



CTS CAMP HANDBOOK

1) Message from Central Tech Stadium

Just one year ago, we started on the journey to bring great youth camps to the Central Tech area and we're having a blast. Thank you to all the parents and kids who joined CTS Camp for our very first year. From our city travels to our intense field games, we couldn't have asked for a better year. We're turning up the fun again this year with more games, more activities and a brand new clubhouse and washrooms. We're also adding Nike Camps to the site! This is a special year for Central Tech Stadium Camps as we have been named a Provisional One camp with Ontario Camps Association. Our standards for safety and fun are only improving. I look forward to seeing each and every one of your children this summer!

Let's Play with CTS Camps!

Alicia Lashley
Camp Director



2) Camp Highlights & Features

- Outstanding facilities including Central Tech Stadium, Christie Pitts Park and Alexander Duff Pool
- Experience Senior and Junior Camp Instructors who work with children in camps and the After School Club all year long and foster strong relationships
- All staff members are certified in First Aid and CPR and receive extensive training before camps begin
- Camp Coordinators and Camp Directors on-hand throughout camp
- Extended Care offered before and after camp to help parents in need
- Camp t-shirts provided each week of camp
- New themes each week of Summer Camp
- Camps all-year round including PA Days, March Break and Holiday Camps
- Unique and innovative sports games and activities to keep campers engaged and having fun all summer long



3) Camp Information

A) Facilities

Central Tech Stadium is a redeveloped sports field at Central Technical School. The field was redesigned in 2016 to include a brand-new turf sports field suitable for soccer, baseball, football, rugby, lacrosse, field hockey and other sports.

The new stadium includes a state-of-the-art 400m track covered by a dome in the winter months allowing community use all year.

CTS Camps also uses Christie Pitts Park, Christie Pitts Rink, Alexander Duff Pool and all green areas in the neighbourhood to maximize the camp experience for all children.

Although CTS Camps is an outdoor camp, the clubhouse is accessible throughout camp offering bathrooms, and the Community Room. The Community Room is used for daily snacks, lunch breaks, craft sessions, rest periods and a fun room during inclement weather.

B) Age Groups

Full Day Camp: Ages 5 – 12

Central Tech Stadium Full Day Camp is split by age group. Groups depend on number of total children in the camp week. Ensure all group requests are made during the registration process or by email prior to the week of camp. There will be NO GROUP REQUESTS made during camp.

C) Extended Care

Central Tech Stadium offers extended care before and after camp for parents in need.

- Early Drop Off: 7:30am – 8:45am
- Late Pickup: 4:15pm – 5:45pm

Extended care is \$5 per morning or afternoon. Campers requiring extended care can pay on the first day of camp or contact the Camp Director in advance to arrange payment.

D) What to Wear, What to Bring

- Comfortable clothing (Camp T-shirt)
- Running Shoes (sandals not encouraged)
- Socks
- Jacket (windbreaker or rain) for inclement weather
- Light sweater or long sleeve shirt
- Weather appropriate clothing: hat, mits, neck warmer, etc...
- Hat and sunscreen
- Water bottle (no glass)
- Lunch (Monday to Thursday only,) and snacks (no nuts/nut products.)
- Swimming Accessories on swim days (swim suit, towel, sandals, life jacket, goggles)

E) Counselors

All CTS Camp Counsellors come with experience working in sport and youth. Our Senior Counselors have college and university experience in Recreation and Sport, Child and Youth and Sports Management. Our support counselors are high school and university students who have worked with us as volunteers in our After School Club or Sports Club programs. All counsellors have Police Checks and CPR First Aid Certification.

F) Ratio

Central Tech Stadium always maintains at least a 1:8 ratio with a Senior and a Junior counsellor per group. When traveling to our many excursions, we double ratios for transportation. MPS also follows swimming ratios outlined by the City of Toronto, under Swimming & Pools – Safety & Supervision.

G) Fees & Discounts

All Camp fees and discounts are indicated on our website. Register before May 31st to pay the lowest rate for CTS Camps. Family and Multiple Week Discounts are only applicable on prices after May 31st.

