



# Pine Lake Camp Summer Guide



Pine Lake Camp is a ministry of The Salvation Army  
Alberta & Northern Territories Division

## Contact Information

### Main Office

**The Salvation Army Divisional Headquarters**  
200, 5615—101 Ave  
Edmonton AB T6A 3Z7  
Tel: (780) 423-2111  
Fax: (780) 425-9081  
Email: PineLakeCamp@salvationarmy.ca

### Office at Camp

**The Salvation Army - Pine Lake Camp**  
25032 South Pine Lake Road  
Red Deer County, AB T0M 1R0  
Tel: (780) 977-5116  
Fax: (403) 886-8648  
Email: PineLakeCamp@salvationarmy.ca

Pine Lake is 30 minutes south east of Red Deer (midway between Edmonton & Calgary).

**Registration Deadline: Monday (4pm) before camp start date**

Visit [www.pinelakecamp.ca](http://www.pinelakecamp.ca) to register!



# Table of Contents

## Section 1— Pine Lake Camp

Pine Lake Camp Mission..... Page 4  
The Salvation Army Mission Statement..... Page 4  
Camp Staff..... Page 4

## Section 2—Travel

Travel to and from Camp..... Page 4  
Check in time / Check out time..... Page 4  
How to Get to Camp..... Page 4

## Section 3—What to Bring (and NOT Bring) to Camp

Clothing List..... Page 5  
Electronics..... Page 5  
Purchases at Camp..... Page 5

## Section 4—Keeping in Touch with Camp

Phone Call & Email Policy..... Page 6  
Changes to Contact Information ..... Page 6  
Finding Out How Your Camper is Doing..... Page 6

## Section 5—General Information

Activities..... Page 7  
Rules for Campers..... Page 7  
Discipline Policy..... Page 7  
Privacy Policy..... Page 8  
Cabin Placement..... Page 9  
Homesickness—Prevention & Cure..... Page 9  
Frequently Asked Questions..... Page 10

## Section 6—Medical Info

Sun Smarts..... Page 11  
Medical Form..... Page 11  
Lice..... Page 11  
Medications at Camp..... Page 11  
Dietary Restrictions..... Page 11  
Life Threatening Allergies..... Page 11

## Section 7—Miscellaneous

Map & Directions..... Page 12

## Section 1— Pine Lake Camp

### Mission Statement

The Salvation Army is an international Christian Church. Its message is based on the Bible; its mission is motivated by love for God and the needs of humanity.

#### **The Salvation Army Mission Statement:**

We exist to share the love of Jesus, meet human needs and be a transforming influence in the communities of our world.

### Camp Staff

Our staff is predominantly Christian youth & young adults (15+ years) who *choose* to spend their summer interacting with your child. They receive significant training and many have been on staff for multiple years.

For added security our staff are required to have the following completed:

- Criminal Record Check with Vulnerable Sector
- Screening through The Salvation Army's national Child Abuse Registry
- Praesidium Armatus Online Abuse Prevention Training
- Duty specific on-site training

## Section 2 —Travel

### Travel to Camp

#### **Transportation:**

Check with your local Salvation Army church or resource center to see if travel to camp is offered.  
<https://www.pinelakecamp.ca/camps/register/camp-subsidies-2/>

#### **Check-in Time:**

*\*for direct drop off at the camp only*

Holiday Camp 1, 2, & 3—3:00 pm

Teen Camp—10:00 am

Moms & Tots—2pm-4pm

Gospel Arts—11:00 am

#### **Check-out Time:**

*\*for direct pick up from camp only*

Check out time at Pine Lake Camp is at 10:00 am on the last day of camp (except for Moms & Tots & Gospel Arts—check confirmation email).

**NOTE:** Drivers of campers are expected to stay at camp until campers have completed the registration process and are ready to check into their cabins.

