



Shine On

# YMCA JOHN ISLAND CAMP LEADERSHIP GUIDE 2026

## Welcome to YMCA John Island Camp!

Thank you for choosing to be part of this exciting experience. Leadership at camp is about building confidence, developing new skills, supporting others, and discovering the positive impact you can have on those around you.

Throughout the summer, you will be challenged to grow as a leader, work as part of a team, and learn valuable skills both on and off the water. I encourage you to embrace new opportunities, step outside your comfort zone, and make the most of every experience.

Embrace this incredible journey, challenge yourself, and seize every opportunity. The entire camp team is here to support you as you unlock your true leadership potential.

Thank you for entrusting us with your camp leadership experience. I look forward to a fantastic summer together!



**Cashel Moss**  
Camp Director

## About YMCA John Island Camp

JIC is the overnight camp and outdoor centre of the YMCA of Northeastern Ontario. Located near Spanish, Ontario, on a 278-acre island in the North Channel of Lake Huron, we have been offering summer camp, leadership programs, family camp, and wilderness trips since 1954!

Campers enjoy land and waterfront activities, cabin living, and choice-based programming that promotes skill development and personal growth. YMCA John Island Camp is home to campers from across Northern Ontario and beyond.

### Mission

YMCA John Island Camp is children and children at heart caring, sharing and daring to provide a positive and lasting effect on values and attitudes with a magical island as a common point

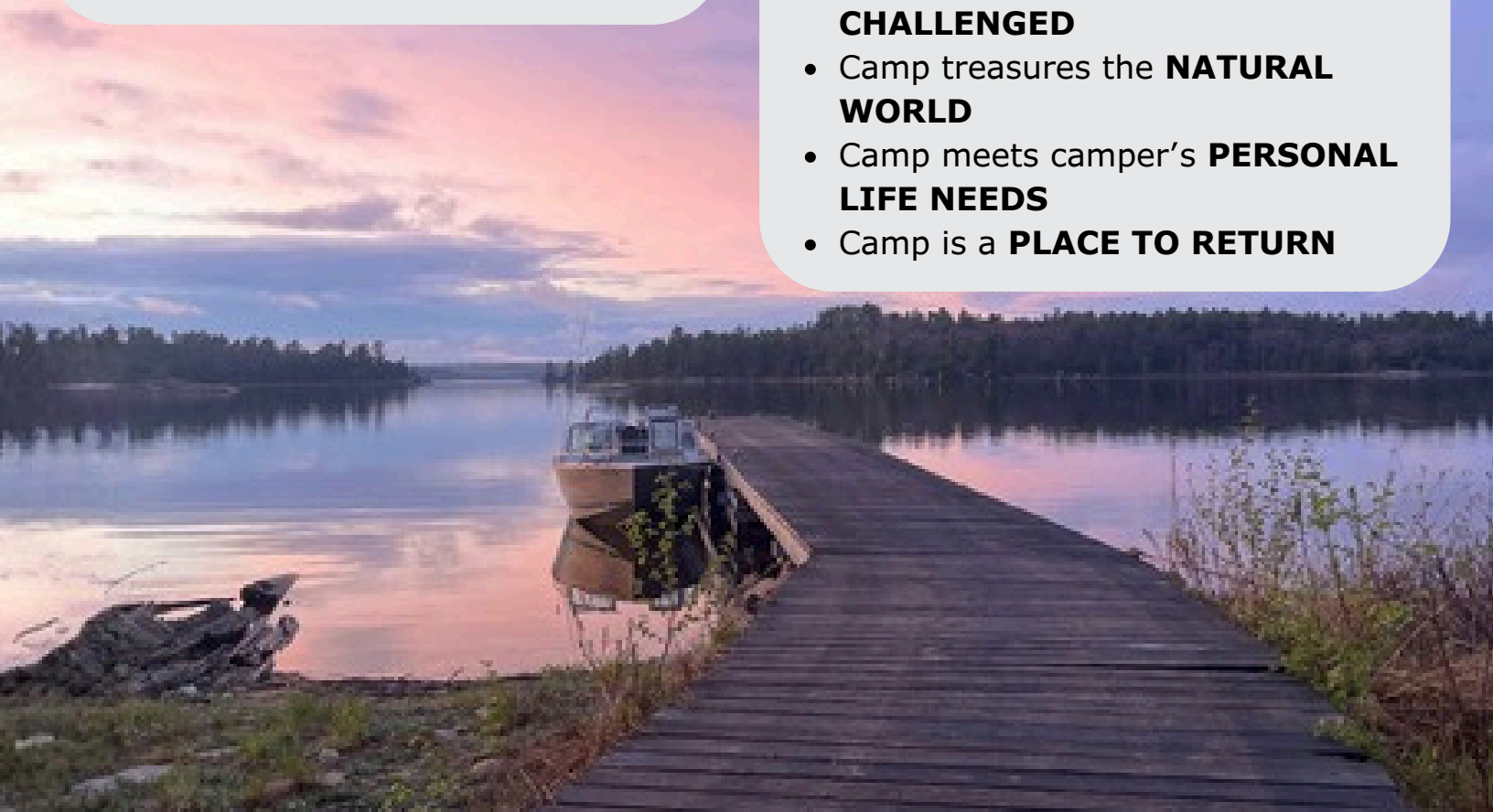
### Vision

Growing a healthy active community

### The Quality 8

The Quality Eight are measures of quality for summer camps that guide JIC and other YMCA Camps in our work.

- Camp is **FUN**
- Camp is **SAFE**
- Camp is a **PLACE OF FRIENDSHIPS**
- Camp is a place of **BELONGING**
- Campers **LEARN** and are **CHALLENGED**
- Camp treasures the **NATURAL WORLD**
- Camp meets camper's **PERSONAL LIFE NEEDS**
- Camp is a **PLACE TO RETURN**



## Welcome to Explorer Canoe!

We are so excited to welcome you to John Island Camp this summer and to begin this incredible adventure together. The Explorer Canoe Program is all about stepping into challenge, building confidence, and discovering what you are capable of both as individuals and as a team. Over your time with us, you will learn essential wilderness skills like paddling, portaging, setting up camp, cooking outdoors, and working together in the backcountry.