H) Refunds & Cancellations

Refunds are subject to a \$35 Administration fee per refund. Once the program starts, there will be no refunds issued. There are no refunds/discounts for absences. Transfers and credits are always available at no cost.

Summer Camps: Refunds are only provided prior to July 1.

March Break Camps: Refunds are only provided prior to March 1.

Holiday Camps: Refunds are only provided prior to January 1.

PA Day Camps: Refunds are only provided 1-week prior to the PA Day Date.

I) Community Easter Day

Every year, Central Tech Stadium celebrates the community by having a free event for the neighbourhood and surround community. Celebrate Community Easter Day at CTS every Easter with bouncy castles, kids' activities, bubble soccer and more than you can imagine – all for FREE! Please visit our website in March for more details on CTS Community Easter Day.



4. Program Description

A) Sports and Activities

Central Tech Stadium celebrates physical activity in multiple ways. Some campers enjoy playing traditional sports such as soccer, football and baseball, while other campers are motivated by activities such as dodgeball, capture the flag and octopus. CTS Camps caters to both preferences by providing new and unique sports and well

as innovative and fun activities for all ages. Each week is also inspired by a new theme giving life to more games and activities.

Sports Games: soccer, track, gymnastics, hockey, basketball, volleyball, badminton, football, dance and more

Activities: tag, octopus, capture the flag, cops and robbers, obstacle courses, treasure hunts, dodge ball, quidditch, duck-duck-goose, red rover and more

B) Swimming

Central Tech Stadium is excited to provide a free swim each week. The pool is located in Christie Pitts park where campers will swim once a week in accordance to the City of Toronto swimming rules and regulations. City of Toronto ratios are as follows:

Ages 6-9: 1:4 Ratio – Shallow End

Ages 7-9: 1:8 Ratio – Deep End

Ages 10+: 1:8 Ratio – Shallow End

Ages 10+: 1:10 Ratio – Deep End

- Deep-end: Children who choose to take their deep-end test must swim the length of the pool without assistance in order to be given their deep-end wristband.

C) Excursions (Age Dependent)

Central Tech Stadium enjoys giving campers new experiences each week by providing an off-site excursion. CTS Camps especially encourage excursions for children ages 7+ to experience our great city of Toronto with camp! Camps travel to excursions by foot or by TTC. Camp excursions include:

- Danforth Bowl
- Varsity Cinemas
- SkyZone Trampoline Park
- Lazer Quest
- Jays Days
- Sunnyside Beach
- Toronto Island
- And much more!

D) Friday Activity Challenge Day

Central Tech Stadium celebrates the end of the week like no other with the Friday Activity Challenge Day at Monarch Park Stadium (1 Parkmount Road – Danforth and Coxwell). All CTS Campers are treated to a full day of bouncy castles including the junior castles, the large 90ft obstacle course and the 26ft high inflatable slide.

Campers travel to Monarch Park Stadium by subway. The subway ride is approximately 15 minutes.

Each Friday Activity Challenge Day also features pizza, and slushies. Dietary restrictions for campers may be considered for pizza and slushies.

E) Websites and Links

Central Tech Stadium:
<http://www.centraltechstadium.com>

City of Toronto – Swimming & Pools
<http://www1.toronto.ca/wps/portal/contentonly?vnextoid=d7fadada600f0410VgnVCM10000071d60f89RCRD>



5. Frequently Asked Questions

1) My child is interested in registering for multiple weeks. Can I do so online and do I need a Multiple Week Discount Code? What if I want to register after the first week of camp?

Yes. All registration is online including multiple weeks. Discounts only apply with REGULAR PRICING, therefore if pricing is in Early Bird period, there are no discounts. Registration stays open throughout the summer, however we cannot guarantee there will be space one week prior. We encourage early registration to ensure a spot in that week of camp.

2) I would like to register multiple children. Is this also done online or do I need to contact someone to get a code?

Yes. All registration is online including multiple children. Discounts only apply with REGULAR PRICING, therefore if pricing is in Early Bird period, there are no discounts.

