LAKEFIELD COLLEGE SCHOOL CAMPS

Overnight Camps

An Overview and Guide

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Land Acknowledgement

We respectfully acknowledge that Lakefield College School is located on the Treaty 20 Michi Saagiig territory and in the traditional territory of the Michi Saagiig and Chippewa Nations, collectively known as the Williams Treaties First Nations, which include: Curve Lake, Hiawatha, Alderville, Scugog Island, Rama, Beausoleil, and Georgina Island First Nations. Lakefield College School respectfully acknowledges that the Williams Treaties First Nations are the stewards and caretakers of these lands and waters in perpetuity and that they continue to maintain this responsibility to ensure their health and integrity for generations to come.

Core Values

Development of the Whole Person
We commit to strengthening the behaviours and practices needed to thrive and lead a healthy, meaningful and fulfilling life.

Inclusive, Caring Community
We believe in the dignity and worth of all individuals. We embrace diversity, practise equity and foster connection. We lead with empathy to create a sense of belonging for all.

Environmental Responsibility
We believe teaching respect for the Earth and respect for people go hand-in-hand. Our campus ecosystems and programs inspire us to be committed to environmental responsibility.

Service
We believe that leaders serve others. We have a responsibility to our local, national and global communities.

Trust
We believe in the moral strength, character and reliability of each member of our community, resulting in feelings of mutual confidence and mutual respect.

Individuality
We value each individual's unique gifts and strengths, and we support and celebrate them in becoming their authentic selves.

Learning
We believe in creating learning experiences that cultivate curiosity, build resilience, foster a global perspective and instill a passion for lifelong learning.

Joy
We believe in the power of joy. We intentionally craft opportunities that promote vitality and deep contentment.

Who we are

LCS Camps is an inclusive, outdoor education–based camp dedicated to providing meaningful and memorable summer experiences for campers of all ages. Set within a beautiful natural environment, we offer a wide range of activities that encourage exploration, skill development, friendship, and personal growth. Our programs are designed to create a safe, supportive community where every camper can learn, try new challenges, and thrive.

Meet the Director Team!

Anna Elia (Sparx)

Director, LCS Camps

Originally from the UK, Anna brings 15 years of experience in education and a deep passion for creating environments where every camper feels at home. With a Masters in Education (University of Portsmouth, UK), Anna's research specifically focused on how activities outside the classroom (like camp!) boost student mental health and success. She brings this expertise to LCS every day, coaching our staff to be world-class mentors. While she loves the vibrant energy of the whole program, her "why" is found in the first-day jitters. She takes immense pride in helping campers settle into their routines, transforming nervous arrivals into confident adventurers who never want to leave. Whether she's at the farm or on the trails, Anna is dedicated to making sure every camper finds their joy in the outdoors.

Alyssa Kelly (Clover)

Assistant Director, Administration

Alyssa has worked in the camp world for the past four years. As a certified Ontario teacher, she is deeply committed to ensuring that inclusivity, diversity, and accessibility are at the forefront of every experience for campers - whether at camp or in the classroom. Alyssa's background focuses on mental health and supporting neurodiverse campers. She brings this knowledge to LCS every day, sharing her passion and expertise with all staff while fostering a supportive and inclusive environment for everyone. Alyssa loves camp for the strong sense of community it creates and the unique opportunity it gives every camper to feel seen, valued, and supported. She believes camp is a place where kids can build confidence, try new things, form meaningful connections, and truly be themselves in a safe and encouraging environment.

Anna Strybosch (Sunni)

Assistant Director, Camp Life

Graduated from Trent University with both a B.Ed and undergraduate degree in Child Psychology, Anna brings knowledge, passion, and priority for diverse and inclusive camp experiences for campers of all ages. Anna is committed to fostering positive, welcoming, and warm environments for campers to thrive, face challenges, and develop confidence and sense of self at camp. She brings energy, enthusiasm, and informed perspectives to support the holistic development and growth of our campers and staff team alike. Anna is proud to share her passion and love of nature by encouraging campers to fully immerse in all camp experiences and find comfort and joy in trying new things. From the trails, to the waterfront, and the farm, Anna is committed to spreading camp magic and light to create lifelong memories from LCS Camps!