After a few days on the island building skills, teamwork, and connection, you will head out on your seven-day canoe trip into the beautiful Lake Metagamasi region of Northern Ontario. This is where everything comes together as you put your learning into practice and experience the wilderness in a whole new way.

No prior tripping experience is needed, just bring a sense of adventure, a willingness to try new things, and a positive attitude. You will return with new skills, strong friendships, and unforgettable memories from your journey in Metagamasi.

## Tips for a Successful Trip

**Pack smart:** Practice packing your dry bag before camp so you know where everything is and can keep it organized and dry.

**Test your gear:** Wear in your shoes and make sure your rain gear and clothing layers are comfortable and in good condition.

**Pack light:** Bring only what is on the packing list. Less is more when you are travelling and living out of a canoe.

**Label your items:** Clearly label your gear to help keep track of everything during the trip.

**Be ready for weather:** Conditions can change quickly in Northern Ontario, so come prepared for sun, rain, wind, and cooler nights.

**Bring a good attitude:** Stay open, flexible, and ready to learn. A positive mindset makes a big difference on trip.

## Welcome to Prospector Jr.!

We are very excited to welcome you to John Island Camp and to the beginning of your leadership journey. Prospector Junior is designed for campers who are ready to take the next step beyond being participants in camp activities and start thinking more deeply about what it means to be a leader in a group.

Over your five days and four nights at camp, you will take part in all of the classic John Island Camp activities you know and love, while also engaging in leadership-focused workshops. These sessions will give you the chance to reflect, ask questions, and explore different leadership styles, group dynamics, and what it means to positively influence those around you.

This program is about learning through experience. You will try new challenges, work closely with others, and begin to develop the skills and awareness that strong leaders need. There is no trip component, which means you will stay based at camp and have more time to focus on leadership development, teamwork, and personal growth within the camp setting.

Get ready for a fun, active, and thought-provoking week where you will build confidence, strengthen friendships, and start to discover your own leadership style.

## Tips for Success

**Get involved:** The more you participate in camp activities and workshops, the more you will get out of the experience. Try new things and step outside your comfort zone.

**Be open to learning:** Leadership is about reflection and growth. Listen to others, ask questions, and be willing to think differently about group situations.

**Work as a team:** You will be learning alongside other campers, so support one another, include everyone, and practice positive communication.

**Reflect often:** Take time to think about what you are learning during activities and workshops. Small reflections help build strong leadership skills over time.

**Bring a positive attitude:** A willingness to try, learn, and engage will make your week more meaningful and enjoyable for you and your group.

## Welcome to Prospector Sr.!

We are excited to welcome you to John Island Camp and to have you join us for this leadership experience. Over the next 12 days and 11 nights, you will take part in a program designed to challenge you, support your growth, and help you further develop your leadership skills in a meaningful way.

Prospector Senior combines traditional camp activities with leadership development and outdoor adventure. Throughout your time at camp, you will take part in workshops and discussions focused on teamwork, communication, group dynamics, and what it means to lead with confidence and care.

As part of your experience, you will also take part in a short multi-day canoe or hiking trip. This is a chance to apply your leadership skills in a new environment while working closely with your group.

This program is about more than activities. It is about reflection, growth, and learning how to contribute positively to a group. We look forward to seeing you build confidence, strengthen relationships, and develop your leadership style throughout your time at camp.

## Tips for Success

**Get involved:** The more you participate, the more you will gain from the program.

**Take initiative:** Look for ways to lead, support others, and contribute to your group.

**Communicate well:** Listen actively, share clearly, and work through challenges together.

**Be open to feedback:** Use reflection and feedback to grow your leadership skills.

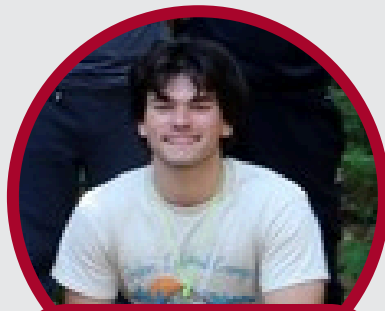
**Support your team:** Include others, encourage peers, and help build a positive group dynamic.

**Stay positive:** Bring a flexible, open mindset to both camp and trip experiences.

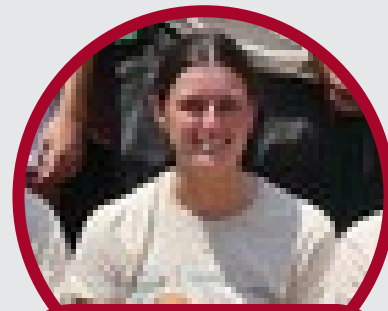
## Welcome to Greenway!

Hi everyone!

We're Lauren and Nate, and we're so excited to be your Greenway leaders this summer!



**Nate**  
Greenway Leader



**Lauren**  
Greenway Leader

We seriously can't wait to meet all of you and get this adventure started!

The Greenway program is a three to four week leadership experience that combines classic camp fun with backcountry tripping. You'll build outdoor skills, grow your confidence, and learn how to work as a team along the way!

One of the biggest highlights will be our 10 day canoe trip down the Spanish River, where we'll take on whitewater rapids and fully experience life in the backcountry! It's going to be challenging, exciting, and so rewarding!

Whether you're feeling excited, nervous, or a mix of both, that's completely normal! We're here to support you, make you feel comfortable, and make sure everyone has an amazing time!

We can't wait to meet you all and make this an unforgettable summer!

See you soon!

