



Dear Parent/Guardian,

We want this to be the best winter ever for your child!

What are you looking for in a winter day camp? A place for your child to feel special, succeed and flourish, have fun, make friends, develop memories and look forward to coming back. A place designed for every child to fit in and be accepted.

In our day camps, your child will experience all this and more! Children will participate in a wide range of activities including: crafts, active games, team building, outdoor exploration and food preparation.

In order to ensure the best of outcomes, we carefully select our staff; young people who are committed to creating an unforgettable experience for your child. Our staff team is selected for their warmth, maturity, ability, experience and enthusiasm.

All of our day camps provide a fun, safe, active, inclusive and a positive environment for children.

Our wish is that at the end of winter day camps your child will have truly enjoyed their experience.

We look forward to meeting both you and your child! We are excited about the opportunities we have planned for this winter and are confident that our day camp will be both a fun and memorable experience for all our participants.

Sincerely,

Jen Baillie
Children's Recreation Programmer
Maple Ridge Parks, Recreation & Culture
Phone: 604-466-4339
Email: jbaille@mapleridge.ca





Children's Programs

Parent/Guardian Consent & Participant information Form

Required for Participation

Important Daycamp Information Children's Recreation Programs

What to Bring?

- ✓ Peanut/Tree Nut Free Lunch & Snack
- ✓ Water Bottle
- ✓ Completed Registration Package

What to Wear?

- ✓ Appropriate clothing for the weather and for active play
- ✓ Extra change of clothes
- ✓ Running shoes
- ✓ Toque & mittens

Lost & Found

All participants are responsible for any personal items brought to camp. We will put any lost and found items out for display daily during your child's camp. After that we will hold all items for 1 week and then send any unclaimed items to a local charity. Anything remaining after January 11th will be donated.

Frequently Asked Questions

Q: What is the staff to child ratio?

3-5 year olds - 1:8 6-12 year olds - 1:12

Q: Can my child leave camp to buy lunch?

No, it is important that you always send your child to camp with a peanut/nut-free lunch.

Q: Can I drop my child off early for camp?

No, we do not have the ability to sign participants in before the designated start time. Staff will open the doors at the program start time. Please ensure you double check the start time of your camp.

Q: Can someone other than a parent or guardian pick up my child?

Yes, but you will need to add the authorized pick up to your child's waiver or provide program staff with a signed and dated note stating who has permission to pick up your child. For the safety of all participants, authorized pick-up persons may be asked to produce photo ID.

Q: Is my child/children able to sign themselves in and out of camp?

Children between the ages of 7-12 years old may sign themselves in at the beginning of camp and out at the end of camp as long as a parent or guardian has provided written permission to the program staff stating the child/children are able to do this.

Q: If my child's camp has an out trip am I allowed to attend with my child/children?

Unfortunately, we are not able to have parents/guardians or other relatives attend the out trips with us for any of the camps.



Q: Can I pick my child/children up early from camp?

Yes, you are able to pick your child up early from camp. However, it is important that you inform our staff when dropping them off so they can let you know where they may be located at the time you are hoping to pick them up as we often go on local out trips around the community such as parks, etc.

****Please note pick ups cannot happen during transition times.***

Q: Can my child leave camp for doctors, dentist appointment, etc and then return?

Yes however, you will need to sign them out when you pick them up and back in when you drop them off again. You will also need to find out where the camp will be located when you are coming back to camp with your child.

Q: Are there forms that I need to fill out for the program?

Yes, this package contains the forms required to be completed for camp. The forms are also located at the front desk of the Leisure Centre prior to the start of camp or a fillable pdf online on the Parks, Recreation & Culture website. The waiver form can be downloaded at mapleridge.ca/1468. *Please note packages must be filled out completely or your child will not be able to attend camp. Incomplete packages will not be accepted.*

Q: Why do I have to fill out forms for programs if I have already filled them out before?

We are required to have forms filled out for each program and do not keep copies of them to transfer to another program.

Q: What happens if I am late picking up my child?

