



2024 CAMP GUIDE

ONCE A CAMPER, ALWAYS A FRIEND!

RSC

RIDEAU SPORTS CENTRE
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Welcome to Rideau Sports Centre's Summer Camp Guide!
In this guide, we'll be sure to touch on everything you need to know to get yourself and your children ready for a fun time at our Camps! We look forward to spending the days with you!



Once you pass through our front gates and step onto our property we want to provide a memorable experience. Whether that's camps, tennis, yoga or just grabbing a bite to eat, we want to be your cottage in the city.

Providing a fun and safe environment for all of our Campers as well as Counsellors is what we strive for here at RSC day in and day out. There's nothing better than seeing a group of happy kids running around this beautiful property.

Remember, once a camper, always a friend!



Tim Kwan

Tim Kwan
Program Manager

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Whether it's tennis or soccer - we have sports camps for children of all ages and abilities. Campers will learn the fundamentals of sport and apply their skills throughout camp. All of our summer camps include an optional swim time throughout the week in our outdoor pool!



Multi-Sport (Junior (Ages 4-7) & Senior (Ages 8-12))

Participants will enjoy a wide variety of creative, energetic games that encourage active play and teamwork. One traditional sport will be taught each day, including explanation of each sport, skills, drills and game time.



Soccer (Junior (Ages 4-7) & Senior (Ages 8-12))

If you love soccer, then this camp is for you! A minimum of three hours of Soccer specific training accompanied with active games throughout the day. Focus will be on teaching the sport as well as team play and love of the game.



Ball Hockey (Junior (Ages 4-7) & Senior (Ages 8-12))

Ball Hockey continues to develop new and experienced hockey players. Our camp is all about having fun while learning developing your skills. Three hours of Ball Hockey skills and drills are provided on our Dek Ball Hockey pads in Ottawa (weather dependent).



Tennis - Junior (Ages 4 -7) & Senior (Ages 8 -12)

Join us at our Junior Tennis Camp, where RSC tennis instructors will help take your game to the next level. Lessons will be taught using Tennis Canada's 'Kids Tennis' system, which incorporates specialized equipment tailored to size and skill of each camper. The 'Kids Tennis' system ensures effective skill development in a game-based approach, while promoting good sportsmanship and fair play. This camp will have you hitting a ton of balls and have you feeling like a pro in no time!



Tennis Teen (Ages 13 - 16)

This fun camp is catered towards teenagers who want to learn tennis, stay active, and socialize. Open to players of all abilities, expect to learn the fundamentals of all the strokes including groundstrokes, volleys, overheads and serves. You will also be playing a lot of points and learning tactics in both singles and doubles which will get you prepared for the end of week tournament!



Aquatics Camps (Junior (Ages 4-7) & Senior (Ages 8-12))

Our Aquatics camp will feature 1.5 hours of instructional swim lessons with our certified swim instructors in the morning and 1 hour of free swim in the afternoon. During times where the campers are not in the pool or during rain dates, campers will join the Multi-Sport camps for fun camp games.



PRE & POST CAMP CARE

Looking for extra care outside of camp hours? Don't worry, we've got you covered with pre and post camp care.

- Pre Care: 7:30am - 8:45am (\$35/week)
- Post Care: 4:15pm - 5:30pm (\$35/week)

Drop-off and pick-up locations will be the same for each camp. There will be a staff at the main gate to direct you and answer any questions you may have.

Parents or Guardians who are late to pick up their child(ren) will be charged a fee of \$15 per 15 minutes. This fee will be reapplied every 15 mins.

For example: A pick-up between 5:30pm and 5:45pm = \$15 fee, A pick-up at 5:47pm = \$30 fee.

