THE TIM HORTON CHILDREN’S FOUNDATION IS DEDICATED TO FOSTERING WITHIN OUR CHILDREN THE QUEST FOR A BRIGHTER FUTURE.
About the Foundation

HISTORY
The Tim Horton Children’s Foundation, created in memory of the great hockey player Tim Horton, is a nonprofit, charitable organization that offers children and youth an enriching and memorable camping experience. The Foundation was started in Tim’s honour as a way to make a difference in the lives of children. The first camp was built in Parry Sound, Ontario, and was home to over 200 campers in its first summer of operation in 1975.

OUR MISSION
The Tim Horton Children’s Foundation is dedicated to fostering within our children the quest for a brighter future.

OUR PHILOSOPHY
The Foundation believes that the 24-hour living experience offered in a camp setting can provide campers with opportunities to broaden their horizons, learn by doing, and develop more fully as healthy individuals.

Dear Parents/Guardians:

Preparing for a Tim Horton Children’s Foundation camp experience should be a time of celebration for both you and your child, as he/she is about to embark on a once-in-a-lifetime opportunity. We at the Foundation want your child’s experience to be a positive one. We also understand that sometimes anxious and nervous feelings may arise when thinking about leaving home, meeting new friends, and adapting to an unfamiliar environment. The following handbook has been created to help answer your questions and ease any of your tensions during this time.

It is important to read this handbook with your child. It will give you an opportunity to discuss your child’s upcoming adventure and share any concerns. With your child, read through a typical day at camp, items to pack, and our policy on bullying to help gain a better understanding of what a Foundation camp experience is all about.

The handbook also reviews crucial information regarding our travel program, with identification required for travel clearly outlined. It is important to obtain any required identification well in advance of your child leaving for camp. You can also read through what to expect on travel days.

We hope you find this handbook a useful tool when getting your child ready for camp. At the back of the handbook, you will find a list of contact information for the Tim Horton Children’s Foundation camps across Canada and the United States. Please feel free to contact us if you have any questions. We are happy to help.

Sincerely,

Dave Newnham
Vice President and Executive Director
TIM HORTON CHILDREN’S FOUNDATION

Our Objectives For Campers

Foundation camp experiences are designed to help young people become responsible, caring and motivated individuals. Campers return home more likely to:

- make positive decisions and take responsibility for their actions
- show respect for themselves, others and the environment
- contribute to their families, schools and communities
- build healthy relationships and demonstrate empathy
- try new things, take on challenges and bounce back from adversity
- be confident in their ability to shape their own futures.

Our Programs

Tim Horton Children’s Foundation programs are intended to give young people confidence in their abilities and pride in their accomplishments. It is important to understand that while under the leadership of skilled staff, the activities in which campers engage involve risk – risk in choices made and physical activity undertaken by the participant. The health, safety, and well-being of each camper is emphasized throughout all of our programs. It is hoped that through these experiences participants will gain a more positive view of the world and their place in it.

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Our Camps

Tim Horton Memorial Camp
Parry Sound, Ontario
- Opened in 1975 on Lorimer Lake, covering 104 acres with 800 feet of beautiful sandy beach.
- Camp programs include a climbing tower, a low-ropes adventure course, hiking, and archery.
- Other activities include tubing, kayaking, swimming, knee boarding, canoeing, paddle boating, pontoon boat cruises, and overnight camping trips.
- Campers will be able to experience a traditional camp setting in the heart of the Muskokas.

Tim Horton Children’s Camp
Tatamagouche, Nova Scotia
- Opened in 1988 on the Northumberland Strait, covering 245 acres of ocean-front property.
- Camp programs include a climbing tower, a low-ropes adventure course, and archery.
- Other activities include tubing, canoeing, kayaking, waterskiing, swimming, pontoon boat cruises, and overnight camping trips.
- Campers will learn about Maritime heritage and mussel fishing.

Tim Horton Children’s Ranch
Kananaskis, Alberta
- Opened in 1991 on the front range of the Canadian Rockies, covering 150 acres.
- Camp programs include rock climbing, horseback riding, hiking, archery, and a low-ropes adventure course.
- Other activities include white-water rafting, paddle boating, and swimming.
- The camp includes a western town, teepee village, stables and corral area.

Tim Horton Camp Kentahten
Campbellsville, Kentucky
- Opened in 2001 on the Green River Lake, covering 50 acres of waterfront property.
- Camp programs include a climbing tower, a low-ropes adventure course, Disc Golf Course, and mountain biking.
- Other activities include tubing, canoeing, kayaking, waterskiing, swimming, pontoon boat cruises, and overnight camping trips.
- Campers will experience Kentucky heritage on Derby Days.