Kemi Lo (YK)

Assistant Director, Programs

Originally from Hong Kong, Kemi is a Chinese-Canadian musician, educator, and photographer. She holds a Bachelor of Fine Arts in Music Performance from York University and is deeply committed to using the arts as a tool for deeper multicultural learning and fostering cultural acceptance between people. She currently works at LCS during the year as an Associate Faculty member and Director of the Lorelei Consort Choir. Kemi brings a "whole person" approach to her work and strongly believes in the philosophy of mens sana in corpore sano (a sound mind in a sound body). She is passionate about the mind-body connection and the essential role the outdoors play in supporting well-being. Guided by the values of generosity, honesty, and compassion, Kemi focuses on the importance of helping and understanding one another. She strives to create a compassionate, non-judgmental environment where every student feels seen, capable, and valued. You will often find her at camp singing and dancing to herself!

Camp Logistics and Preparation

How to Register

A full list of camp programs and available add-ons can be found on our website and through our online registration portal. To register, families must first create an account on our camp portal. Once your camper's information has been entered, a list of all eligible programs will be displayed, allowing you to select the options that best fit your camper's age and interests.

Communications

As your camp session approaches, you will receive important information, including first-day details, packing lists, and helpful reminders to ensure your camper is prepared for a wonderful experience at LCS. Approximately one week before your session begins, we will send a detailed program email (families attending multiple consecutive weeks will receive this email once), followed by an arrival day reminder the day before camp starts. If you need to reach our camp office during the summer months, please call **705.652.3324**.

General Packing List (All Programs)

Please ensure all items are clearly labelled with the camper's name.

Clothing & Footwear

- Sun Hat: Broad-rimmed for best protection.
- Rain Gear: Both jacket and pants.
- Footwear: Closed Toe Indoor shoes, Closed Toe Outdoor shoes, and water shoes (required for all waterfront activities).
- Swimwear: At least two suits suitable for active water sports.
- Warm Layers: Fleece or wool sweater, warm socks, and active pants for cool evenings.
- Daily Essentials: Adequate supply of socks and underwear.

Health & Hygiene

- Sunscreen & Bug Spray
- Refillable waterbottle
- Towels: One for the shower and one for the beach.
- Toiletries: Hand soap, body wash, toothbrush, toothpaste, dental floss, shampoo/conditioner, razor, and period products.
- Medications: A full supply for the duration of the program.
    - Note: Campers with anaphylaxis must have at least two EpiPens available at all times.
- Personal Comfort Item: Stuffed animal, book, or small photo from home

Camping Gear (Canoe Tripping Programs & Northcote Night)

For programs that include an overnight stay, campers are welcome to bring their own equipment or use ours.

1. Items We Can Provide (Borrow or Bring)

If you don't have these, don't worry! We have plenty of loaner gear available for you to use.

- Sleeping Bag
- Sleeping Mat

2. Items You Should Provide

We do not have loaner versions of these items, so please ensure they are in your bag if you are camping.

- Headlamp or Flashlight: Essential for safely navigating the campsite at night.
- Light Toque / Warm Hat (For cooler nights in the tent)

Our Staff

LCS Camps Staff have or are working towards a relevant undergraduate degree or post-secondary diploma, have experience in a camp, daycare, school, or coaching environment, are certified in First Aid and CPR/AED, and have relevant certifications to their assigned area (e.g. waterfront staff have their NLS certification).

Our Programs

Overnight Programming

At LCS Camps' Overnight Program, campers spend their mornings immersed in their selected specialty programs, building skills and confidence in the activities they're most passionate about. In the afternoons, they personalize their experience through "Camper's Choice," selecting their own adventures and exploring different activities across camp. After the camp day ends, evenings come alive with pre-planned programs that make full use of our outstanding facilities, ensuring every camper makes the most of everything our camp has to offer.

Bridge Weekend

Campers who stay for consecutive weeks can register for our exciting Bridge Weekend programming, extending their overnight experience with even more adventure and connection. During Bridge Weekend, campers head off campus for unforgettable excursions like treetop trekking and a thrilling day at Canada's Wonderland.