CAMP LUNCH PURCHASE

Lunches are available for purchase for \$62.50/week. This year we will be rotating lunch options on a two-week basis. All lunches include a main, snack, and juice box. The 2024 lunch menu and schedule is as follows:

Day	Option 1	Option 2
Monday	Tomato Baked Pasta	Beef Quesadillas
Tuesday	Chicken Burgers	Baked Mac & Cheese
Wednesday	Beef Tacos	Beef Burgers
Thursday	Turkey Sandwich	Chicken Stir Fry
Friday	Pizza	Pizza

Option 1	Option 2
June 24 - June 28	July 8 - July 12
July 2 - July 5	July 15 - July 19
July 22 - July 26	August 5 - August 9
July 29 - August 2	August 12 - August 16
August 19 - August 23	
August 26 - August 30	

To purchase a lunch for the camp please select from the Purchase Lunch column when registering.



We're excited for the 2024 camp season! We're thrilled to have you join our Camp Family. Throughout our Summer RSC is proud to offer a variety of camps that will be filled with weeks of fun.

CAMP	DATES	COST	REGISTRATION
Summer Camp: Multi-Sport (Junior/Senior)	Weekly Jun 24 - Aug 30	310.00 +HST	January 11, 2024
Summer Camp: Aquatics Camp (Junior/Senior)	Weekly Jul 2 - Aug 23	355.00 +HST	January 11, 2024
Summer Camp; Tennis (Junior/Senior)	Weekly Jul 2 - Aug 23	350.00 +HST	January 11, 2024
Summer Camp: Tennis (Teens)	Weekly Jul 2 - Aug 23	350.00 +HST	January 11, 2024
Summer Camp: Soccer (Junior/Senior)	Jul 2 - Jul 5 (4 Day) Jul 15 - Jul 19 Jul 29 - Aug 2 Aug 12 - Aug 16	310.00 +HST	January 11, 2024
Summer Camp: Ball Hockey (Junior/Senior)	Jul 8 - Jul 12 Jul 22 - Jul 26 Aug 5 - Aug 9 (4 Day) Aug 19 - Aug 23	310.00 +HST	January 11, 2024



NEW THIS YEAR



Lunch on the Patio

Campers will now enjoy their meals on our covered upper patio, equipped with ample tables and chairs.



Varied and Healthier Menus

Lunch menus will feature a two-week rotating selection, offering greater variety throughout the summer. We have also revamped the menu to include healthier options. Check out our website to view the new menu.



Streamlined Enrollment Process

Enrollment forms can now be conveniently completed online via Microsoft Forms. Each camper will receive an email the week before camp starts with instructions. Alternatively, a QR code will be available on Monday mornings for quick access via your phone.



Improved Dome Organization

Recognizing the challenges of keeping the dome tidy, we are actively working on a safe and practical organizational solution that caters to the needs of both the kids and our camps.



Weekly Programming Sheets for Parents

Parents will now receive a concise "at a glance" programming sheet for the week, providing insight into their child's activities.



Real-Time Updates via Facebook

We're excited to pilot a new way to keep parents informed throughout the day about their child(ren)'s camp activities:

- Parents will be invited to join a private RSC Summer Camps 2024 Facebook group.
- On the first day of camp, photo consent will be confirmed, and children will receive identification bracelets accordingly.
- A designated RSC team member will capture and upload photos throughout the day, providing a glimpse into the camp experience.
- This initiative aims to offer parents a more immersive understanding of the day-to-day camp adventures at RSC. We eagerly anticipate piloting this project and welcome your feedback to help us refine and enhance the experience.



FAQS

What should my child bring to camp?

- Running shoes and proper attire
- Nut Free snacks & lunch (if you ordered lunch, please bring two nut-free snacks)
- Water Bottle
- Swimsuit
- Towel
- Sunscreen
- Lifejacket (if needed)
- Hat

Please come to camp with sunscreen already applied, or remind your child(ren) how to properly apply sunscreen. If a camper needs assistance, we encourage parents to bring spray-on sunscreen.

How do I register my child for camp?

Parents can register their children for camp 3 different ways:

- By giving our front desk a call at 613-749-6126
- Online at rsc.clubautomation.com
- By using the RSC Mobile App (Download from the Apple App Store or Google Play Store).