Nate & Lauren

## Tips for Success

**Come with an open mind:** Greenway is a mix of challenge, growth, and fun. Be ready for new experiences.

**Be a team player:** You will be living, travelling, and learning closely with your group. Support others and communicate well.

**Embrace challenge:** The Spanish River trip will push you, but that is where the biggest growth happens.

**Stay flexible:** Weather, plans, and conditions can change. A positive attitude goes a long way.

**Trust the process:** Your leaders are there to support you every step of the way.

## Welcome to Norquay!

Hi everyone!

This summer we will embark on a journey on one of the most influential rivers of all time. This is your final step in leadership at camp, but out on the river, leadership has nothing to do with titles; it is built through

actions. The people beside you on this trip will not only become your crew, but your support system. These are the people you will lean on when times get tough.

Before we get into the details, we would like to introduce ourselves. We are Harrison and Laura, returning Norquay leaders with over 2200 collective hours paddling the Missinaibi River.

Prior to the trip, you will take part in a one-week training session that includes equipment and food packing, learning how to read a river, and most importantly, how to be an effective leader. This will prepare you for your next steps: 30 days on the Missinaibi River, followed by a one-week junior counsellor cabin placement.

This leadership program is more than just a canoe trip. It is a chance to discover what true leadership means and to learn more about yourself. As we begin preparing our food plan and route, we are excited for you to arrive and begin this once-in-a-lifetime experience.

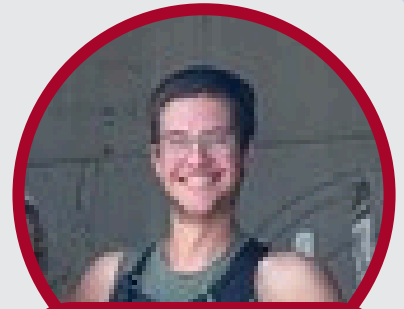
By the end of this summer, you will leave with far more than paddling skills or leadership experience. You will leave with confidence, resilience, and a deeper understanding of yourself and the people around you. We cannot wait to meet each of you and begin this journey together.

See you at camp!

Laura & Harrison



**Laura**  
Norquay Leader



**Harrison**  
Norquay Leader

## Tips for Success

**Lead by example:** Actions matter most.

**Support your crew:** Work together and look out for each other.

**Be adaptable:** Conditions will change, stay flexible.

**Take responsibility:** Come prepared and contribute.

**Trust the process:** Growth comes through challenge.

## Packing For Camp

To help you prepare for your one-week leadership session at John Island Camp, we have provided a recommended packing list to ensure you have everything you need for a comfortable and active week.

Campers are responsible for their own belongings during their stay. Staff will help with packing at the end of the session, but cannot take responsibility for personal items.

Please label all items clearly and avoid bringing valuables to camp.

### Clothing

- 4-5 T-shirts
  - Bring a blue, red, yellow, and green shirt (for Colour Wars), plus a white shirt for tie-dye.
- 1-2 Long-sleeved shirts
- 1-2 Sweaters
- 2-3 Shorts
- 2-3 Pants
- 1 Week Supply of Underwear
- 1 Week Supply of Socks
- 1-2 Sets of Pajamas
- Warm Jacket
- Raincoat, Pants, & Boots
- 1-2 Pairs of Running Shoes
- Nice change of clothes for Banquet!

### Swimming

- 1-2 Bathing Suits
- 1-2 Towels
- Sun Hat & Sunglasses
- Sunscreen
- Sandals

### Toiletries

- Toothbrush & Toothpaste
- Hairbrush
- Deoderant
- Menstrual Products
- Soap
- Shampoo & Conditioner
  - Bio-degradable Shampoo & Conditioner is required if bathing in the lake instead of the Shower House

### Sleeping

- Sleeping Bag
- Blanket
- Pillow
- Twin-sized Sheets (optional)

### Other

- Flashlight/Head Lamp
- Bug Spray
- Reusable Water Bottle
- Laundry Bag
- Journal & Pen\* **Required**
- Musical Instrument

## Packing For Out-Trip

Campers in our Leadership programs take part in out-trips matched to their age and experience. Prospector Senior includes a 4-day canoe or hiking trip, Explorer Canoe a 7-day canoe trip in the Metagamasi region, Greenway a 10-day canoe trip on the Spanish River, and Norquay a 30-day canoe trip on the Missinaibi River. Prospector Junior does not include a trip and focuses on in-camp leadership development.

All Leadership campers take part in trip preparation sessions covering gear, packing systems, skills, and Leave No Trace. Campers are responsible for their own equipment using our Sleeping, Dry, and Wet system.

Please label all items clearly and avoid valuables. Cotton is not recommended. We strongly encourage quick-dry, synthetic, or wool clothing.

### Dry System

- 2–3 pairs of underwear
- 2 sports bras (if applicable)
- 1 fleece or wool sweater
- 1 thermal base layer
- 1 pair of warm pants (fleece or pajama pants)
- 4 pairs of socks (wool preferred)
- Toque
- Mitts or gloves
- Running shoes (For Campsite)

### Other

- Lifejacket
- Whistle (Fox 40)
- Pack towel
- Sunscreen (a lot)
- Bug spray
- 2 Reusable water bottles (Nalgene recommended for durability)
- 20–30L dry bag
- Flashlight or headlamp
- Watch

### Wet System

- 2 swimsuits
- 2 pairs of quick-dry shorts
- 2 quick-dry t-shirts and 1 long-sleeve shirt (preferably UV-protection)
- Sun hat and sunglasses (bring a backup pair in case they are lost or broken)
- Rain jacket and rain pants
- Bug net shirt
- Running shoes (that can get wet and will be used for portages and swimming)

### Sleeping System

- Sleeping Bag
  - Summer Rated
  - Avoid bulky sleeping bags
- Sleeping Pad
- Camping Pillow

## What Not To Bring

At John Island Camp, we believe camp is a chance to unplug, enjoy the outdoors, and build a sense of connection with nature, peers, and oneself. To help create a safe and positive environment, the items listed below should not be brought to camp. Any prohibited items brought to camp will be collected by the Camp Director and returned to the parent/guardian at the end of the camp session. John Island Camp is not responsible for lost, stolen, or damaged items. Please ensure the items listed below are **not** brought to camp:

- Cell Phones
- Personal Electronics (e.g. iPods, laptops)
- Bluetooth Speakers
- Valuable items
- Hair Dryers
- Food, gum, or candy
- Matches or Lighters
- Knives
- Drugs or Alcohol
- Cigarettes, tobacco products, or vaping devices

Participants who bring drugs, alcohol, cigarettes, tobacco products, or vaping devices may be asked to leave the program at the discretion of the Camp Director.