Please be advised that our policy is as follows: our staff will provide you with two reminders, upon the third occurrence of late pick-up, unfortunately we will have to charge you \$1.00 per minute for the late incident as well as future occurrences. Late pick-ups create huge difficulties for staff as well as the children in their care.

PEANUT/NUT AWARE

Attention: All Parents/Guardians
Regarding: Peanut/Nut Allergies

This is to advise all parents and guardians that due to the risk of reactions to peanut products, we are embracing a 'Peanut Aware Policy' in all children's recreation programs. Please ensure that your child's snack or lunch does not include any products containing peanuts or tree nuts.

Carefully reading the product label will tell you what products to avoid. Manufacturing and packaging practices may change without any warning and a product that was once peanut-free may no longer be.

Steps to take when reading labels:

1. The following words indicate the presence of peanut/nuts:

peanuts	mixed nuts
ground nuts	mandelonas
peanut butter	beer nuts
peanut oil	goober nuts
goober peas	peanut flour
artificial nuts	hydolyzed peanut protein

2. Look for the type of vegetable oil that is used. If the vegetable oil is not identified, avoid the product, as the manufacturer may have used peanut oil.

3. Look for a warning that this product "may contain peanuts or traces of peanuts".

Enclosed is a list of delicious peanut free snack and lunch ideas to assist you. We are sorry for any inconvenience to parents/guardians and thank you for your understanding.

If you have any further questions please contact Jen Baillie, Children's Recreation Programmer at 604-466-4339, or jbaille@mapleridge.ca.



Children's Programs

Parent/Guardian Consent & Participant information Form

Required for Participation

Cool Ideas for Peanut Aware Lunches & Snacks

Your child is in a Peanut Aware Day Camp. You are required to provide lunches and snacks without peanuts. Read labels to see that prepared foods do not contain peanuts.

Tips for Pack a Safe Lunch

- Read labels to see that prepared foods do not contain nuts/peanuts.
- Use clean kitchen equipment to prepare lunches i.e. don't use a knife that has been used to spread peanut butter.
- Fix lunches ahead and refrigerate.
- Use an insulated bag with a freezer pack or chilled thermos to keep food cool. Chill milk or freeze drinking water in plastic containers to keep food cool.
- Make sandwiches ahead and freeze (without vegetables or mayonnaise) to thaw for lunch.
- Wash veggies thoroughly, even those in packages labelled "pre-washed" or "triple washed."
- Wash lunch containers every night opt keep bacteria from growing and once a week, clean them with baking soda to get rid of odours.
- Choose a thermos and reusable plastic dishes; don't reuse plastic bags – they can harbour bacteria.
- Encourage your children to wash hands before and after eating.

Instead of Sandwiches...

- Pancakes or waffles, fruit, plain yogurt
- Crisp bread, hard cheese, apple bran muffin, yogurt, veggie sticks
- Pasta salad, milk, poached/hard boiled egg, whole wheat crackers, red pepper strips
- Taco with bean dip, veggies
- Rolled up sliced meat, bread, orange
- Whole wheat hot dog bun, sliced lean meat, cheese, tomato, lettuce

Muffin-wiches...

- Banana bran muffin, cheese
- Oatmeal apple muffin, cottage cheese
- Cornmeal muffin, BBQ chicken

Cheeeese, please!

- Cheddar or hard cheese
- Mixed grated cheddar, cottage cheese, parmesan with plain yogurt and mayonnaise to dip or spread
- Carrot, celery or breadstick wrapped in Swiss cheese
- String cheese
- Cheese with chili bean or taco sauce dip or salsa
- Sliced ham or turkey rolled around cheese stick
- Cored apple filled with cheese chunk mini cheese balls

Fresh Fruit

- Melon balls
- Grapes
- Cherries
- Pears
- Berries
- Apples
- Peaches
- Kiwi
- Banana

Bagel-wiches

- Cheese, lettuce, thinly sliced tomato, tuna, red pepper, thinly sliced cucumber
- Turkey or ham, drained coleslaw, mayonnaise

