

Brock Summer Camps Handbook 2024



We can't wait for summer camp this year! We hope that you will find everything you need to get your camper ready for their camp at Brock within this handbook. If you still have a question, please call or email us anytime as we are here to help. You can find our contact information at the end of this handbook.

Our 2024 camps include Youth University, Aquatics Camps, Sports School, Varsity Sports Camps and Fitness Camps

Contents

In this document, you'll find information about our Summer Day Camps including:

- Important information including camp hours and locations for drop off and pick up
- What to bring checklist
- Camper conduct
- Inclusion information
- Swimming
- Rock climbing and high ropes challenge course
- Cancellation policy
- Health information
- Contact us



What to Expect

Experience a unique atmosphere for learning, discovery, and exploration. Brock University camp staff will exceed your expectations by encouraging campers to stay active, learn, and have fun! We value the importance of nurturing independence, developing social skills, and promoting a desire for lifelong learning.

Brock campers enjoy their days in our air-conditioned gymnasiums, auditoriums, classrooms and laboratories as well as spending plenty of time outdoors. Our 500-acre site is surrounded by a hardwood forest, hiking trails, a campfire area, a high ropes and challenge course, and open field space for activities and recreation.

Our Team: Camps are led by Brock University students and/or varsity athletes who are selected for their contagious enthusiasm, their desire to make a difference and of course, their expertise in their respective fields. Camp staff undergo reference and police checks, have first aid certification and extensive pre-program training, on-going education, and evaluation. They are supervised by full time education, youth development, recreation, and coaching professionals.

How to Prepare

This section provides basic information on how to prepare for your camper's week at Brock!

What to wear/bring:

- Camp shirt (see note below)
- Nutritious, nut-free lunch and snacks
- Closed-toe athletic shoes for indoors
- Refillable water bottle, hat, sunscreen
- Bathing suit (only applicable to camps on main campus - no swimming for camps running Aug 19 - 30)
- All campers will be provided with a clean towel each day that they swim. Send a plastic bag for their wet suit.

*Aquatics campers should pack 2 bathing suits each day

Camp shirt: A camp T-shirt is included with registration for all camps on main campus and must be worn each day to help us and everyone on campus identify your child as a camper.

Please do not bring:

- Electronics
- Valuables (jewelry)
- Money (campers are not permitted to use the vending machines or purchase any food or snacks)
- Medication (unless arranged with the Camp Coordinators)
- Nut products

Summer Camps at Brock

Youth University

Upon arrival, you will notice we are more than a camp - we are a feeling - brought to life with an enthusiastic team of Brock University mentors. We are proud to provide your camper with a creative balance of innovative experiences, traditional camp activities, and outdoor adventures. Each year camp curriculum is developed by professional educators, in line with emerging trends and the latest methods of teaching adapted to a dynamic camp environment.

Sports School, Fitness Camps and Aquatic Camps

We will keep your camper moving and active all day in one of our Sports School, Fitness Camps or Aquatics Camps by exposing them to a variety of new and familiar sports, promoting skill development, and providing a fun, safe and supportive environment. We encourage campers to take risks by trying new things and push themselves as they develop as an athlete. Activities in Sports School may include basketball, cricket, volleyball, flag football, indoor rowing, swimming, archery, racquet sports, tchoukball, ultimate frisbee and more! The fun never stops, and we can almost guarantee a good night's sleep after a day at Sports School! Our Fitness Camps inspire youth in unconventional activities to learn about fitness and movement. Join the Aquatic staff for our popular and small group aquatic camps. If your child loves the water, an aquatic camp might be right for them. They can choose from Junior Lifeguard, Aquatic Sport FUNdamentals or Aquatic Multi Sport Camp.

Varsity Sports Camps

Brock Sports is proud to provide the following sport specific camps this year: basketball, fencing, volleyball, soccer, hockey, track, cheerleading and dance. Hosted by our Brock varsity teams and lead by Brock's professional coaching staff, these camps are designed to inspire and train young athletes to compete and rise to the next level. Athletes not only improve their technical skills; they are introduced to a variety of physical activities and skills for lifelong sport participation and healthy lifestyles.

Camp Hours

- Morning drop off between 8:30 - 9:00 am
- Camp program runs from 9:00 am to 4:00 pm
- Afternoon pick up between 4:00 - 4:30 pm

Extended Care Hours (Additional Fee)

- Morning drop off between 7:30 - 8:30 am
- Afternoon pick up between 4:30 - 5:30 pm

Pick Up and Drop Off

All Camps at Main Campus Will Meet in Ian Beddis Gymnasium at the Walker Sports Complex (Sports School/Aquatics/Fitness/Youth University & most Varsity Camps)

When entering campus from Sir Isaac Brock Way, please follow the A-Frame signs for Camps to [Parking Lot B](#) (signs point to Lot D). After parking your car, please walk your camper across University Road West and enter the Walker Sports Complex main doors. Follow the directional signs and stickers to find your camp. If you need to stay on campus for a longer time than pick up and/or drop off, you can find free parking in Lot 1.



Walker Sports and Abilities Centre (Canada Games Park)

Volleyball, Hockey and Track campers meet at the Walker Sports and Abilities Centre at Canada Games Park located at 2021 Canada Games Way, Thorold, ON L2V 4Y6. The parking lot for Walker Sports and Abilities Centre is located off Flora Egerter Way in front of the Canada Games building.