## Medications & Wellness

All medications brought to camp must be in their original packaging and placed inside a Ziploc bag clearly labelled with your camper's full name and date of birth. The **Medication Registration Form** will be sent to families at least two weeks before their camper's session. Please complete this form and bring it with you on arrival day, along with all medications. At sign-in, all medications must be handed directly to our Wellness Staff, who will store all medications in a secure, locked space within the Wellness Centre. We strongly encourage the use of blister packs for prescription medication for ease of administration.

Please do not send non-prescription medications or vitamins from home. Our Wellness Centre is fully stocked with approved over-the-counter medications that our trained Wellness Staff can provide if needed. The Wellness Staff or Camp Director will keep you informed about your child's health in the case of a change in health, a trip to the doctor, or an emergency. In order for us to provide the best care possible for your child, please make sure to be as specific as possible on your campers registration.

If your camper uses an inhaler or carries an EpiPen, please let our Wellness Staff know at check-in, and campers with anaphylactic allergies must bring **two** EpiPens to camp.



## Laundry Services

There are no camper laundry facilities at John Island Camp except in emergency situations. Please ensure you pack enough clothing to last the full session. For campers staying longer than two weeks, there may be limited laundry opportunities on weekends. Laundry support is otherwise only available for bedwetting or accidental soiling of clothing.

## Lost & Found

We do our best to help campers keep track of their belongings, and campers are expected to know what they have packed and take responsibility for their personal items. On the last day of each session, we hold a Lost & Found show so campers can look for anything they've misplaced. Items still unclaimed are brought as is to the Lily Creek bus pick-up spot for parents to check.

If your child is missing something after camp, please email [johnislandcamp@ymcaneo.ca](mailto:johnislandcamp@ymcaneo.ca). We also host a final Lost & Found event at the end of the summer. Any items still unclaimed after that will be donated to local charities.



## Arrival Day

Please ensure your camper has breakfast before arrival. We'll provide a snack on the bus and lunch once they reach camp. Parents and guardians must stay until sign-in is complete and their camper has checked in with their counsellor.

All medications must be in their original packaging, placed in a labelled Ziploc bag (camper's full name and date of birth), and accompanied by the Medication Administration Document. Medications are handed directly to our Wellness staff. Pharmacy-prepared blister packs are preferred when possible.

Option	Location	Arrive By
Bus from North Bay	<u>186 Chippewa St. W</u>	8:30 A.M.
Bus from Sudbury	<u>James Jerome Sports Complex</u>	10:00 A.M.
Bus from Espanola	<u>HWY 17/6 Tim Horton's &amp; Wendy's Parking Lot</u>	11:45 A.M.
Bus from Spanish	<u>Parking lot across from the Outdoor Store</u>	12:30 P.M.
Drop-off at Camp	<u>Walkhouse Bay Rd. Spanish, ON</u>	12:30 P.M.

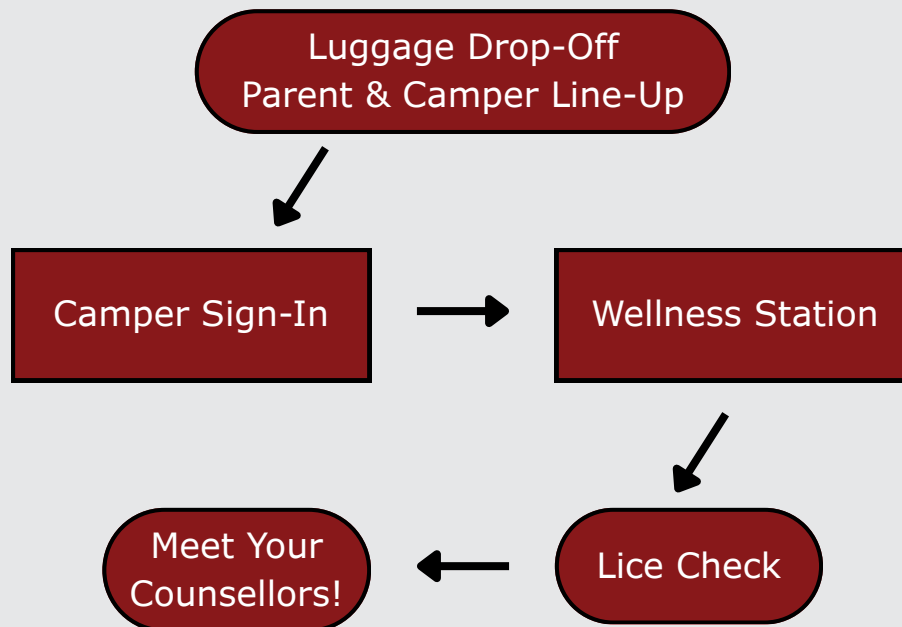
**NEW:** John Island Camp is moving to a mostly online tuck money system. Tuck credits must be added through your camper's registration. **Cash is only accepted at bus stops for campers without existing credits.**



## Check-In Procedure

Upon arrival at James Jerome Sports Complex (bus departure) or the Walkhouse Bay Road docks (camp drop-off), you will see a check-in table set up for intake. Campers boarding at other bus stops will receive their head lice check upon arrival at the Walkhouse Bay Road docks. The check-in process is as follows:

