

# CAMP ST. MARTIN HANDBOOK

## CAMPERS & PARENTS

The handbook cover features a central background image of a lake with people on a raft. Overlaid on this are several polaroid-style photos: a group of campers sitting on a bench, two people holding a blue and white patterned blanket, a group of people in a canoe on the water, and the interior of a church with people seated at tables. A large green logo for Camp St. Martin is in the top left, featuring a cross and trees. Two QR codes are present: one on a light green sticky note that says 'Visit our website to register!' and another on a yellow sticky note that says 'Join the CSM Team!'. A yellow sticky note in the bottom left says 'Register today!'. A polaroid in the bottom right lists contact information under the heading 'Go to:'.

**Register today!**

**LEAD WEEK (GR. 9-12) : AUG 8-13TH**  
**JR HIGH (GR. 7-8) : AUG 15-20TH**  
**ELEMENTARY (GR. 4-6) : AUG 22-25TH**  
**FAMILY CAMP : AUG 25-27TH**

**Go to:**  
🌐 [campstmartin.ca](http://campstmartin.ca)  
📷 @campstmartin  
📍 @campstmartin



[info.campstmartin@gmail.com](mailto:info.campstmartin@gmail.com)



Camp St. Martin



[www.campstmartin.ca](http://www.campstmartin.ca)



@camp\_st.martin

## WELCOME TO CAMP ST. MARTIN

We are excited to have you join us for this year's camp adventure. The team is already brimming with excitement, and we have some great plans.

We hope that this handbook will help answer any questions you may have about camp.

On behalf of the Archdiocese of Grouard – McLennan, all Camp St. Martin volunteers and staff, we're delighted to have you join the adventure! See you soon.

Pax,  
FR. EUCHARIUS NDZEFMITI  
CAMP DIRECTOR



CAMP ST.  
MARTIN  
REGISTRATION

PAYMENT  
OPTIONS

GENERAL CAMP  
ENQUIRIES

ON-SITE  
CONTACTS

(DURING  
CAMPS)

ONLINE: <https://www.archgm.ca/csm2023/>  
EMAIL: [info.campstmart@gmail.com](mailto:info.campstmart@gmail.com)

CHEQUE TO:  
ARCHDIOCESE OF GROUARD – MCLENNAN  
10301 102 ST  
GRANDE PRAIRIE, AB  
T8V 2W2

CREDIT CARD:  
CALL IN INFORMATION TO 1.780.532.9766

Please Email us at [info.campstmartin@gmail.com](mailto:info.campstmartin@gmail.com)

CONTACTS DURING CAMP:

CAMP DIRECTOR: FR EUCHARIUS NDZEFEMITI  
Phone: (780) 837-4812

CAMP ADMIN: THOMAS WOLLIS  
Phone: (780) 219-6085

**\*Feel free to call or text during camp\***



## CANCELTATION & REFUND POLICY

A refund may be issued by request, up to one week before the start date of the registered camp should a participant be unable to attend.

Refunds will not be issued should a participant cancel less than one week before the start date of the registered camp, arrive late or leave early, including missing home.



## IMPORTANT CAMP REMINDERS

### CHECK IN AND DROP OFF

*Lead Week (Sr. High)*

*AUGUST 8, 2023 – BEGINS AT 7:00PM*

*Jr. High Camp*

*AUGUST 15, 2023 – BEGINS AT 7:00PM*

*Gr. 4 – 6 Camp*

*AUGUST 22, 2023 – BEGINS AT 2:00PM*

*Family Camp*

*AUGUST 25, 2023 – BEGINS AT 4:00PM*

*Training Day (counsellors)*

*AUG 7<sup>TH</sup>*

### PICK UP

*Lead Week (Sr. High)*

*AUGUST 13, 2022 – 12:00PM*

*Jr. High Camp*

*AUGUST 20, 2023 – 12:00PM*

*Gr. 4 – 6 Camp*

*AUGUST 25, 2022 – 12:00PM*

*Family Camp*

*AUGUST 27, 2022 – ???*

*Families are welcome and encouraged to attend Closing Mass at 11AM.*

***\*\*Pick up is after Closing Mass\*\****

**IF A CAMPER OR COUNSELLOR MUST ARRIVE LATE OR LEAVE EARLY (BEFORE CLOSING MASS) THE CAMP DIRECTOR OR PROGRAM DIRECTOR SHOULD BE INFORMED AND ARRANGEMENTS MADE PRIOR.**



## PREPARING FOR CAMP

### EMERGENCY CONTACT

It is your responsibility to ensure your registration form is filled correctly including a primary and secondary contact numbers in the indicated field of the online registration form. This will allow us to contact you in a timely manner should anything happen in which we need to contact you.

Note:

If anyone other than the guardian name indicated on the registration form will be picking up your child it is important that you inform us beforehand including Full Name and Contact information.