Tim Horton Onondaga Farms
St. George, Ontario
- Opened in 2002 on 400 acres of farmland and wetlands.
- Camp programs include a climbing tower, high and low-ropes adventure courses and a zip line.
- Other activities include swimming, overnight camping trips and opportunities to learn about life on a farm.
- The camp includes an observatory with a 16-inch telescope, living laboratories and greenhouses to study animal life, and a laboratory for digital photography.

In addition to these programs, all campers can enjoy traditional evening campfires, creative arts, land sports and activities, theme days, and special events.

Accommodations & Food Services

Accommodations
We are very proud of our top-quality camp facilities. Each bunkhouse offers sleeping rooms and a central meeting area. Campers sleep four to eight in a room and share washroom facilities, which include private showers and washrooms. Other buildings include the Main Lodge, which houses the kitchen and dining facilities, as well as the office, Wellness Centre, and a Recreation Centre.

Food Services
At our camps, we provide the best quality food service possible. Our menus are very appealing to children and include a variety of nutritious foods.

The health and safety of your child is our top priority. When the camp is made aware of a child’s allergies, particularly food allergies, efforts are made to ensure alternatives are available. For children with severe nut allergies, reasonable efforts will be made to reduce or eliminate the child’s contact with these substances.

Our camps can accommodate various diets. If you haven’t already indicated the request on the application, please contact the camp your child is attending to update their records.

Parents/Guardians must be aware that the Foundation cannot guarantee a completely nut-free environment.

In reference to Special Diets, please be aware that all meals are prepared in the same kitchen facility. The Foundation will purchase certified products from approved suppliers, but we cannot guarantee the elimination of possible ingredient transfer within the cooking environment.
As you can see, the days are going to be really full. Add to this some special theme days and an overnight camping trip, and you are going to be busy.

While at Camp

Your Typical Day At Camp
All camps have their own identity and do things a bit differently, but here are some activities you will find at all camps.

7:00am Wake-up! The early bird catches the worm.

7:45am Flag raising. Time to sing our national anthems and share a thought for the day.

8:00am Breakfast. Time to fuel up to start the day right.

9:30am Camp activities begin. Choose activities you’ve never tried, such as archery, high ropes, or canoeing.

12:30pm Lunch time. BBQ’s or picnics, either are a great way to get the energy you’ll need for the afternoon.

1:00pm Quiet time. Write a letter home, read a book, or participate in storytelling.

2:00pm Ready for more? Swimming, sailing, or horseback riding are all at your finger tips. Not all camps offer the same activities, but each offers excitement and challenges.

5:30pm Supper time. Nothing is better than a great meal after an action-packed day.

6:30pm More camp activities. Some of our favourites include capture-the-flag, skit nights, hikes, and campfires.

9:30pm Lights out. You need a good night’s rest to prepare for another fun-filled day.

As you can see, the days are going to be really full. Add to this some special theme days and an overnight camping trip, and you are going to be busy.

Missing Home
Missing home is a natural and common feeling for children leaving home. Foundation staff are knowledgeable about dealing with these feelings and will offer special support to campers. Usually these feelings disappear after two or three days, but, in more severe cases, parents may be contacted for advice and assistance.

There are a few ways to help alleviate these feelings in your child before he/she leaves for camp:

- Talk to your child about his/her nervous or anxious feelings surrounding camp. Explain that the other campers will be experiencing the same feelings.

- Have your child practice being away from home by arranging an overnight visit with a friend or relative.

- Pack your child’s favourite pair of pyjamas or stuffed animal to help comfort him/her at bedtime.

- Encourage your child to participate in all camp activities to keep his/her mind off of any negative feelings. Physical activity is a great way to stay positive and combat homesickness.

These simple ideas can help relieve campers’ worries, ensuring that their Foundation camp experience is one they will never forget.

While at Camp

Health & Wellness

All camps have a Wellness Centre with a nurse on-site daily. Hospitals and clinics are located within 20 minutes of each camp.

A successful and enjoyable experience begins with a healthy camper. All participants were required to submit a completed Camper Wellness Form with their application; however, if any medical information has changed, please contact the camp your child is attending to update their records.