1. **Luggage drop-off:** Place all camper luggage in the designated area (please keep water bottles and any medications with you).
2. **Sign-in:** Line up to sign in at the check-in table. Please notify staff of any changes to your camper's personal or medical information.
3. **Wellness check-in:** Submit medications and the Medication Authorization Form to our Wellness staff. Blank forms will be available if needed. This form is required for all campers, even if they do not take medication.
4. **Lice check:** Prepare your camper for a quick head lice check.
5. **Meet your counsellors!**



## Head Lice

All campers are required to undergo a check for head lice by our staff prior to boarding the buses. If head lice or nits are found, treatment must be started before arrival at camp. We strongly recommend that caregivers check their campers for lice prior to the start of camp. The Camp Director reserves the right to turn campers away at drop-off who have untreated head lice or evidence of head lice. If you are concerned about your child's head lice, please feel free to contact the Camp Director for advice.



## Directions To Camp

YMCA John Island Camp is boat-access only. Our docks are located in Serpent River First Nation, near Spanish, ON—about 2 hours from both Sudbury and Sault Ste. Marie.

Driving directions to the docks:

- In the town of Cutler, turn off HWY 17 onto Weegwas Road.
- At the stop sign, turn left onto Village Road.
- Cross the train tracks and take a right onto Walkhouse Bay Road.
- Continue about 5 km—the docks will be at the end of the road.

**Please drive slowly**—the road can be rough, and there are children playing in the community.

## Departure Day

**Campers will only be released to parents, guardians, or individuals listed as authorized pick-up on the camper's registration form.** To add additional authorized contacts, please submit the request in writing or update it in our registration system at least 3 days before the last day of camp.

**Anyone picking up a camper must present official photo ID. Campers cannot be released without proper identification.**

The bus schedule shows our estimated arrival times at each location. Live updates on the bus's location and timing will be shared on our social media channels.

Option	Location	Arrival Time
Pick-up at Camp	<u>Walkhouse Bay Rd. Spanish, ON</u>	1:00 P.M.
Bus to Spanish	<u>Parking lot across from the Outdoor Store</u>	2:30 P.M.
Bus to Espanola	<u>HWY 17/6 Tim Horton's &amp; Wendy's Parking Lot</u>	3:30 P.M.
Bus to Sudbury	<u>James Jerome Sports Complex</u>	5:00 P.M.
Bus to North Bay	<u>186 Chippewa St. W</u>	6:45 P.M.



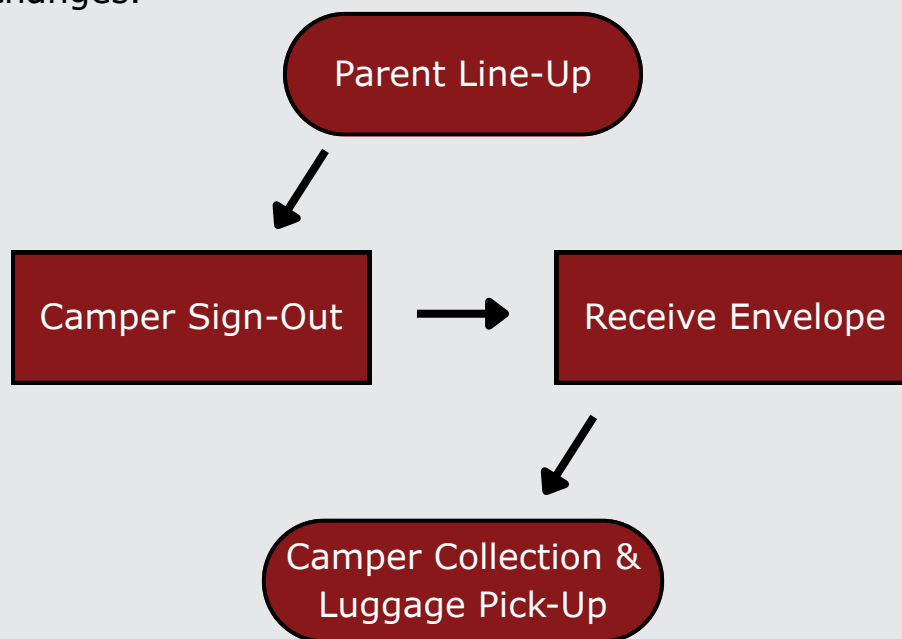
## Sign-Out Procedure

When you arrive at your designated sign-out location, you'll be greeted by a John Island Camp staff member with a clipboard and the official sign-out list. After showing photo ID, you'll receive an envelope with your camper's name on it. Please keep this envelope with you, as it is required for your camper to be released.

- **Dock pick-up:** Parents and guardians will wait at the docks with the envelope while staff bring campers over by boat. Your camper will only be released once the envelope is presented.
- **Bus pick-up:** Please bring the envelope with you to the bus. A staff member will call for your camper and escort them off the bus once the envelope is shown.

Each envelope contains your camper's cabin photo, 48-hour camp check-in form, skills or streams growth report, and any medications brought to camp.

Campers will only be released to parents, guardians, or authorized pick-up persons listed in the registration system, and **photo ID is required**. Bus arrival times are estimates, with live updates shared on our social media channels if there are any changes.