### Directions

#### **From Edmonton:**

- Follow AB-2 S to AB-42 E (south of Red Deer)
- Take exit 384 toward Penhold
- Continue on AB-42 E for 23kms
- Turn right onto AB-816 S. Continue for 4kms
- Turn left onto TWP 362. Continue for 1.5kms
- Turn right onto RR 251. Continue 400m.
- Turn left onto TWP 361A. Continue 600m.
- Take slight right turn onto RR 250A (pass RV park)
- Turn left at Pine Lake Camp main entrance

#### **From Calgary:**

- Follow Deerfoot Trail/AB-2 N to AB-590 E
- Take exit onto AB-590 E. Continue for 30.5kms
- Turn left onto AB-816 N. Continue for 6.5kms
- Turn left onto TWP 362. Continue for 1.5kms
- Turn right onto RR 251. Continue 400m.
- Turn left onto TWP 361A. Continue 600m.
- Take slight right turn onto RR 250A (pass RV park)
- Turn left at Pine Lake Camp main entrance

*\*see last page for a map & directions*

## Section 3 — What to Bring (and NOT Bring) to Camp

### Clothing List

#### General Clothing

- 1-2 pairs pyjamas
- 6 pairs underwear
- 6 pair socks
- 3 pairs pants
- 3 pairs shorts
- 5-6 t-shirts
- 1 pair running shoes
- 1 pair sandals
- 1 pair rain boots
- 1 raincoat with hood or rain hat
- 1 warm jacket (fleece is good)
- 1 bathing suit (one piece and trunks only)
- 2 sweatshirts or warm sweaters
- 1 sun hat

#### Toiletries

- 1-2 large towels
- 1 toothbrush & toothpaste
- 1 hair brush/comb
- 1 shampoo/conditioner
- 1 soap
- 1 lip balm
- 1 bug repellent
- 1 sunscreen SPF 30 or higher

#### Bedding

- 1 sleeping bag
- 1 pillow
- 1 pillow case
- 1 single mattress cover (optional)

#### Optional

- Bible (if you have one—provided at camp if needed)
- Writing Paper/Journal/Notebook
- Flashlight w/ extra batteries
- Favourite Stuffed Animal

#### **DO NOT BRING**

- Electronics (see right hand side of page)
- Knives/Blades
- Over-the-counter medication (see pg. 12)
- Alcohol
- Cannabis or Illegal Drugs

**BAGGAGE MAXIMUM:** Maximum 2 large duffle bags per camper. Camper's cubbies will NOT accommodate more than 2 duffel bags.

**Electronics:** All electronics (ex: cell phones, iPads, gaming systems, etc.) are NOT permitted at camp. In an effort to create an “un-plugged” culture at our camp we ask that you leave electronic items at home (there is more information about this in sections 4—pg6).

Our goal is to develop a positive connection with your child. Limiting the distractions during the week will assist our staff in giving your child an unforgettable experience at camp.

Please see section 4 (pg. 6) for more information about contact with campers for emergency situations.

**Walkie Talkies:** These may interfere with the camp's urgent communications. Please do not allow your child to bring “walkie talkies” or 2 way radios to camp.

**Cameras:** Campers may bring a camera device (disposable/digital) to camp. However, due to the nature of the shared accommodations at camp we do not allow cameras inside the living spaces (unless specifically authorized for a particular activity). Campers who arrive at camp with a camera will be required to submit the device for storage in the Program Office. Access to the camera can be provided when the camper is not in the cabin, but must be returned to the office prior to entering a cabin.

Please be advised that Pine Lake Camp is not responsible for items that are lost or damaged while at camp. Please do not send anything that will be a great loss if your child does not bring it home.

**It is a good idea to label everything**

#### **Purchases at Camp**

We do not recommend sending cash with your child; 2 free canteen items are provided everyday.

## Section 4 — Keeping in Touch with Camp

### **Phone Call, Mail and Email Policy**

Of course, many parents feel anxious to know how their child is fairing at camp. Since homesickness usually worsens if parents contact their child, we discourage phone calls, sending mail or emails. For security reasons, unplanned visits while your child is with us at camp are prohibited and you may be asked to leave the property.

If you have serious concerns about your child you may call the camp office to speak with a staff member. We ask that you postpone general “check ups” on your child until the end of camp. Please keep in mind that staff are very busy during the day and their full attention to the campers is required. If a staff member is not available at the time of your phone call we will be sure to respond within 24 hours.

The use of campers’ personal electronics (ex: cell phones, iPads, gaming systems, etc.) is restricted while at camp. Cell phones and other electronics are not permitted at camp and will be collected from campers and returned before departure.

If your child has a serious illness/injury or is having significant difficulties while at camp we will contact you immediately.

### **Birthdays At Camp!**

We are unable to accept packages through the mail for campers.