3) I want to register for the short week and extended care. Where is this located? I didn't see it in the registration.

Please look through the Camp Description of the Registration page for a link to Short Week or directly on the website for Short Week Registration.

4) My child is excited to go to camp, but can often be very nervous. They have a friend also registered for that week of camp and would like to be paired together. Is this possible?

Yes. Please include your daughter's friend's name on her registration form under Comments so we can be sure to include them in the same group prior to the week of camp. There will be no group requests on the week of camp.

5) Who operates Central Tech Stadium Camps?

CTS Camps are operated by a team of dedicated professionals who run camps for both Central Tech and Monarch Park Stadium. Central Tech Stadium also runs a Little LEAGUERS program and an After School Club that serve children and families in the local community. All staff are dedicated to providing physical activity in a safe and secure environment for all kids.

6) Who are CTS Camp Counselors and what kind of certification do they have?

CTS Camp Counselors come with experience working in sport and working with youth. Our lead counselors have college and university experience in recreation and sport, child and youth and sports management. Our support counselors are high school students who have worked with us as volunteers in our After School Club or Sports Club programs. We always maintain a 1:12 ratio with one lead counselor and one support counselor per group. All staff have police checks and are CPR and First Aid certified.

7) What kind of games do the campers play and what is a typical day at CTS Camps?

CTS Camps engages in all sports including: soccer, track, gymnastics, hockey, basketball, volleyball, badminton, football and more. The camp also plays many different activity games such as: tag, octopus, capture the flag, cops and robbers,

obstacle courses, treasure hunts and more. Each week of camp also features a theme which inspires new and unique games. The day starts with ice breakers and cooperation games, followed by a snack, activities and sports circuits or excursions, free play, lunch, sports games, snack break, final themed games and check-out.

9) What kind of precautions do you take for hot days at camp?

If the temperature is too hot or unsafe for children we take the following precautions:

- All campers spend between 30-45 minutes at a time outdoors for hot days.
- CTS has implemented water stations around the field to ensure kids can take water breaks more easily.
- There are tents up for check-in/out and shade breaks throughout the day.
- All groups are mandated to do a sunscreen re-application at 11AM, 1PM and 3PM if necessary. There is a sunscreen booth with sunscreen available for all campers.
- Camp activities are planned around using the park, pool and indoor spaces more frequently on hot weeks especially during peak hot times from 11AM – 3PM during the day.

9) Can you tell me more about the excursions and swim days?

As Central Tech Stadium Camps continues to grow each year, we have partnered with community groups and organizations in and around the neighbourhood to provide more excursions for our older campers. This summer camp, ages 8+ will go on different excursions 2-3 times per week. Excursions include bowling, movies, Lazor Quest, Sky Zone, Sunnyside Beach, Toronto Island and much more!

Swim excursions occur once a week for all ages. All 5-6 year olds are required to wear a life jacket due to City of Toronto ratios. We cannot bring younger children to the pool without proper ratios. Therefore we use life jackets so we can adhere to City of Toronto ratios which lower once the children are in life jackets.

10) What is your cancelation policy?

Refunds are subject to a \$35 Administration fee per refund. Once the program starts, there will be no refunds issued. There are no refunds/discounts for absences. Transfers and credits are always available at no cost.

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6. Accident Procedures

In the event a child is injured during a camp activity, CTS staff take the following steps to ensure the safety and security of all children:

1. Ask the child if they would like to sit out or resume play
 - a. If they choose to resume playing, check back in 5 minutes to see if they are alright.
 - b. If the child chooses to sit out or has visible injuries, follow step 2.
2. If the child is physically injured or chooses not to return to play, perform First Aid: Ice, band-aid, gauze, washing, alcohol, etc...
 - a. CTS staff must inform parents of the incident with a phone call or after pick up depending on the severity of the issue
3. In the event of a serious injury, CTS Staff will contact emergency services (911) AND parents to decide next steps.
4. An injury report is filled out and given to supervisor to prevent future injuries.

9. Contact Information

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