



Wilderness Camps

2023 Parent Handbook



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Welcome to WinSport

Our Campus

Since hosting the Olympics in 1988, WinSport has become an Olympic Legacy Site. Your child will get to play and adventure on the same ground that Olympians train on. Sitting on a 263-acre campus, WinSport offers your child a vast area to play, explore, and learn.

View our campus map on page 6.

Our Philosophy

As the gateway to the mountains, we at WinSport believe in creating and developing outdoorsy kids. We facilitate this through two key pillars: Play and Skills. Through intentionally built programming and passionate leadership we pass on the ability for everyone to play in any environment. We build skills to develop safe and resilient explorers from our backyard all the way into the backcountry. Each wilderness camp embodies this philosophy and tailors it to the camp theme and group.



Preparing for Camp

Everyday essentials

Our Wilderness Camps are committed to spending as much time outdoors as possible; we will only use indoor spaces if the weather presents a hazard to our staff and campers' safety. Please bring clothes that can get dirty. If your child is not dressed appropriately for the weather, they may not be able to participate in their camp that day. Please be sure to bring:

- A backpack that can be worn all day
- Sunscreen (please apply before arrival, and provide a bottle for reapplying throughout the day)
- Hat
- Sunglasses
- Bug repellent
- Rain jacket
- Clothes that do not restrict movement and can get dirty
- Socks
- Include either rain jacket or waterproof jacket
- Change of clothes
- Closed-toed athletic shoes.
- Minimum two 1-litre water bottles
- Any required medication
- Pocket snacks, lunch
(no microwave or refrigerator will be available)

**Please label your child's belongings*

Preparing for the weather



We will continue to be outside even during rain as long as it is safe to do so. Ensure your child is wearing something to camp that can get wet and muddy. We often see three seasons in a day in Calgary, so a rain jacket is required.



Calgary summers can be sunny and quite hot. Please ensure your child arrives at camp with sunscreen applied. In addition, we ask that all participants bring a bottle of sunscreen labeled with their name so it can be re-applied throughout the day.

Instructors will be able to help with sunscreen application if needed.

**We recommend wearing layers to adjust to warmer or cooler weather as the day progresses.*

Check-In

Who?

All campers must be accompanied by a parent or adult guardian on the first day of camp. Expect to see other families checking in their campers, WinSport volunteers, and team members to ensure checking in is efficient and stress-free.

What?

As you arrive at our check-in table, a WinSport team member will be waiting to ensure your registration and the waivers* are complete before directing you to your camp instructor. Once you have met with your child's instructor, you will be asked to create a password for check-out purposes and share any required medical information.

****Please ensure your waivers have been completed 24 hours prior to your camp's check-in to save time during the first day's check-in process***

Where?

Check-in will take place in the Performance Training Centre Field. Please refer to the map on the next page for parking and check-in information.

Camp Schedule

8:00AM: Before Care begins
8:30AM: Check-in begins
9:00AM: Programs start
4:00PM: Programs end and check-out begins
4:30PM: Aftercare begins
5:00PM: All campers must be picked up

Before Camp

Before-care

WinSport offers complimentary before and after care for your child when you sign up for one of our summer programs in the same area as your check-in location. Before care starts at 8:00AM. If you require before care throughout the week, please let your instructor know on day one.

Is there anything different on the first day of check-in?

Plan to arrive 15 minutes earlier on your first day of check-in. On the first day of camp check-in, the instructors will ask for the following information from the parent or guardian:

Create a password: A password is a 4-digit number or short word is required to check-out your child from camps. At the end of every day, you or whoever will be picking up your child must provide the same password to check them out.

Allergies, medical needs or conditions, and support: An instructor will also ask you for information on any allergies and medications that may come up during camp. Please see the Safety and Wellness page for more information.

Self Sign-out: If your child is at least 12 years old, you can ask our instructors about the self sign-out option and QR code.



Scan or click to view



Parking and Check-in/out Locations



[Click for high-resolution version](#)



Our Team

Camp Supervisor

Our Camp Supervisors wear black. Their role is to oversee camp operations.

Team Lead

Our team leaders wear grey. They are responsible for assuring our camps are safe, fun, and engaging. They will be present at every check-in and check-out ready to answer any questions you may have.