Sesame Butter Buddies

- Banana in hot dog bun (banana dog)
- Raisins, grated carrot
- Crushed pineapple
- Sunflower or sesame seeds
- Crushed banana chips
- Unsweetened applesauce, grated cheese
- Chopped celery

Cool Veggies

- Turnip sticks
- Carrot sticks or baby carrots
- Celery sticks
- Cauliflowerettes
- Broccoli or broccoflower trees
- Baby corn
- Radishes
- Zucchini sticks
- Peas in pod or snow pea pods
- Pepper strips (yellow, green, red, orange, purple)
- Cherry tomatoes

Salads

- Pasta
- Green
- Curried rice
- Bulghur or cracked wheat
- Mixed beans
- Potato

For A Change from Bread

- Bagels or rolls
- English muffins
- Scones or biscuits
- Flat bread
- Pita bread
- Rice cakes
- Cracker bread
- Melba toast
- Bread sticks

Hot Ideas for Peanut Aware Lunches & Snacks

Your child is in a Peanut Aware Day Camp. You are required to provide lunches and snacks without peanuts. Read labels to see that prepared foods do not contain peanuts.

Sandwich Set Up

Bread or Rolls

- Whole wheat
- Rye
- Pumpernickel
- Multigrain
- Cracked wheat
- Flaxseed

Freezer Friendly Fillings

- Hard cheese – cheddar, mozzarella, Swiss
- Processed cheese
- Cold lean roast beef, pork, chicken, turkey, ham or meatloaf

Plus Fillings

- Sesame paste or butter (tahini)
- Tuna
- Hard boiled egg

Plus

- Pack lettuce, tomato or cucumber in bag

Thermos or Chilled

- Milk
- Cottage cheese dip for veggies

- Plain yogurt with fruit added
- Milk-based pudding

Salad or Pita Pocket Combos

- Hard boiled egg, chopped cucumber, onion
- Chicken chunks, sliced seedless grapes
- Turkey chunks, grated carrots, shredded lettuce
- Salmon or tuna or cooked fish, red and green pepper slices

- Ricotta cheese, fruit
- Chopped ham, pineapples
- Hummus (tahini and ground chickpea dip), veggies
- Shredded cheese, grated carrot, cheese, tomato, lettuce

Hot Re-runs (pack a safe, hot lunch in a wide mouth thermos)

- Stew
- Curry
- Chili
- Perogies
- Spaghetti and meatballs

- Pasta and favourite sauce
- Macaroni and cheese
- Baked beans
- Soup or chowder: cream, split pea, lentil, veggie

Plus

- Cheese bread stick
- Corn bread or muffin
- Chapatti or roti
- Bread pretzel
- Bannock

Versatile Veggies

- Vegetable sticks
- Cold vegetable salad
- Coleslaw
- Spinach salad
- Carrot raisin salad

Cold Reruns

- Pizza (or English muffin or pita shell with topping)
- Kabobs i.e. meat or chicken, pepper, tomato
- Casserole
- Stir-fried veggies with tofu
- Chicken pieces
- Burrito with refried bean, cheese, tomato
- Samosas
- Empanada or Cornish pasties
- Tortellini

Fast Fruits

- Canned fruit
- Applesauce
- Banana
- Apple
- Orange
- Kiwi
- Fruit juices and nectars (freeze in reusable cups for slush)

Little Extras

- Sunflower or pumpkin seeds
- Cheese with crackers
- Pepperoni stick or beef jerky
- Pretzels
- Non-sugar coated cereal
- Air popped popcorn
- Pickles or olives
- Special napkin or straw
- Raisins, dried fruit
- Unsweetened fruit leathers
- Cookies: animal crackers, vanilla or graham wafers, gingersnaps, social teas, oatmeal, fig, raisin, apple or raspberry bars (check labels)
- Carrot, banana, date or pumpkin loaf
- Canned pudding
- Yogurt drink or chocolate milk



Tell us about your child...

We hope that all children benefit from being in our summer day camps and recreation programs. By providing us with some information about your child, we can create an environment where your child can have fun, learn, and feel successful in the program.