- If your child is having a birthday at camp, please send any gifts with them to camp to be given to the Program Director until their birthday.
- On the package please write:
  - 1) Your child’s first & last name
  - 2) the date of his/her birthday

### **Contact Info**

If there is any change to the camper’s contact and/or emergency contact information that was submitted on the camp registration, please log into your account again to submit any updates needed. If you experience any problems with this please contact us directly by phone or email to ensure that the information in our records is up to date.

## Section 5 — General Information

### Activities

At Pine Lake Camp campers may participate in many different activities. These activities may include any of the following:

- Various sports
- Mini Golf
- Low Ropes Course
- Climbing Wall
- BMX Biking
- Trail Biking
- Gardening/Trail Walks
- Tetherball
- Bible learning
- Canoeing
- Pottery
- Woodwork
- Archery
- Tenting
- Cooking
- Photography
- Swimming
- Campfire

### Rules for Campers

Pine Lake Camp is a community built on respect for every person, for our Pine Lake Camp property/facilities and for the rules that keep it a safe place (both physically and emotionally) for everyone.

We expect all our campers to respect the rules laid out at the beginning of the week and parents should make this clear to children before the arriving at camp.

#### **Bullying:**

If a camper jeopardizes the emotional and/or physical safety of any camper or staff we will contact parents immediately. Continued bullying may result in dismissal from camp.

#### **Drugs and Alcohol:**

Campers are not permitted to possess and/or consume alcohol, illegal drugs or recreational cannabis at camp. This will result in dismissal from camp.

#### **Smoking:**

Campers may not smoke cigarettes without pre-approved arrangements. Doing so may result in dismissal from camp.

#### **Meals:**

As part of our healthy living culture, campers are expected to eat breakfast, lunch and supper everyday. Menu exceptions will be made for allergies/medical conditions only. Camp staff will monitor campers to ensure that they are eating regularly. Parents will be contacted if any serious health concerns are reported.

#### **Accommodation:**

Campers are not permitted in the sleeping quarters of any other cabin they are not assigned to. Access to sleeping quarters is restricted to the camper's own cabin only.

#### **Curfew:**

Campers are required to stay in their cabins after curfew. This ensures the safety of camper's during the night. Any camper caught "sneaking out" may be dismissed from camp immediately.

#### **Pranks:**

There will be zero tolerance for pranks during camp. Although camp traditions often include pranking other campers, this can result in serious physical or emotional/psychological damage.

### Discipline Policy

If a camper is found breaking any rules or behaving inappropriately camp staff will use the following 3-strike discipline policy:

Strike 1 - Repeat issues or behaviour that is unsafe for campers or staff will result in a meeting with the camper and a Senior Staff to discuss camp rules and expectations going forward.

Strike 2 - If the behaviour continues: the camper will meet with a Senior Staff again and a phone call will be made to the parent/guardian.

Strike 3 - If the behaviour still continues: the camper will meet with a Senior Staff again and a phone call to the parent/guardian will be made. At this time the Program Director/Camp Director will determine if the camper can remain at camp.

**Note:** incidents/behaviour may be immediately escalated to Strike 3 if the safety of *any* camper (including self) or staff is jeopardized.

**Camp fees will not be refunded for dismissal from camp. The parent/guardian will be responsible for picking up their child from camp.**

## Section 5 — General Information

### **Cabin Placement**

We understand that being in a cabin with friends is important to campers. We respect that desire for companionship. However, for various reasons, we are not always able to meet a campers request.

With this in mind we do not guarantee cabin placement. Cabin placements will be revealed when the camper arrives for check in. Please be advised that siblings/friends sometimes cannot be placed together due to age or sex differences.

**Please tell your children all of this before arriving.** Also, reassure your child that it is our desire that they would feel safe and happy at camp. Encourage your child to talk to their Cabin Leader (or another staff member they feel comfortable with) if they are experiencing any problems while at camp.

### **Pine Lake Camp Privacy Policy**

Pine Lake Camp collects personal information about campers, their families and other participants in our programs. We recognize the importance of privacy and the sensitivity of this personal information and are committed to protecting the privacy of our customers/visitors.

It is our intention to comply with all aspects of the Personal Information Protection and Electronic Documents Act (PIPEDA), Freedom of Information & Protection of Privacy Act (FOIPPA) and the Health Information Act (HIA).

If you have any questions regarding the privacy of your personal information held by Pine Lake Camp, or complaints about how your personal information has been used, you can contact our main office at (403) 423-2111.