Coach

Our coaches wear dark blue. They are experienced, and passionate in their individual fields. Each coach will remain at the site of their sport as groups travel from site to site.

Instructors

Our instructors wear dark blue. Each instructor will have their own camp groups. They are friendly, supportive, and attentive to the needs and interests of each camper. They strive to spread their passion for nature to all their campers and ensure that each day is exciting, fun, and engaging.

Junior Instructor

Our junior instructors wear light blue. They are volunteers at our camps who are learning to become future instructors. Their role is to be supportive to the instructors.



A Day of Camp

Our wilderness camps begin with warm welcomes from the WinSport Wilderness team and the other campers. From here, each camp day is split into four ninety-minute blocks. In each of these blocks, campers will have the opportunity to engage in various outdoor activities, skill sessions and games with the focus of getting them in touch with the earth around them.

Offsite activities

Our Wilderness programs may make daily use of the nearby Paskapoo Slopes recreation area, located immediately east of the WinSport campus for hiking adventures.

Canadian Parks & Wilderness Society

Campers participating in Wilderness Survival Skills and/or Outdoor Leadership will be participating in an off-site trip to Kananaskis or Bow Valley led by the Canadian Parks and Wilderness Society. Campers will take a chartered school bus organized by WinSport. WinSport instructors will be present on the bus and on the off-site hike in Kananaskis. If your child is registered for one of these camps, please ensure that you bring a printed and signed copy of this waiver on the first day of camp.

[CPAWS Waiver >](#)



End of the Day

Check-Out

All camp groups will return to the Performance Training Centre field for checkout at 4:00PM. Your child must stay with their instructor until a parent or guardian signs them out by using the password from the morning of the first day. Please ensure that whoever checks out your child knows the password. Right after checkout is a great time to ask any questions you have for your child's instructor.

Self Sign-Out

If your child is aged 12 or over and you have signed the required self sign-out form, you will not need to be present to provide a password for check-out. Instead, our instructors will give the all-clear to your child so they can leave camp after 4:00PM.

After-Care

As with before care, WinSport offers complimentary after care for your child between 4:00PM and 5:00PM. Your child can expect more fun games and activities during the hour after camp. Please ensure your child is picked up by 5:00PM.

Campers' Code

WinSport's Wilderness campers are expected to practice these behaviours and abide by our rules and expectations:

Clean up after ourselves

Respect others and the earth

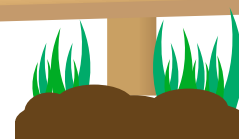
Stay open-minded

Come prepared

Be ready to play

Make smart and safe choices

Participate and stay engaged





Frequently Asked Questions

What do I do if we arrive late?

If you know ahead of time that your child will be absent or late for a day of camp, please let your child's instructor know. For last minute absences or late arrivals, please email: camps@winsport.ca

What happens if I am late for an offsite day?

On offsite days, the bus will leave at 9:00AM. If you are going to be late to an offsite day, please give as much notice as you can. If sufficient notice has been provided, the bus can wait until 9:15AM. If you miss the bus, your child will be placed in the best suited on-site camp for them for the day.

What is the difference between Knots and Knives and Wilderness Survival Skills camps?

Both the Wilderness Survival Skills camp and the Knots and Knives camp present campers the opportunity to connect with and learn about nature, through activities such as shelter building, building fires, learning to use whittling knives, archery, and team building, under the careful supervision of our instructors and coaches. Knots and Knives focuses on learning these skills through a creative and hands-on perspective, with various tools and crafts. Wilderness Survival Skills employs a more practical lens to teach the same activities, as they would be used while hiking and camping. Lastly, while our Knots and Knives camp will remain at the WinSport campus and the local Paskapoo slopes, the Wilderness Survival Skills camp will have an off-site trip to an educational trail hike in Kananaskis.

What is the difference between Wilderness survival skills Levels 1 and 2?

To join our level 1 program, you do not need any experience at all with survival skills! Level 2 requires some experience with wilderness skills. Your child also qualifies for level 2 of Wilderness Survival Skills if they have previously completed the level 1 camp. If you are unsure of which program to choose, we recommend signing your child up for level 1. If needed, switches can be made once the camp begins.

