matches
 Make-up or hair dryer
 Cash
 Valuable items that are unnecessary at camp

A Note about Cellphones: We are seeing an increasing number of campers being given mobile phones in their suitcases "just in case". In our experience these devices become a distraction from camp, particularly for teenage campers, and can get also get lost or stolen. We have a locked box in the main camp office where all staff phones are kept, and we strongly encourage all parents who want their children to have access to a phone to drop it off at reception when they check in.

² If your child has specific dietary requirements please contact the Camp Office

3.2 Checking in and Checking out

- Check-in time on the first day of camp is between 2:00 and 4:00 pm.
- Check-out time on the last day of camp is between 12:30 and 2:00 pm.

Check-in and Check out are an ideal time to see the camp, meet the staff, and help your child settle in. During drop off and pick up it is always important to check-in with the main reception desk to ensure that you get all the information you need, and that we have clear records of when campers arrive and leave the property.

Please let us know if you will be late on drop off or pick up so we can make arrangements, and to avoid unnecessary worry.

3.3 Camp Store

Camp T-shirts are on sale at check-in and check-out, and many campers like having a camp T-shirt to wear during camp to feel part of the community.

We **do not** have a store for campers during the week, and ask that campers **do not bring cash** to camp. There are no opportunities to spend money while at camp, and in an emergency the camp has petty cash that can be used to provide for a camper's needs. Cash in bags and suitcases can too easily become a distraction, and it is easily lost or stolen.

In cases where campers need money for after camp ends, cash can be handed in to the camp office for safe keeping at check-in, to be returned to the camper at check-out.

Visiting

The policy of camp is that there are no visiting days. Also, spontaneous drop-in visits are not allowed as we have found them to be disruptive to the campers in their activities. Parents wishing to view the camp site and meet the directors and staff, can do so on arrival and departure days.

Phone Calls and Mail

Telephone contact between parent and child should be kept to a minimum, reserved for only exceptional circumstances; i.e. if a child has a birthday while at camp or in cases of severe homesickness. More often than not, a telephone call can be an upsetting and frustrating thing rather than a happy event. Please discuss with your camper ahead of time the fact that phone calls will be restricted to these circumstances. In case of emergency, parents may, of course, leave a message which will be delivered to the camper at once. Parents are free to call the camp office at any time to discuss with the camp director or the campers counsellor about their child's progress at camp.

We encourage parents to leave a letter (or letters) at the check-in table when you arrive at camp, to be delivered to your camper later in the week. This is a great way to make sure your child gets a letter or two from home – they love receiving them! We can also print and deliver E-mails sent to camparnia@gmail.com during the camp session.

Policy on Smoking and Alcohol

Camp Narnia is a non-smoking and alcohol free site. This extends to everybody on the camp site at all times without exception, including staff, campers and parents. We ask that parents picking up and dropping off children smoke off the property, and we do not tolerate consumption of alcohol or adults coming for check-in or check-out while under the influence.

Details and Logistics

4.1 Registration

The details you provide on the registration form are vital for an enjoyable camp experience. Please fill in all the sections, especially medical information. We require this information before the camper arrives. Extra registration forms are available and may be downloaded from our web site.

4.2 Fees and Payment

To reserve a space, camp fees are required to be paid before the session begins. The camp reserves the right to cancel a registration if fees are not received by the start of the camp. Receipts will be provided when total fees are paid.

4.3 Cancellations

A \$100 cancellation charge will be applied to all fee refunds. To be eligible for a partial refund of camp fees, notice of cancellation must be received a minimum of 14 days before the camp session begins. Cancellations made later than this will be refunded in extenuating circumstances only, and at the camp directors' discretion. Refunds are not issued for campers who leave camp early. Fees are transferable to other camp dates offered this year, or can also be applied to siblings' fees.

4.4 Release Authorization

If an adult other than the parent will be picking up the camper, the parent or the legal guardian is required to sign a release form. This must be done upon arrival at camp or sent to the camp by fax or e-mail during the camp session.

4.5 Medical Matters

The health and safety of every camper is of primary concern to us. The camp has a qualified first aid attendant to attend to minor medical problems. Camp Narnia is within a 25 minute drive to Nanaimo Regional General Hospital and 20 minutes to the Parksville Medical Clinic. In instances where your child requires medical care we will first attempt to notify you or your alternate emergency contact by phone. We do not call for minor injuries that are easily treated at camp. You can be assured that we will call you in the event of a more serious or prolonged illness or injury.

The Campers' Medical Information form must be completed before the session begins. It is the parent's obligation to notify the camp director of any health or behavioural matter that might

affect their child's stay at camp. Failing to do this may result in problems that lead to the camper having to leave camp early. There is also a medical release authorizing the camp to obtain emergency medical treatment in the event that they cannot be reached. We will ask you to update health information at camp check-in to ensure we have all the relevant details to keep your child healthy and safe.

The camp is not responsible for medical expenses incurred by campers during their stay. All parents are required to have medical insurance coverage; the standard coverage from provincial health programs is usually adequate. Please be sure that you give us your correct insurance carriers name and number so as not to cause any delay should treatment be necessary. Non-Canadian residents should consider purchasing extra coverage for hospital emergency room treatment. Any extra medical expenses not covered by insurance will be passed on to the parents.

4.6 Medications

Any medications taken by campers should be sent in the original packaging and should be clearly marked to indicate your child's full name, the name of the medication, prescribed dosage. All medication, both nonprescription and prescription will be collected at the check-in table and will be kept in the medical office. Be sure to include all necessary information and please send sufficient quantities of all prescription medicines.

It is not necessary to send such items as Tylenol or antihistamines as our medical room is stocked with such every day remedies. Only certain medications, such as Ventolin puffers and epipens, will be allowed to be kept with the child. Creams, ointments and vitamins that are not toxic may be kept by the child who is able to administer them themselves, or with supervision from their counsellor.

5. In Conclusion

Our goal at Camp Narnia is to provide every camper with an experience that is safe and happy, one that they will remember with fond memories for a lifetime. To ensure that we meet this goal, we will be happy to answer any questions you may have.

We are looking forward to seeing you at Camp Narnia!

6. Map Getting to and From the Camp

(Seven Springs camp: 1888 Kaye Rd, Nanoose Bay)

BY CAR: See the road map on the last page. Detailed directions can be found on Google Maps. The turn-off to the Camp on Kaye Rd. comes up suddenly on your left so keep a look-out for Camp Narnia signs! When you arrive at the camp, drive until you see the sign "Camper Drop Off" sign and the main camp building. If you are coming from the Mainland you have the option of taking the Horseshoe Bay – Departure Bay run or via Tsawwassen – Duke Point.



Getting to Camp Narnia...