### **Homesickness - Prevention & Cure**

It is very common for children go through a period of homesickness when they first arrive at camp. This is very natural. It happens to children of all ages and camp experience. It is important that we acknowledge the reality of those feelings and take positive steps to help children get through that stage. Cabin leaders are trained to deal with homesickness by giving children close personal attention, helping them make new friends and engaging them in new and fun activities.

#### ***What Can You Do To Help Before Camp?***

- Speak openly about homesickness and reassure your child that it can happen to anyone. Knowing this in advance can help reduce anxiety.
- **Don't say:** "If you don't like camp you can come home." Children who are having difficulty adjusting to camp will then compound the problem by not giving it a fair chance. They may close their minds to adapting to camp and focus instead on going home. Of course this is always an option and parents/guardians of campers who are having significant problems adjusting will be contacted to discuss this if needed.
- **Do say:** "If you feel homesick, tell your cabin leader - don't hide it." Help your child to know that we want to support them, but can only do that if we know they are having a difficult time.
- Reassure your child that camp is a safe place and the staff are there to help them. Encourage your child to feel comfortable approaching a staff member for help with anything. This enforces to your child that the staff are people that you trust instead of "strangers" to be avoided. Your child's anxiety will be greatly eased when they are sure of your trust in the Pine Lake Camp staff team.

*Continued on next page...*



## Section 5 — General Information

### Homesickness - Prevention & Cure— continued

- **AVOID** statements like: “I’m going to miss you terribly.” You don’t want to make your children feel “bad” about leaving you. They need to feel loved, but not to fear that you will be lonely or disappointed in their absence.
- While talking about all of the exciting things your child will experience at camp, it is also a good idea to prepare them for the “not so exciting” things they will encounter. Talk about things like mosquitoes and cabin clean-up to help prepare your child in advance.
- **Most importantly, give you child a lot of information.** This helps to prepare them for a week without you. By knowing what to expect they will feel more equipped and confident to handle the challenges that arise during the week. Here are some common questions campers ask:
  - Q. Are the bathrooms outside?  
A. There are indoor bathrooms in all of our buildings
  - Q. Are there bugs?  
A. There are a few (mostly at night) but you can use bug spray during the day.
  - Q. What are the cabin leaders like?  
A. Really friendly, lots of fun, and caring
  - Q. Will I make new friends?  
A. Yes, and it will happen fast!
  - Q. Do other kids bring stuffed animals?  
A. You bet! Bring your favourite stuffy to keep you company at night.
- Explain the phone and electronics policy to your child. Boost your camper’s emotional readiness for camp by making it clear that the strategy for getting help is to turn to Camp Staff instead of their devices. Encourage your child about the benefits of not using electronics during the week.

- Leave encouraging notes in your child’s luggage. But remember to avoid saying things like “I miss you.” Instead try saying things like “You’re doing great!” or “I’m so proud of you!” Keep in mind that you only want to encourage your child, not induce homesickness. You know your child best so use your discretion for this.
- Involve your child in getting ready to go (the planning and the packing).
- Remind your camper that there will be at least eight kids in your sleeping area so it is not like your bedroom at home. Work together with your new cabin mates to have a good time.
- It helps to practice skills at home that they will need at camp (tidying up their bed, putting clothes away, showering, brushing teeth, putting on clean underwear and socks).
- Practice problem solving with “What if…” scenarios. Here are some examples:

“What if…”

- you lose your favourite hoodie
- don’t feel well
- are scared of canoeing/wall climb/etc.
- feeling homesick
- don’t like the food

Remind your camper that the answer to all of these problems is to ask for help. All of the Pine Lake Camp staff are here to make sure that your camper has a great week at camp!

## Section 5 — General Information

### **Frequently Asked Questions**

**1) Can I talk to my child while they are at camp?**

Adjusting to camp is a hard job for some children and talking to people at home often makes homesickness worse. There are two exceptions to this rule. One is if a camper has a birthday while at camp. The second exception would be in the case of an emergency or significant behaviour difficulties.

**2) How can I find out how my child is doing? (adjusting to camp, health-wise etc.)**

We will take a message and the Program Director will return the call when they are able to. Days at camp are very full, so we are not able to provide regular updates. However, if you have a concern, you can leave a message with the Camp Office.