Note: All options will require you to create an account for yourself and your child

What if my child cannot swim?

We have a variety of lifejackets for all ages and sizes, if your child cannot swim we're more than happy to put a lifejacket on them. If they don't want to be in the pool, we have a beautiful green space behind the pool where a counsellor will be located. Games and crafts will be run by the counsellor to ensure all participants are enjoying the beautiful weather!

CAMP POLICIES

Cancellation Policy:

- **No refunds** will be issued **within 30 days of the camp start date.**
- Refunds will be provided **up to 30 days prior** to the start date and are subject to a **\$40 + HST administration fee.** An administration fee applies **per camp and per child.**
- If a camp participant is removed from camp due to misbehaviour, credits will **not** be issued.

Pick-Up Policy

- Parents or Guardians who are **late to pick up their child(ren)** will be charged a **fee** of \$15 per 15 minutes. This fee will be reapplied every 15 mins.
 - For example: A pick-up between 5:30pm and 5:45pm = \$15 fee, A pick-up at 5:47pm = \$30 fee.



Behaviour Management Policy

SC strives to provide a safe and inclusive space for all clients, participants and staff. Our behavior management policy focuses on self-respect, consideration of others, as well as maintaining socially acceptable behaviors. We believe this is an important learning process for everyone, and we want to ensure a friendly environment once you step onto our property. Rideau Sports Centre has a zero tolerance for bullying of any kind, this applies to all clients.

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Unacceptable behavior includes but is not limited to:

- Bullying of any kind (physical/verbal abuse)
- Endangering health or safety of other children, staff, or clients
- Profanity
- Theft or damage of property
- Being disruptive
- Runners (Children who run away from camp)
- Continuous refusal to follow rules of behavior given by counselors
- Possession of any weapons
- Requiring consistent one on one care due to unacceptable behavior choices





Discipline Procedures Include:

RSC Camp Counselors will take the actions listed below when a child displays inappropriate behavior.

1. Encourage positive behaviors and clearly identify the inappropriate behavior.
2. A **verbal warning** will be given.
3. Making better choices will be discussed with the child.
4. Counselors will discuss with the child to ensure that they are
5. A conversation with parent/guardian will be had during sign-out.
6. Incidents will be professionally documented by the staff via an "incident report". This document contains:
 7. The incident written in detail
 8. How it was handled by the counselor
 9. A report on how to ensure the incident doesn't happen again.
10. Other alternatives may include: Cool-off time (lasting no longer than one minute per year of age) and certain privileges may be modified.
11. If the behavior continues, a **second verbal warning** will be given with similar consequences including a second incident report documented.
12. If the behavior continues with a **third warning**, staff shall discuss the problem camp coordinator.
13. Camp coordinator will discuss with the child as well as parent/guardian
14. Ongoing behavioral issues will result in an in person meeting with Program Manager, Camp Coordinator which may lead to suspension or disenrollment.
15. **RUNNERS** (children who run away from camp, or purposely run off property) will be disenrolled. If your child has this issue in group activities/programs, RSC's camp is not the best fit for those who require one-on-one care.



ADULT CODE OF CONDUCT

Rideau Sports Centre strives to provide a safe and inclusive space for all staff and clients. Adults who display any of the following behavior will not be permitted back onto RSC property:

- Being disrespectful to others.
- Physical and verbal abuse of any kind
- Being under the influence of drugs and alcohol
- Confronting other children and parents in the camp

If a RSC staff suspects a parent/guardian is under the influence of drugs/alcohol, or witness child abuse, police will be called. The RSC staff's first priority is ensuring the safety of every child.

Receipt of Parent Handbook

I have read and received the policies of the Rideau Sports Centre Summer Camp Handbook. I understand and agree to follow these policies. Failure to follow these policies may result in termination of child care program services

Parent/Guardian Signature

Date

Child Name

Date