## A Typical Day At Camp

7:30 A.M. — Polar Bear Swim  
8:20 A.M. — Morning Circle  
8:30 A.M. — Breakfast  
9:00 A.M. — Cabin Clean-up  
9:30 A.M. — Program 1  
10:30 A.M. — Morning Snack  
10:45 A.M. — Program 2  
11:45 A.M. — Free Swim  
12:30 P.M. — Lunch  
1:00 P.M. — Rest Hour  
2:00 P.M. — Program 3  
3:15 P.M. — Afternoon Snack  
3:30 P.M. — Program 4  
4:45 P.M. — Free Swim  
5:30 P.M. — Dinner  
6:30 P.M. — Happy Hour  
7:45 P.M. — Evening Program  
8:45 P.M. — Evening Snack  
9:00 P.M. — Junior Camper Bedtime  
10:00 P.M. — Senior Camper Bedtime

## Camp Programs

### Waterfront

- Canoeing
- Kayaking
- Swimming
- Sailing
- Paddleboarding

### Adventure

- High Ropes
- Low Ropes
- Climbing Wall
- Initiative Games

### Outdoor Living Skills

- Fire Building
- Shelter Building
- Nature Hike
- Archery

### Creativity

- Arts & Crafts
- Drama
- Music

## Leadership Programming

Leadership Program participants use their daily program blocks to develop leadership skills through a combination of hands-on experiences, workshops, and mentorship.

Campers will take part in regular camp activities with a focus on teamwork, communication, and group leadership while also spending dedicated time exploring leadership styles, group dynamics, goal setting, and problem-solving.

Participants will have opportunities to help plan and lead evening programs for younger campers, gaining valuable experience in organizing activities, working with a team, and creating positive experiences for others.

Those participating in a canoe trip will also use program time to develop trip planning, risk management, and expedition skills. Throughout the session, campers will receive feedback and guidance to support their growth as leaders.



## **Cabin Duties & Responsibilities**

At John Island Camp, Leadership Program participants are expected to be positive role models for younger campers. Through their actions, attitude, and willingness to help others, they contribute to creating a welcoming, supportive, and inclusive camp community.

Each day after breakfast, campers have time to tidy their cabin by making beds, sweeping, and keeping personal belongings organized. These daily routines help build responsibility, cooperation, and teamwork. Leadership campers are encouraged to set a positive example by taking initiative and contributing fully to cabin life.

Campers also help with table setting and clearing during meals, and on out-trips they may assist with cooking and cleaning. Every task, big or small, helps teach the values of teamwork, responsibility, and service while reinforcing the leadership skills they are developing throughout their time at camp.

## Personal Hygiene & Showering

At John Island Camp, we encourage good personal hygiene and provide guidance to help campers care for themselves. Each cabin is scheduled for one shower block per week, with priority given to cabins returning from out-trips. If a camper would like to shower more frequently, they can let their counsellor know, and additional showers may be scheduled during rest hour or before bed.

Campers also have the opportunity to swim up to three times daily. During free swim, those who bring their own biodegradable shampoo and conditioner may choose the “swim & wash” option to rinse off and wash.

## Phoning Home

We generally discourage phone use by campers to help them stay engaged in camp life. However, if homesickness becomes severe, we will contact you. In these cases, a phone call may be arranged on a camp phone, on speaker, with the Camp Director or Wellness Staff present.

Before a call home is needed, we often explore other ways to reassure campers. A quick note or email from family can help them feel supported and encouraged to enjoy camp. These small gestures can make a big difference in helping children feel connected while away.



## Dietary Needs

At John Island Camp, we take all dietary restrictions seriously and provide alternatives at each meal. Please include all allergies and dietary needs when registering, and contact us at [johnislandcamp@ymcaneoc.ca](mailto:johnislandcamp@ymcaneoc.ca) for severe or life-threatening allergies.

We also take extra precautions for campers with nut allergies. Our menu is designed to minimize risk, and our Tuck Shop does not sell items containing nuts. Please do not send any food products containing nuts with your camper.

Please talk with your camper about their responsibility in following their required diet and encourage them to speak with a staff member right away if they have questions or concerns about the food provided.

## Tuck

Tuck is a fun treat for campers and is open every other day! Cabins receive an order sheet at breakfast, and counsellors help campers decide what they'd like. Orders are submitted before morning snack, and campers receive their goodies

Tuck offers tasty snacks like candy, chips, and Gatorade, as well as camp swag like stickers, hats, sweaters, and shirts—prices range from \$2–\$45.

**NEW:** John Island Camp is moving to a mostly online tuck system. Tuck credits must be added through your camper's registration. **Cash is only accepted at bus stops for campers without existing credits.** Extra credits can be added online or via forms on arrival day. Unused credits are refunded at summer's end; amounts under \$5.00 will be donated to our Fill the Bus campaign.



## Camp Rules & Behaviours At Camp

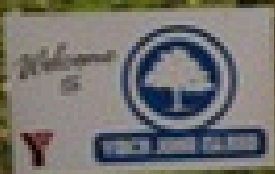
At John Island Camp, our rules are guided by our core values: Honesty, Caring, Respect, Responsibility, and Inclusion. Our staff are trained and experienced in providing high-quality care, ensuring every camper's needs are met. We ask that staff, volunteers, campers, and parents/guardians work together to support a safe and welcoming environment, both physically and emotionally. With these values in mind, our general camp rules are as follows:

- Respect each other
- Respect yourself
- Respect the natural world
- Respect John Island Camp

John Island Camp does have specific rules that could result in participants being sent home, at the expense of the parent/guardian:

- Violence toward others
- Abuse, harassment, or bullying of any kind
- Participant endangering themselves or others
- Abusive or threatening language towards staff or other participants
- Possession of drugs, alcohol, tobacco, or vaping devices
- Defacing of camp property or the natural camp environment

John Island Camp strives to create a community where everyone feels safe and comfortable. Bullying, fighting, harassment of any kind, and sexual activity will result in a camper being sent home at the discretion of the Camp Director at the parent/guardian's expense. All members of our camp community are expected to contribute to a safe and inclusive environment for everyone. Parents and guardians are welcome to contact the Camp Director at any time for clarification on these or other camp rules. Please review this information with your child.



## Discipline At Camp

At John Island Camp, we believe children thrive when they know what to expect each day. Our goal is to help campers develop self-discipline, responsibility, and respect—for themselves, others, the natural world, and camp property—while keeping everyone safe and healthy.