### MEDICAL INFORMATION/MEDICAL RELEASE

This information, including Alberta Health Care Number (or other Provincial Health Care number if from outside Alberta) and a parent signature are required by law for all campers and counsellors under 18 years of age. In typing your name into the online registration or application it constitutes an electronic signature.

Any allergies, medical conditions or routine medication? Ensure this is included in your registration in detail or email details to – [info.campstmartin@gmail.com](mailto:info.campstmartin@gmail.com)

Information should include: Condition, typical reactions, symptoms, treatment followed, medication schedule and any other information we should know to ensure the best care of your child.

## ADDITIONAL INFORMATION

Please inform us of any information regarding behavioral norms/struggles (aggressive, shy, etc.) mobility limitations, bed wetting, history of depression, self-harm or eating disorders, or any other relevant information that can help us ensure the best care for your child during camp.

Always check to ensure you do not send your camper or counsellor to camp if they have head lice, chicken pox, pink eye, or any other communicable condition.

## BRINGING MEDICATION TO CAMP

All medication including Advil, Tylenol, Benadryl, Claritin or any other over the counter medication along with all prescription medication must be in their original containers and checked in upon arrival at the registration table. Ensure prescription medication labels with child's name and dosage are legible.

\*Please be sure to send enough necessary medication for the entirety of the camp stay and ensure they're not expired (inhalers, epipens, sleep aid, etc.)

\*We will not be purchasing individual medications if they have been forgotten or have become expired – if need be there is a pharmacy nearby\*

## PHOTO RELEASE

Our Videographer will be taking photos and filming over the course of the camp for promotional purposes on social media, posters, and brochures and on our website. If you DO NOT wish to have any photos of your child used, ensure that you didn't indicate consent on the registration form.

\*Note that other campers may take photos during the course of the camp and we have no control over how these photos are used.\*



## WHAT TO BRING

### TO SHARE

- ✓ Nut Free Snack

### TO WEAR

- ✓ Hat
- ✓ Cheap Sunglasses
- ✓ Sunscreen & Bug Spray
- ✓ Sweatshirt & warmer coat
- ✓ Hooded Rain Coat & boots
- ✓ Sandals or flip flops
- ✓ Swim suit (one piece for ladies & knee length shorts for gents.)
- ✓ Summer dress or dress shirt & nice jeans
- ✓ Clothing according to camp specific list (see list below)

### TO SLEEP

- ✓ Pillow
- ✓ Sleeping bag
- ✓ Blanket
- ✓ Twin Sheet (optional)

Note: Campers sleep in cabins on bunk beds.

### OTHER

- ✓ Labeled refillable water bottle
- ✓ Two towels
- ✓ Toiletries (don't forget soap)

### OPTIONAL ITEMS

- ✓ Musical Instrument
- ✓ Bible
- ✓ Rosary
- ✓ Journal & Pen
- ✓ Small Board Game



### CLOTHING – LEAD WEEK (SR. HIGH)

- ✓ Messy game outfit X2 (T-shirt, shorts or pants & shoes) that can be ruined/stained.
- ✓ Service project outfit (may get paint on it)
- ✓ Active wear X2 (including running shoes)
- ✓ Everyday clothes X3
- ✓ Summer dress or dress shirt & nice jeans

### CLOTHING – JR. HIGH CAMP

- ✓ Service project outfit (may get paint on it)
- ✓ Active wear X2 (including running shoes)
- ✓ Everyday clothes X3
- ✓ Summer dress or dress shirt & nice jeans

### CLOTHING – GR. 4 – 6 CAMP

- ✓ Messy game outfit (T-shirt, shorts or pants & shoes) that can be ruined/stained.
- ✓ Active wear X2 (including running shoes)
- ✓ Everyday clothes X2
- ✓ Summer dress or dress shirt & nice jeans

### WHAT NOT TO BRING

- × Junk food
- × Any type of knife
- × Lighters
- × Pets (no penguins)
- × Valuables (jewelry, etc.)
- × Electronics (Cellphone, ipad, X-box, etc.)
- × Cigarettes, drugs, alcohol or memorabilia.
- × Books or magazines from home.
- × Spaghetti straps, super short shorts, bikinis (any clothes that require frequent adjusting to be comfortable or keep in place)

Note: we ask that shorts be longer than the longest shirt/sweater you bring.



## TIPS TO PREPARE FOR CSM

**PREPARE FOR OVERNIGHT STAY** – If your child hasn't stayed away from home arrange a few overnight stays with family or friends to help them get used to sleeping in a new environment away from mom and dad.

**SEPARATION ANXIETY** – If your child is nervous about being home sick assure them its normal to feel this way and that they will have the support of the camp team and other campers.

**OTHER ANXIETY** – Anxiety can be cause by fear of the unknown. Looking at camp pictures or watching the camp video may help with this.