Important Information

Important Reminder:

Please note all extended care (before and after care) drop offs will be located at Brock's main campus Camp Entrance at the Walker Sports Complex.

Absent:

If your camper will be absent, please notify the Walker Sports Complex Welcome desk at 905-688-5550 ext. 4060.

Late fees:

If there is an emergency and your child will not be picked up on time, please be sure to call to notify us of the situation. Our instructors and management have obligations after camp hours, and we appreciate your consideration of this. Please be aware that numerous incidences of late pick-ups may result in termination from camp.

Sign in and out:

You must sign your camper in and out of camp every morning and afternoon. We cannot take responsibility for your camper until they have been signed in with their group leader. At the end of the day, your camper will only be released to individuals who have been authorized during registration and photo identification will be required. Please inform the camp staff if you need to add someone to your authorized pickup list or if you need to pick your child up earlier than 4:00pm.

Late Arrival or Early Pick-up:

Your camper will participate in activities across the Brock University campus throughout their day at camp. Please be aware that due to camper to instructor ratios, we cannot permit group leaders to leave their group to meet campers who have arrived late or are being picked up early. We encourage caregivers to avoid scheduling appointments during camp hours. If your camper does need to be dropped off late or leave early, this must be arranged with a camp manager, who can advise you on their location around campus at that time. Caregivers or authorized adults will be able to complete sign in or sign out procedures from that location.

Camper Conduct

We are committed to creating a sense of belonging and providing an enriching experience for all campers. Therefore, our campers are expected to demonstrate respect for the dignity and rights of all others. Any language or behaviour intended to make campers or staff feel unwelcome or uncomfortable based on identity or ability will not be tolerated. Camp management reserves the right to recommend the use of a 1:1 instructor or to remove campers from the program if their behaviour requires supervision beyond a reasonable level.

Inclusion at Brock Camps

Brock University is dedicated to inclusion on our campus. It is our policy to promote inclusivity and prevent harassment and discrimination through increased awareness, education, and training for all Brock community members. In addition to the Equity, Diversity and Inclusion training from Brock, our staff receive additional training from experts in the field of inclusive education to prepare them to support and mentor a diverse camp population.

For campers who use gender neutral spaces, Brock has universal washrooms that are available for our campers. When changing for swim, campers have access to a family changing room with individual stalls.

Swimming

Most camps will swim at the Brock University pool, where certified lifeguards are on duty and monitor swim time. Instructors will be in the water as well.

All campers 9 years old and under who wish to swim in the middle or deep end of the pool must complete a swim test administered by the lifeguards. Campers who are 10 years and older and those who complete the swim test will be permitted to swim in all areas - this includes the 1 and 5- metre diving boards and the Tarzan rope.

All campers who swim will be provided with a clean towel. *Please note the pool is closed from August 19 to August 30 for yearly maintenance - camps occurring those weeks will not swim.*

Also note that there is no swimming at off campus locations.

If you have questions, please contact us.

Rock Climbing and High Ropes Challenge Course

Youth University and Sports School campers will have the opportunity to climb our Outdoor Rock-Climbing Tower and Challenge Course with High and Low challenge elements, once during their camp week. Although our trained ropes course facilitators will encourage campers to question their perceptions of what they believe they can accomplish, we would never push them too far where learning is replaced by fear. We encourage everyone to find a challenge that is right for them.

Please note that there is no climbing for camps occurring at off campus locations

Cancellation Policy

We recognize that life is full of surprises, but we also have obligations to our staff and suppliers. Camp fees can be refunded less a \$20 administration fee up until June 1, 2024. Between June 1st and 2 weeks prior to your child's camp, the administration fee will rise to \$50. Camps become non-refundable 2 weeks prior to the camp start date.

Health Information

Camp is a busy, active and full day of activity! We use classrooms, labs, gymnasiums and outdoor spaces across the entire Brock campus. It is best if we have all the information about your child's health and demeanor in advance. If your camper requires accommodation, or has environmental health concerns, emotional safety, or behavioural concerns please contact our Camp Coordinators to prepare for camp. This will assist us in understanding your camper's needs, and ultimately create a wonderful experience for them and their camp group.

Black legged ticks exist in the Niagara region. We do our best to teach tick awareness in a positive and clear way. After participating in activities with increased chances of encountering a tick, campers are asked to perform a "tick check" with a partner. This includes checking folds in clothing, bends in legs/arms and asking the partner to check from behind. Tick checks are also encouraged whenever clothing is changed. For more information, see the information sheet from the Ontario Government:
<https://www.ontario.ca/page/lyme-disease>

Contact Us

Camp Manager
Hannah Dabrowski

E: hdabrowski@brocku.ca
P: 905-688-5550 ext. 5779

Camp Office
Registration Questions/Camper Absent

E: youthuniversity@brocku.ca
P: 905-688-5550 ext. 4060

Camp Administrator
Ellie Szkwyr

E: eszkwyr@brocku.ca
P: 905-688-5550 ext. 3120

Brock Varsity Sports Camps
Carli Tingstand

E: ctingstand@brocku.ca
P: 905-688-5550 ext. 6656

Aquatics Camps
Quinn MacDonald

E: qmacdonald@brocku.ca
P: 905-688-5550 ext. 3555

Fitness Camps
Amanda Gregory

E: agregory@brocku.ca
P: 905-688-5550 ext. 3093