When rules are not followed, campers may experience natural consequences appropriate to their age and actions. Corporal punishment, food withholding, harsh or humiliating measures are never used.

Conflicts can happen, from minor disagreements to more serious disputes. We view these moments as learning opportunities, and staff work with campers to resolve conflicts in a positive, constructive way.

## Risk Management

All overnight camping programs involve some level of risk, as does any learning experience. We often describe our programs as high adventure, low risk—designed to challenge campers and provide memorable experiences while keeping safety as our top priority. Our goal is not to eliminate all risk, but to minimize it as much as possible while providing a safe and engaging environment. If you have any questions about the risks of our programs or the safety measures we use, please don't hesitate to contact the Camp Director.



## Illness While At Camp

Camp is a busy environment, which can make managing contagious illnesses challenging. We work hard to know the health of all campers and staff and take every precaution to minimize the spread of illness. Our approach to injury, illness, and infectious disease follows local public health recommendations.

For common illnesses or viruses, campers may use beds in the Wellness Centre for short-term rest. If it becomes clear that a camper requires longer-term recovery, they will be asked to recover at home until they are no longer contagious. We do not have the staff to support long medical stays in the Wellness Centre, and recovery at home helps protect the rest of the camp community. Families are responsible for any prescription costs, and reimbursement for missed camp days due to illness is at the Camp Director's discretion.

We do not collect or require specific vaccination information as part of registration unless directed to do so by Public Health. If an illness were to arise at camp and Public Health guidance required it, we would follow their direction and communicate any necessary precautions to families. In the absence of Public Health directives, vaccinations are not a prerequisite for participation in our programs.

In the event of high community transmission of infectious diseases, we may implement additional measures to reduce risk, such as masking, testing, or cohorting.



## Ticks

Ticks are a part of Northern Ontario's great outdoors, and at John Island Camp, we make sure campers stay tick-aware while having fun! Most ticks we find are Dog Ticks, which are low risk, but campers are reminded to check themselves after trips, hikes, or exploring off the beaten path. Families can help by packing long sleeves, pants, closed-toe shoes, and insect repellent, and practicing tick checks at home. At camp, staff remind campers to check tricky spots like under arms, behind knees, in hair, around the waist, and ankles—mirrors are even available for extra help—so everyone can explore, play, and stay safe in the outdoors.

## Use Of Health Cards

In accordance with the Health Card Numbers Control Act, your child's health card number will be kept confidential and used only for the purpose of securing health care at a licensed medical facility.

## International & Out-Of-Province Campers

If your camper is not a resident of Ontario, please make arrangements for complete medical insurance coverage while at camp. Please be advised that camper families are responsible for all costs associated with medical treatment, including prescribed medication. Please ensure that you forward copies of all important documents, such as insurance coverage, prior to your child's arrival. Additionally, international and out-of-province campers are required to provide a local emergency contact who could pick up the camper in the event of illness or emergency.



## Mail

Campers love receiving mail, so sending a letter or package is a great way to stay connected! We encourage positive, light-hearted messages—any sad news is best saved for when your child returns home.

As John Island is remote, mail takes a bit longer to arrive. Please send letters and packages well in advance of your camper's arrival. If you bring mail on arrival day, our staff can collect it and distribute it later in the week.

Please address mail to:

Camper Name and Session  
c/o YMCA John Island Camp  
Spanish, ON P0P 2A0

Parents and guardians are reminded that packages containing food should not be brought or sent to camp. Food in cabins attracts animals and can result in clothing and equipment damage, and sometimes can cause conflicts among campers.

Mail or packages arriving after a camper's session will be returned to sender, so please include your return address.



## **Bunk1 Email Services**

We are pleased to continue using Bunk1 as a fun and easy way for families to stay in touch with campers at John Island Camp. Bunk Notes allow you to send encouraging messages, jokes, and love from home without waiting for regular mail. Messages sent through Bunk1 are printed daily at camp and delivered to campers during Rest Hour. Please note that Bunk Notes are one-way only—campers cannot reply through the system.

Families will receive the Bunk1 Parent Letter with their confirmation email, which includes clear instructions on how to register and get started. Bunk Notes are sent to camp with a one-day delay. Please note that there is a fee associated with using Bunk1's email service. If you experience any issues with sending messages, Bunk1 support can assist directly at 1-800-216-9472 or [support@bunk1.com](mailto:support@bunk1.com).

## **Camp Photos**

At John Island Camp we do our best to take photos of our campers (whose caregivers have signed our media release) and make them accessible to our families. Over the years, there has become an increasing expectation for frequent photo updates from camp. While we strive to provide photo updates, we want our campers to remain engaged in program and with the natural world.

Please note that we do not have a dedicated photographer — photos are taken by our senior staff when possible. All photos must be uploaded onto a computer and reviewed to ensure campers without a media release form are not present in any photos. While we strive to share timely updates, we appreciate your understanding that photo posts may not be daily. We aim to post photos approximately once per week.

Weekly camp photos are uploaded to Bunk1, where families can view and enjoy images from the session. Each camper also receives a cabin photo, shared only with families whose campers were in the same cabin. Bunk1 albums are password-protected, with the password sent exclusively to families registered for your camper's session. By uploading a profile photo of your camper, Bunk1's facial recognition feature can help identify and organize photos featuring them. Families can also purchase prints, magnets, and other keepsakes directly through Bunk1.

## When You May Hear From Us

At John Island Camp, we encourage campers to immerse themselves in the experience, build independence, and enjoy all the fun, friendships, and adventures that camp has to offer. While we understand families love updates, our motto is: **“no news is good news.”** If you don’t hear from us, it means your camper is having a great time, settling in, and making memories.

We will contact you in specific situations, such as:

- **Family Update:** After the first night of camp, we email all families with a general update on how campers arrived, how they are settling in, and an overview of planned activities for the session.
- **Medical Situations:** If your camper experiences a significant illness, injury, or needs a clinic or hospital visit, we will keep you informed.
- **Behavior Support:** If we need your guidance regarding a challenging situation or behavioral incident, we will reach out.
- **Severe Weather:** Updates will be sent to families if severe weather affects programming or out-trips.