Camp Life

What We Offer

At LCS Camps' Overnight Program, campers stay in comfortable, air-conditioned rooms within our modern summer residences, with shared showers and bathrooms on every floor, creating a cool and relaxing space to unwind after a full day of activities. Campers enjoy three hot meals a day in our dining hall, receive a camp T-shirt, and have full access to our exceptional facilities throughout their stay. With caring staff on site 24/7, our overnight experience combines independence, community, and safety in a welcoming residential setting.

Overnight Schedule

7:00 a.m. Wake Up
8:00 - 8:30 a.m. Breakfast
8:30 - 9:00 a.m. Overnight Camper Program Check in
9:00 - 12:30 p.m. Program Rotations
12:30 - 1:00 p.m. Lunch
1:00 - 1:45 p.m. Camp Wide Group Games
1:45 - 4:15 p.m. Campers Choice Activities
4:30 p.m. Overnight Camper House Check in
4:30 - 5:30 p.m. Overnight Camper Programming
5:30 - 6:30 p.m. Dinner
6:30 - 8:30 p.m. Evening Programming
9:00 p.m. In-House Curfew

Arrival and Pick Up Procedures

Drop-Off: Prior to your arrival day, you will receive instructions indicating which residence to drop your camper off at. All arrival days take place on the start date listed for the program from 4:30 pm to 5:30 pm.
Pick-Up: On the final day of your camper's program, pick-up will take place at 4:30 p.m. from their residence. When arriving, parents/guardians are required to sign their camper out with the house counselors and coordinators before departure.

Early Pick Up

Should a camper need to be picked up early, an email must be sent to the LCS Camps email: camps@lcs.on.ca requesting the early pick up. The child will be accompanied by a LCS Camps Staff member until the authorized individual has signed that camper out.

Tuck Tuesday & The Tuck Jar

Every Tuesday afternoon, all campers enjoy a favorite sweet treat together! To participate in this weekly tradition, we suggest a $2 contribution per camper, which our staff will collect at the start of the day while taking the kids' snack orders. We want every child to feel included in the fun, so we've created The Tuck Jar to ensure that no one is ever left out of the excitement.

If you are in a position to "pay it forward" by sharing an extra toonie or two, your kindness helps provide a treat for a camper who may not have the means to bring their own that week. Our goal is to make sure that every single camper joins in and receives their treat, regardless of whether they were able to bring a contribution that morning.

Lost and found

A lost and found table will be set up on the last day of each session, and a photo folder of all unclaimed items will be sent to families after the week.

Cabin Life

Residences

Campers stay in our air-conditioned summer residences with two to three campers per room. Staff are living on each floor to provide supervision, support, and a welcoming community environment.

Washrooms

Shared washrooms and shower facilities are located on every floor, offering convenient access for all campers.

Laundry

Laundry facilities are available on-site for overnight campers staying multiple weeks, with scheduled times and staff support as needed.

Health care

Meet Our Camp Nurse!

Janice Runza
Registered Nurse, Health and Wellbeing, Advisor

Janice (Care Bear) is a Registered Nurse at Lakefield College School and has been part of the LCS community since 1995 - spending 30 years living on campus! With 15 years in the Health Centre, she's passionate about keeping kids healthy, active, and thriving. She also teaches Mental Health First Aid and helps with training camp staff each summer on medical protocols.

A big fan of sports and the outdoors, Janice coaches competitive soccer, works as an Academic Advisor, and has been part of LCS Camps since day one. She studied nursing at the University of Toronto, with earlier studies in psychology and criminology.

When she's not at school or camp, Janice/Care Bear enjoys volunteering with Special Olympics, biking or running, supporting local food programs, or spending time with her family. She loves working with children and teens (and animals too!) and is all about helping everyone have a fun, safe, and confidence-building camp experience.

Trainings

All camp staff are certified in First Aid and CPR/AED and hold additional certifications relevant to their assigned roles, such as NLS certification for waterfront staff.