Name: _____

Age: _____

The most important thing to know about _____ is:

What are his/her strengths?

What does a challenging day look like for your child?

How can we help your child to build on their strengths and overcome challenges that they may face?

What are their favourite games/food/things to do?

What are their least favourite games/food/things to do?

What do you hope that your child will learn or accomplish in day camps?

Thank you for taking the time to share this information with our staff!!!



Program Name: _____

Date: _____

Participant	Child's Name: _____ <small>First Name</small> <small>Last Name</small>
	Child name preference: _____ Care Card #: _____
	Birth Date (DD/MM/YYYY): _____ Age: _____
	Child's 1 st Language: _____ Child's 2 nd Language: _____
	Does your child have a life threatening allergy? <input type="checkbox"/> Yes or <input type="checkbox"/> No (check one)
	What is the life threatening allergy to? _____ <i>*If YES, please complete the Special Information Section in this waiver.</i>
	Home Address: _____ Postal Code: _____ Home Phone : _____
Contacts	Parent/Guardian Name (s): _____
	Phone #(home): _____ (work): _____ (cell): _____
	Alt Phone: _____ Alt Phone: _____
	Alt Phone: _____ Alt Phone: _____
	Emergency Contact: _____ Relationship: _____ Phone#(home): _____ (work): _____ (cell): _____
Pick Up Authorization	I hereby authorize the following people to pick up my child, at the program location in the event parent(s)/guardian(s) are unable to and have contacted the Parks & Recreation staff prior to pick up.
	1. _____ Phone Number: _____
	2. _____ Phone Number: _____
	3. _____ Phone Number: _____
	4. _____ Phone Number: _____
Photos	I, the undersigned, parent/guardian do hereby agree to all the individual(s) names herein to be photographed and pictures to be used solely for the purposes of promoting City of Maple Ridge programs.
	<input type="checkbox"/> YES or <input type="checkbox"/> NO (check one)

The personal information on this form is collected in accordance with the *Freedom of Information and Protection of Privacy Act*. If you have any questions about the collection, use or disclosure of this information, please contact the Manager of Legislative Services, at 604-463-5221 or foi@mapleridgeca.



Please ensure all information is completely filled out as this information is used is for staff to provide medical treatment and information for your child in the event of an illness or injury.

Does your child: (Identify the child's name if they have any of the following considerations)

Have any medical conditions (i.e. Asthma)?

☐ YES or ☐ NO if yes please explain below:

Take any medication (include type, dosage, times of self-medication)?

☐ YES or ☐ NO if yes please explain below:

Have any allergies (include those to food, medication, sunscreen and environment)?

☐ YES or ☐ NO if yes please explain below:

Have any limitations that would mean the child could not participate in activities?

Have any fears that leaders should be aware of (e.g. water, bees)?

Medical Release:

It is our policy to notify a parent when a child is ill or needs medical attention. In the event we cannot contact you and we need to get immediate help for your child, we require a signed consent to do so.

1. I give consent for my child to be taken to the nearest emergency medical centre by ambulance when I cannot be contacted.
2. I give consent for my child to receive medical treatment.

Signature of parent/guardian _____ Date: _____

Witness: _____



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Important Information

Does your child know how to swim? ☐ YES or ☐ NO (check one)

Current level of swim lesson: _____

Do you give permission for staff to administer sunscreen to your child?

☐ YES or ☐ NO (check one)

Please list any family information or special instructions the Maple Ridge Parks, Recreation & Culture staff should be aware of while your child is in care:

Please list any other comments or concerns that you have:

I consent to my child's participation in the Program. I am aware that there are risks associated with the participation in the program, including the risk of injury, and I consent to my child's participation in spite of such risks. I acknowledge that it is my responsibility to advise the City of Maple Ridge of any medical or other conditions which may affect my child's participation in Maple Ridge Parks, Recreation & Culture programs and have listed them above. I have read this form and understand and accept its terms.

Parent/Guardian Signature

Parent/Guardian Printed Name

Date

Parent/Guardian Email

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