Safety & Wellbeing

Additional Information About Your Child

At check-in on day one, please provide us with any of the following information you feel will be valuable to our instructors to ensure your child's safety, wellbeing, and enjoyment of the camp. WinSport is adamant that every child should have the opportunity to participate in our camps.

Medication and Medical Conditions - It is important that you inform your child's instructor of any medications or conditions your child has before the summer camp starts. This information will help us to provide a safe and healthy environment for your child and to respond quickly in case of an emergency. Please ensure you inform us of any medications your child takes regularly or occasionally. If your child needs to take any medication during the camp hours, please provide us with the medication in its original container and clear instructions on how to administer it.

Allergies - Please inform us of any allergies your child has (such as food, insect, drug, or environmental allergies), and any symptoms or reactions your child may experience. If your child has a severe allergy that requires an epinephrine auto-injector, please make sure your child always carries one.

Support - If your camper requires extra support or adjustments to our activities, to participate in our camp environments, please inform us of the need for accommodation. It is very helpful for our team to know how we can support your child! We will do our best to ensure their instructor receives the information and understands how to use it, but please inform your instructor of your camper's needs on day one of check-in. We will seek to have extra staff available but cannot guarantee this.

Bathrooms at Camp

For campers under the age of 12, there is always a minimum of two campers per one instructor present on trips to the bathroom. This is to ensure the safety and privacy of campers. If a camper soils themselves, instructors can give verbal guidance from outside the bathroom stall and will not physically assist.

Campers over the age of 12 can make trips to the bathroom without an instructor, so long as there is a minimum of two campers going to the bathroom and they have permission from the instructor. Instructors consider location, distance to the bathroom, and familiarity with the camper when making this decision.

Lost and Found

A lost and found will be located at the check-in area of each camp. Please see your child's instructor for assistance in finding misplaced items.

Media Release Policy

Every parent has the option to sign the Minor Media Release Form for their child. This would permit your child to be photographed by our media team for use in our internal and external newsletters, our social media, and on our website. They would be photographed engaging in activities related to our camp. Campers who have signed a media release policy will be provided a wristband, so that it is clear to the instructors, team leaders, and photographer who is permitted to be photographed.

[Media Release Form >](#)



Inclement Weather



Smoke

Smoke from forest fires is not uncommon during the summer. We closely monitor the local air quality index. If air quality decreases, we will increase the amount of breaks, lower the intensity of riding and instructors will frequently check in with their campers. If the air quality index is at very high risk we will move inside for most of the day. Our policy and decisions regarding smoke are based upon the Government of Canada's Air Quality Index.



Heat Warnings

We follow all Environment Canada recommendations surrounding heat warnings. As the weather gets hotter, we increase water breaks, time spent indoors and move programming to areas with plenty of shade.



Thunderstorms

Our dispatch team watches accredited weather radars consistently for storms forming nearby and makes note of any sightings of lightning above WinSport and up to 20km away. Any weather that poses an immediate hazard to the outdoor nature of our camps or programs will result in the program being moved inside. If the weather is not posing an immediate hazard, WinSport will prepare for the possibility of worsening weather by closing the chairlifts and moving all camps and programs to within a short distance of our indoor facilities in case (space added) we need to move inside. As soon as the weather proves to be a hazard, all camps will be moved indoors until it is safe to be outside again.



Offsite Trips (Canmore, Bow Valley and Kananaskis)

Calgary, Bow Valley and Kananaskis region weather can be unpredictable. Our Wilderness Survival Skills programs will seek to go on the offsite trips in all possible circumstances. We actively monitor the weather closely, and consider how inclement weather such as thunder, lightning, hail, or smoke may adjust the offsite experience. This might include a slower hike, ending the hike early, or cancelling the trip altogether.



WinSport Contact Information

Registration - Guest Services

Call: **403-247-5452**

Email: info@winsport.ca

Day-to-day questions and concerns

Due to the volume and pace of our operations, we cannot guarantee that our phone will be answered every time. If we do not answer, please send us an email instead!

Try our Sport Leadership office phone at: **403-247-5612**

For any other questions or concerns, please email: camps@winsport.ca

Absence & late arrivals

If you know ahead of time that your child will be absent or late for a day of camp, please let your child's instructor know.

For last minute absences or late arrivals, please email: camps@winsport.ca