Medications

Medications (prescription or non-prescription) can only be given if a completed medical form is signed by a parent/guardian and includes dosage, dates, and times. All medication must be in its original, labeled container and is stored securely in the Health Centre or refrigerator, except for EpiPens and inhalers, which are carried by the camper or staff per parental instructions. Please share any specific instructions with our camp staff at sign-in and ensure they are listed on the camper's medical forms.

Immunizations

It is recommended by the Peterborough Health Unit that all Immunizations are current. A copy of the child's immunization record (or parental objection) must be submitted as part of the child's file.

Allergies

At LCS, we are committed to supporting campers with allergies in a safe and thoughtful manner. Please ensure all allergies are clearly listed on your camper's medical form so our camp nurse can review and prepare accordingly. Our dining hall team carefully accommodates food allergies for all meals and snacks, and if your camper carries an EpiPen, it should remain with them at all times, with their counselor informed to ensure proper awareness and support.

Policies and Procedures

Waterfront Safety Procedures

We maintain small counsellor-to-camper ratios to ensure safety and personalized attention. Campers are supervised by staff at all times, including at the waterfront, where properly fitted lifejackets are required when on or near the water. All campers complete a swim test on their first day to help us determine appropriate waterfront activities and supervision levels.

Technology Policy

Starting in Summer 2026, LCS Camps will be phone-free. We believe camp is a unique opportunity to unplug, be present, and experience the outdoors with authentic connection that's increasingly rare in daily life.

Campers should leave devices at home, though international travelers may submit phones to the camp office for safekeeping along with their passport during their stay. Students enrolled in credit courses should bring their laptops if listed on their packing list - devices will be distributed at the start of each class and stored securely during activity time.

For campers joining us for Bridge Weekends, there is the opportunity to use their phone to connect with family and send updates from camp. Campers are issued their phones for all off-campus excursions as a safety precaution.

Families can stay connected by sending emails to their camper at camps@lcs.on.ca (we'll print and deliver messages during quiet time). For emergencies, the camp office is reachable at 705.652.3324 ext. 379, and we're happy to provide a personalized update within the first 48 hours to let you know how your camper is settling in.

Safety, Security & Responsibility

House & Room Safety

Your residence is your home for the week. To keep it safe and comfortable for everyone:

- **Clear Paths:** Keep floors clear of bags and personal belongings so everyone can move safely.
- **Visibility:** For your safety, staff must be able to see into the room easily during check-ins. Please do not hang blankets, flags, or posters from the ceiling or over doorways.
- **Fire Safety:** No open flames (candles, incense, lighters, or matches) are allowed. Tampering with fire alarms or equipment is a serious safety risk and may result in a camper being sent home.

Campus Security

Your residence is locked 24/7. Keep your access card with you and do not share it with others. If you lose your card, let a staff member know immediately! If you ever see a stranger on campus or feel uncomfortable, tell any staff member right away. We also have an extra security guard patrolling from 7:00 pm to 7:00 am to keep our community safe.

Alcohol, Drugs, and Prohibited Items

To maintain the health and spirit of our community, the following items are strictly prohibited on campus:

- **Substances:** Alcohol, tobacco, vaping products, and recreational drugs (including cannabis).
- **Safety Hazards:** Weapons of any kind (including toys or replicas), knives, and any fuel-based devices.
- **Exclusions:** Campers found in possession of these items will face immediate consequences, which may include being required to leave the program without a refund.

Harassment, Bullying, and Belonging

At LCS Camps, our core value of Inclusive, Caring Community means that every camper has the right to feel safe, respected, and valued. We believe in the absolute dignity and worth of every individual. Our community is protected by the Ontario Human Rights Code, which means every camper and staff member has the right to an environment free from discrimination and harassment.

Understanding Bullying and Harassment

To keep our community safe, it is important to understand the difference between a one-time conflict and behaviors that break our community trust.

What is Bullying?

Bullying is aggressive, typically repeated behavior that is targeted at another person. It involves a "power imbalance" - where one person uses their size, age, social status, or peer group to make another person feel small.

Bullying is not just a one-time argument; it is a pattern of behavior intended to cause harm, fear, or distress. This can look like:

- **Physical:** Hitting, pushing, or damaging someone's property.
- **Social:** Repeatedly excluding someone from a group or spreading rumors to hurt their reputation.
- **Cyber-bullying:** Using technology (phones, social media, or gaming) to send or post hurtful content. Because cyber-bullying can happen 24/7, we take it very seriously, even if it happens outside of camp.

