

## CODE OF CONDUCT

Pictou Recreation and Parks recognizes that in order for our programs to be successful, safe, and fun, they must be operated on the principle of respect for each other, the rules, activity parameters, boundaries and safety guidelines.

Please review the following with your children:

### Responsibilities of Participants and Parents/Guardians

- To respect drop off and pick up times
- To respect yourself, others, property, and staff.
  - To follow camp rules
- To adhere to instructions provided by staff regarding safety issues.
- To bring a healthy snack and lunch with plenty of water.
- To wear appropriate clothing including a hat, and proper footwear, and to bring a change of clothes, as well as sunscreen and a shirt to cover shoulders when playing in water.

Healthy Eating Practices and Multi-Sport Learning Opportunities are a big part of the Day Camp Program. Weekly activities will include Hiking and nature exploration, becoming "mini chefs" to practice healthy eating, tennis lessons, and library activities.

The Town of Pictou is a registered HIGH FIVE® organization. Pictou Recreation staff receive this training to ensure that every child has a positive sport and recreation experience.



## HEALTH AND SAFETY

### SAFETY IS A PRIORITY

To ensure campers have a good experience, safety is our main priority. We ask that parents also speak to their children at home about ways they can stay safe at camp.

### SUN SAFETY

We spend the majority of our time outdoors and in the sun. In order to protect campers from harmful UV rays, we require that campers arrive wearing a hat and sunscreen. Sunscreen is to be sent from home and labelled with your camper's name. Application is then required after lunch and at 2 pm, resulting in a minimum of 3 applications per day. Sun shirts are also required for swimsuits that leave the back or shoulders exposed to protect campers from burns.

### BEHAVIOUR

Our staff encourages participation, fair play, honesty, and fun! Bullying of any form will not be tolerated.

### HEALTHY EATING

All campers are required to bring water, a nutritional snack, and lunch each day. Each week campers will learn about healthy food choices via activities.

### NUT FREE

To ensure the safety of everyone, Pictou Recreation and Parks is a nut free environment to help reduce allergy risk.

# PICTOU SUMMER DAY CAMPS 2023



## Summer Program and Policies

**Pictou Recreation and Parks**  
**902-485-4372**

**40 Water Street, P.O. Box 640**  
**Pictou, Nova Scotia, B0K 1H0**  
**[recintern@townofpictou.ca](mailto:recintern@townofpictou.ca)**

## SEVEN WEEKS TO CHOOSE FROM!

### A PIRATE'S LIFE JULY 4-7

**\$85**

Ahoy Mateys! Kick off the summer with us. We will be travelling to the Read by the Sea Festival in River John and the Pictou Lobster Carnival! We hope no one needs to walk the plank!

### UNDER THE SEA JULY 10-14

**\$95**

We're known for our love of the Ocean here in Nova Scotia, come learn about all its creatures and features this week! We will be spending Thursday at Caribou Beach Provincial Park.

### LITTLE FARMERS JULY 17-21

**\$95**

This week is all about plants and animals! We will be doing our own gardening and attend the Dalhousie Agricultural Campus Community Day in Truro.

### MAKE A SPLASH JULY 24-28

**\$95**

This week's forecast: sunny with a chance of water fights! Come beat the heat with endless water activities and a trip to the Trenton Park Splash Pad!

### MAD SCIENTISTS JULY 31-AUGUST 4

**\$95**

Channel your inner Einstein as we perform all kinds of fun experiments this week! A trip to the Museum of Industry will take place on Thursday.



### WACKY WILDLIFE AUGUST 8-11

**\$85**

Unleash your wild side this week as we learn about different animal species! We will even get to travel to Shubenacadie Wildlife Park to visit some in person!



### AROUND THE WORLD AUGUST 14-18

**\$95**

This week we will be learning all about different places and cultures! We will also celebrate Pictou's 150th Anniversary and visit the Hector Heritage Quay and McCulloch House.