If there is ever a family emergency and you need to contact camp right away, please call (705) 929-0923 and/or email [johnislandcamp@ymcaneo.ca](mailto:johnislandcamp@ymcaneo.ca).

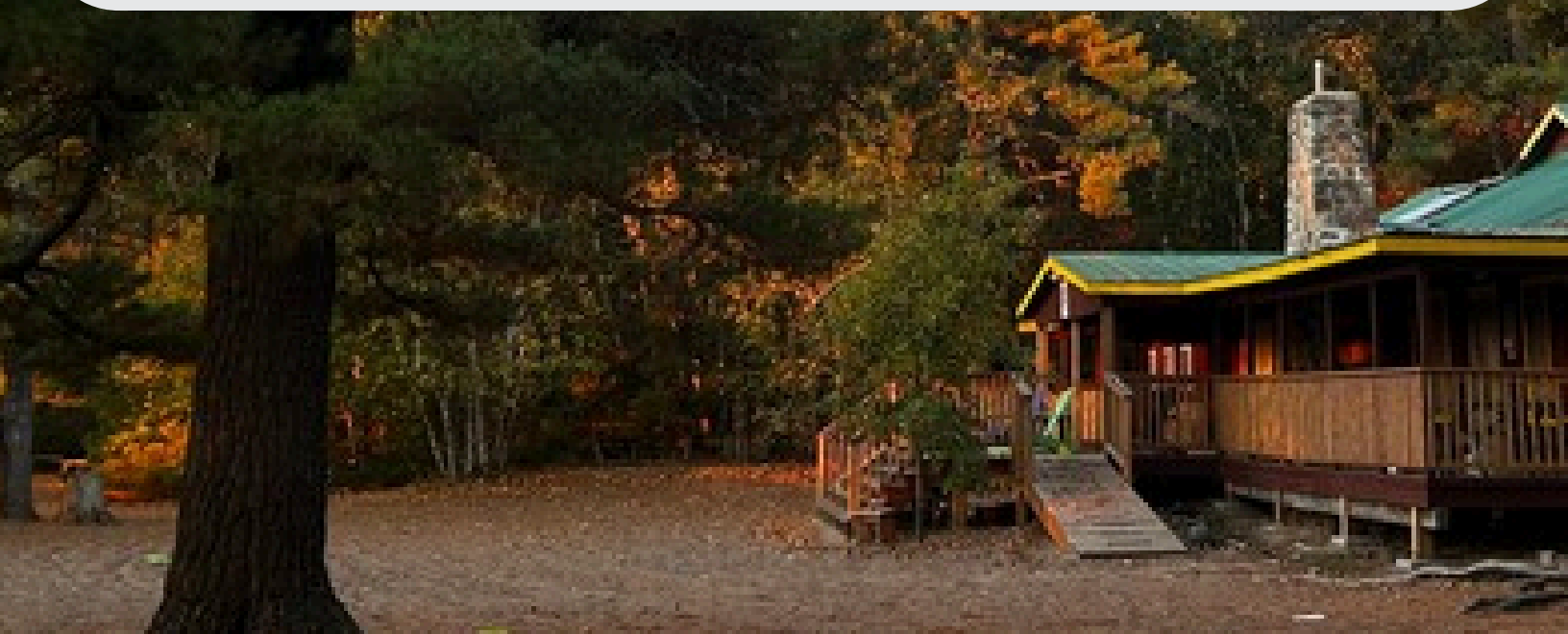
We understand it can be challenging to be away from your child, especially for first-time campers. We encourage parents and guardians to schedule time to relax and recharge, while ensuring that you—or your emergency contacts—are accessible by phone should we need to reach you.



## Sample Menu

The following menu is provided as an example of meals we may serve. Actual meals may vary.

Breakfast	Snack	Lunch	Snack	Dinner	Snack
Eggs Sausages Hashbrowns Toast	Fruit	Hot Dogs Fries Veggie Sticks	Oatmeal Muffins	Pasta Marinara Sauce Garlic Bread Caesar Salad	Cheese & Crackers
Waffles Bacon Fruit Salad	Fruit	Meatball Subs Chips	Rice Crispy Squares	Chicken Stir Fry Spring Rolls Rice	Popcorn
Breakfast Sandwiches Hashbrowns	Fruit	Grilled Cheese Tomato Soup	Popsicles	Pizza Caesar Salad	Cookies
Pancakes Bacon Hard-Boiled Eggs	Fruit	Mac n' Cheese Veggie Sticks	Granola Bars	Chicken Kabob Pitas Greek Salad Rice	Nachos



## Sample Trip Menu

The following menu is provided as an example of meals we may serve. Actual meals may vary.

Breakfast	Snack	Lunch	Snack	Dinner	Dessert
"Fried G" (Granola)	Fruit	Hummus & Veggie Wraps	Granola Bars	Stir Fry	S'mores
Oatmeal	Granola Bar	Charcuterie	Fruit	Mac n' Cheese	Rice Crispy Squares
Pancakes	Fruit Leather	Bannock Grilled Cheese	Corn Nuts	Chili	Lazy Brownies
Granola & Milk	Protein Bar	Wowbutter & Jam Wraps	Fruit Leather	Pizza Wraps	Apple Crisp



## Contact Us

### Email:

[johnislandcamp@ymcaneoo.ca](mailto:johnislandcamp@ymcaneoo.ca)

Office (October-April)	Camp (May-September)
705) 688-7300 ext. 2114  <u>140 Durham Street</u> <u>Sudbury, ON P3E 3M7</u>	(705) 921-6583  <u>YMCA John Island Camp</u> <u>General Delivery</u> <u>Spanish, ON POP 2A0</u>

## Connect With Us



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