What is Harassment?

While bullying is often about social power between peers, Harassment is specifically tied to Protected Characteristics under the Ontario Human Rights Code. It is any unwelcome comment or action related to:

- **Race, Ancestry, and Place of Origin:** Your heritage, skin color, or where you or your family are from.
- **Religion and Creed:** Your personal beliefs, faith, or lack of religious belief.
- **Sexual Orientation:** Who you are attracted to.
- **Gender Identity and Gender Expression:** How you feel about your gender and how you choose to show it to the world.
- **Ability:** Any physical, mental, or learning disability.
- **Appearance:** This includes body size, height, and physical features.

Whether a behavior is defined as bullying or harassment, both are strictly prohibited at LCS Camps. We believe every camper has the right to spend their summer in a "Poison-Free" Environment - meaning no one should have to deal with an atmosphere that feels hostile, insulting, or disrespectful.

Boundaries and Consent

We believe in fostering healthy relationships at camp that lead to lifelong friendships. To help create a culture of mutual respect and belonging, it's everyone's responsibility to help each other feel safe, comfortable, and excited about being at camp.

- **Personal Space:** Always ask before entering someone's "bubble" or touching their belongings.
- **Consent:** "No" means no. A happy, clear "Yes" is the only way to know someone is comfortable.
- **Public Space:** While friendships and "camp crushes" happen, we ask that all campers keep displays of affection appropriate for a public, community setting.
- **Camp Dorms:** Under no circumstances can campers enter a bedroom, floor, or residence that is not their own. Because we are a phone-free camp, we prioritize face-to-face hangouts in our common rooms and outdoor spaces!

Looking Out for Each Other: Reporting

We are all responsible for keeping the "Camp Spirit" alive. If you see or hear something that doesn't feel right - even if it's just a "gut feeling" - we want to hear about it. Telling a staff member isn't about getting someone in trouble; it's about making sure everyone feels safe.

How to speak up:

- **Find Your Person:** You can talk to your House Staff, a Program Coordinator, or any member of the Director Team. They are always available to listen.
- **Private Check Ins:** If you're not comfortable speaking in front of a group, just ask a staff member if you can "take a quick walk" or "chat for a minute."
- **What Happens Next:** Once you report something, a staff member will listen to you privately. We will then check in with everyone involved to figure out the best way to move forward. Our goal is always to keep you safe and get camp back to being fun as quickly as possible.

Accountability: The "What Happens Next?"

We know that everyone is growing, and sometimes we make mistakes. Our goal is to help you learn and get back to the fun. If a camper struggles to follow our community standards, we use a tiered approach:

1. **Reflection:** A conversation with staff to understand the impact of the behavior and how to make it right.
2. **Reset:** A follow up with a member of our Director Team to understand what could be contributing to the behaviour and resetting expectations.
3. **Parent Partnership:** For repeated issues, the Director will contact parents to discuss a plan for success.

Expulsion: Serious safety violations (fire, weapons, or physical violence) or persistent refusal to follow camp rules may result in a camper being asked to leave the program.

Cancellations and Changes To Registrations

For any changes to your registration, please contact our Camps Team at camps@lcs.on.ca.

Refund Policy

For all LCS Camp Programs, we will provide full refunds until April 30, 2026 minus a 10% of program cost administrative and processing fee. From May 1, 2026 to June 26, 2026 a refund of 50% of the program cost can be received. No reduction in or refund of fees will be given for any reason once the summer season has begun. This includes:

- A camper or student who withdraws from their program during the period for which they are registered for any reason including, without limitation, as a result of illness or a medical condition;
- A camper or student who arrives late or leaves early in the period for which they are registered; or a camper or student who is expelled from the LCS Summer Academy for breaking the camp rules or otherwise.

All programs are subject to enrolment and may be cancelled; in this case, campers will be offered a refund. Campers and students will also be given the opportunity to transfer to another program should their primary selection be cancelled.