**3) How will I know if my child is not doing well at camp?**

If your child is having significant difficulties of any kind, we will contact you to discuss solutions and problem solve together.

**4) Can I send my child candy?**

Please do not send candy or snacks. We do not want to attract animals and insects to camper cabins. Additionally, we have children with life-threatening food allergies and we do not want to risk a child having an reaction to snacks brought into a cabin.

**5) Does the medical form need to be filled out by a Doctor?**

No. Parents/guardians should do this.

**6) My child has special dietary requirements, such as diabetic or gluten free. Will there be ample food for them to eat?**

Yes, we provide options for special dietary requirements. Please make sure you indicate the requirement on the medical form when you register online. If you have concerns prior to camp, please feel free to contact us to discuss further.

**7) Can my child bring a Nintendo DS, cell phone, DVD player (or other electronic devices) to camp?**

We are an electronics free camp! This means that the use of electronics is prohibited at camp. If campers are found with electronics they will be confiscated and stored in the Program Office. These items are returned to the camper upon departure from camp. Digital or disposable cameras are permissible but will not be allowed in camper lodges.

**8) Why do we ask for a swimming competency level?**

Campers have daily swim times and may also participate in canoeing. To ensure the safety of all campers, it is important for our lifeguards to assess the swimming competency of each camper.

## Section 6 — Medical Information

### “Sun Smarts”

We constantly tell campers that being sun-safe is a healthy necessity. We remind campers to apply sunscreen and to wear hats. Please help out by sending hats and lots of sunscreen!

### Medical Form

According to Alberta legislation we are not allowed to provide any medical treatment for your child without a completed and signed medical form (part of registration).

We cannot take responsibility for a child unless we have a signed medical form **before** they arrive at camp. Online registration cannot be submitted without completing the medical form and no camper will be allowed to check in at camp unless we have received this form in advance.

Please ensure that you accurately complete the online medical form to ensure your child’s health and safety. Camp staff cannot accept verbal medical information.

### Lice

Lice are never fun! Unfortunately they do pop up from time to time, whether we like them or not.

- We expect parents/guardians to inspect their children for head lice & nits and treat any infestations **before** camp.
- Prior to leaving for Pine Lake Camp all campers will be checked for head lice & nits by designated personnel at The Salvation Army church/centre where they have registered. Campers with lice or nits must be treated by parents/guardians before attending camp.
- All campers will be checked again for head lice & nits upon arrival at Pine Lake Camp. Anyone found with head lice and/or nits will be treated immediately. Parents/guardians will be informed.
- Following successful treatments campers will be permitted to return to the camp program.
- Parents/guardians may be charged an additional \$50.00 fee for lice treatments performed at the camp.

### Medications at Camp

We do not allow campers to keep any medications in their cabins. Please explain to your child that the only medication they may keep in the cabin and self-administer is an inhaler for asthma or an auto-injector. If your child needs an inhaler or auto-injector, please send at least two. One stays with the Cabin Leader, so it is always near the child; the other (labeled) goes to the Camp Nurse.

All medications must be stored and administered by the Camp Nurse. If your child is coming to camp with medications they must be clearly marked by the pharmacy. We will not administer medication with another person’s name on it, or if it is outside of the prescribed medication container.

**Please ensure that you send enough of the prescribed medication that your child will require for the week for any medical or physical conditions.**

DO NOT send over-the-counter medications “just in case”. We stock plenty of Tylenol, Ibuprofen, cough syrup, etc. in the First Aid Station.

### Dietary Restrictions

We have an excellent menu to accommodate food allergies and dietary restrictions. Just be sure to mark allergies/reactions and dietary requirements on the medical form. Please keep in mind that food preference is not a dietary restriction. If you have concerns about the menu please contact us in advance.

### Life Threatening Allergies

#### Food

There are children at camp with life threatening nut allergies. Please help us keep them safe. **DO NOT send your child to camp or on the bus with any foods containing nuts or peanuts.** Due to severe allergies our dining hall does not serve peanut, nut or sesame products.

Ensure that the allergy information is included on your child’s online medical form. If it is needed, you can email or phone the main office before camp to make a safety plan for your child.

#### Insects

**If your child has a life-threatening allergy to stinging insects, we REQUIRE that they come to camp with 2 auto-injectors.** One is kept with the camper/Cabin Leader and one is kept with the Camp Nurse.

## Section 7—Miscellaneous—Map to Camp