**INVOLVE YOUR CHILD IN PACKING** – Ensure they are familiar with what they brought to camp. This helps prevent lost or forgotten items.

**LABEL BELONGINGS** – It's common for campers to have very similar if not identical items. It's a good idea to label belongings prior to camp.

## CELL PHONES

Campers and counsellors are not permitted to have their cellphones. They can either leave them at home or hand them in upon arrival.

We believe strongly in the freedom that comes from being disconnected from our phones. Also that camp is a time to grow in attentiveness to Christ, others and one's own heart.

**Campers can always ask a team member if they feel they need to contact their parents.**

Should anything serious occur (sickness, hospital visit, emotional distress) you will be contacted as soon as possible.



## BEHAVIOUR POLICY

At the beginning of every camp, campers will have an orientation on the camp rules and behavior expectations. Here are those expectations.

### RESPECT FOR ALL IN CHRIST

#### RESPECT FOR GOD THE FATHER

- ✓ In thanks giving for His goodness, we speak words of worship towards God. Foul language and talking the Lords name in vain will take away from the camp experience for yourself and others.
- ✓ Respect Christ present in the Blessed Sacrament in the Chapel— genuflecting as you enter and leave, keeping the chapel free of litter and quiet while others are praying.
- ✓ Participate in mass and be attentive to how Christ may be moving in your heart during camp.
- ✓ Understand that God is present in others and treat one another as loved sons and daughters of the Highest King.

#### RESPECT FOR OTHERS

- ✓ Introduce yourself and welcome others.
- ✓ Do not touch others belongings.
- ✓ Respect others privacy (don't enter a cabin or room that isn't your own and ask before sitting on someone else's bed)
- ✓ Allow others to get their rest at night. If someone is sleeping all should be quite.
- ✓ Share with others
- ✓ Treat others fairly, as you would like to be treated.
- ✓ Courageously report any bullying, exclusion and do not participate in it.
- ✓ Participate in keeping cabins and the camp clean.
- ✓ Dress and act modestly.
- ✓ Strive to be attentive when others are speaking and when counselors clap or raise their hand and are leading an activity.

## RESPECT FOR SELF

- ✓ Rest well – report any trouble you may have sleeping.
- ✓ Dress well – Dress according to the weather and activities.
- ✓ Eat well – Eat the meals provided and drink plenty of water.
- ✓ Keep good hygiene, ask if you forgot soap or anything.
- ✓ Courageously report any uncharitable acts towards yourself to a team member.
- ✓ Be open to prayer and the love of God.

## A USUAL DAY AT CAMP

8:00 AM	Personal Prayer
8:30 AM	Morning Prayer
8:45 AM	Team Meeting
9:00 AM	Wake Up Call
9:30 AM	Breakfast (Prayer)
10:10 AM	Intro/Testimony
10:30 PM	SIGN UP CLINIC or Workshop
12:00 PM	Mass
12:45 PM	Lunch (Prayer)
1:30 PM	Daily Tasks
2:00 PM	Afternoon Group Activity
3:30 PM	Snack & Hydrate
6:00 PM	Clean Up / Cabin Check
6:30 PM	Supper (Prayer)
7:15 PM	Mini Talk
7:25 PM	Desert Time
8:00 PM	Night Game
8:20 PM	Camp Fire
9:30 PM	Night Prayer
10:00 AM	Bed Time
10:30 PM	Lights Out

\*\*\* Times vary by age

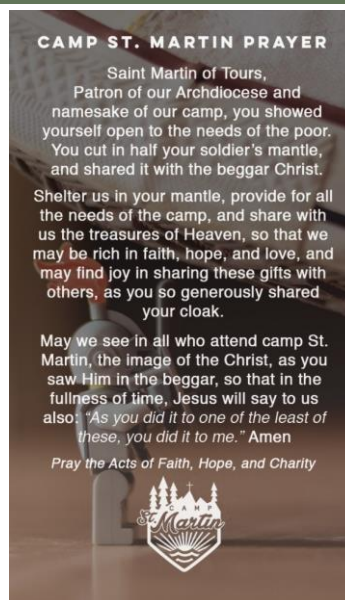


## AFTER CAMP

There will be an adjustment period for campers and counsellors after camp. Younger campers tend to be full of excitement, while older campers and counsellors tend to be more melancholy about being separated from their friends. Be available for your child to tell you about their experience and let them know it's normal to have these emotions.

Praying the camp prayer with your child or encouraging them to listen to the camp playlist on Spotify (accessible via the hyperlink below) may help them adjust while keeping the joy of camp alive in their hearts.

[Camp Spotify List](#)



## LOST AND FOUND

Despite our best effort every year we have lost items left behind. We make our best efforts to return everything to their owners. If you're missing something after camp please contact us as soon as possible. We hold onto items for six months, then they're donated.