The Foundation takes its responsibility seriously to create and maintain a healthy environment for its campers. Families may also be asked to provide the Camp Nurse with a more detailed description of the camper’s health history before arrival. Upon arrival at camp, each child receives a personal health check by the Camp Nurse and continues to be monitored throughout the session.

Bullying

The Tim Horton Children’s Foundation has a zero tolerance policy on bullying or any other behaviour that negatively affects the experience of other campers. The Foundation will send home children who display acts of bullying, whether physical, verbal, and/or emotional, while at camp.

It is important to express the seriousness of bullying to your child before leaving for camp. Please ensure campers know the consequences of bullying while attending a Foundation camp.
Camper Orientation Meeting & Travel

Travel Information Package

A Travel Information Package will be mailed to your child’s sponsoring Tim Hortons Restaurant Owner. You will be contacted by either the Restaurant Owner or the coordinator on the application to arrange a time to get the package.

All Travel Information Packages include:
- Two colour-coded luggage tags that must be attached to all camper luggage including carry-on luggage.
- A personal travel itinerary.
- General travel information including packing lists, phone numbers, and travel instructions.

Travelling as an Unaccompanied Minor, the Travel Information Package will also include:
- Camper’s airline ticket to and from camp.
- Airline’s “Unaccompanied Minor (UM) Form” and Foundation’s “Unaccompanied Minor Travel Information Form” to be completed by parent(s)/guardian(s).

We would like to assure you that whether your child is accompanied by a Foundation representative or airline personnel, they will have adult supervision at all times.

For campers travelling across the Canadian/U.S. border, the Travel Information Package will also include a number of other documents such as the “Cross Border Travel Consent Form” to be completed by parent(s)/guardian(s).

Important Note: The Tim Horton Children’s Foundation does not send airline tickets in the Travel Information Package to campers who are travelling with a Foundation representative.

Going to Camp

ABSOLUTELY NO CHANGES will be permitted in:
- Travel dates.
- Departure/Arrival locations.
- Pick-up/Drop-off assignments.

On Travel Day

- Make sure your child eats a full breakfast.
- Pack medication separately with a note explaining details about the medication. Medication must be kept in its original container and given directly to the Foundation Escort. The medication will be given to the Wellness Staff upon arrival at camp. If medication needs to be taken while travelling, please inform the Foundation Escort.
- Arrive on time at all designated meeting points.

Camper Orientation Meetings

The Camper Orientation Meetings are designed to give an in-depth description of the Tim Horton Children’s Foundation and explain the camp experience. The Camper Orientation Meetings will also allow the families of campers to have all of their questions answered and concerns addressed.

Specific details on the date, time and location of the Camper Orientation Meetings will be included in the confirmation package mailed to the camper and the Tim Hortons Restaurant Owners.

The Camper Orientation Meetings are MANDATORY. If you cannot attend the meeting, please contact the camp your child is attending.

Identification Requirements

Crossing the Canadian/U.S. Border by Ground

All campers who are crossing the Canadian/U.S. border by ground must travel with one (1) piece of original proof of citizenship.

Proof of Citizenship can include:
- Original Birth Certificate
- Citizenship Card
- Passport
- Indian Status Card

It is imperative that the Proof of Citizenship be presented to Customs Agents confirming the individual’s age and birth date.

When travelling without their original proof of citizenship, campers may be denied access to travel by the authorities.

Camper’s airline ticket to and from camp.

Unaccompanied Minors

An Unaccompanied Minor refers to a camper who is directly supervised by an employee of the airline instead of a Foundation representative. In the case of an Unaccompanied Minor, two forms must be completed.

1. The Unaccompanied Minor Form from the airline:
   - Shows that the airline accepts responsibility for the camper while travelling.
   - Indicates who will pick up the camper upon arrival (in case a Foundation Representative).

2. The Unaccompanied Minor Travel Information Form from the Foundation:
   - Allows camp staff to fill out the airline forms for the camper’s return trip home.
   - Includes important information about who will be picking up the camper at the airport, their address and phone number(s).

   Parent(s)/guardian(s) are asked to fill out this form and place it inside the coloured pouch provided by the Foundation. This pouch will be collected by camp staff once the camper arrives and will ensure all the important information is kept in a safe place.

Delays & Cancellations

While the Foundation does its best to notify you of changes in travel schedules ahead of time, last minute delays and cancellations are out of our control and we encourage you to check directly with the airline on travel days. Flights can be checked online through the airline’s website. Specific airline carrier information can be found on your child’s travel itinerary.

Safekeeping of Documents

When travelling to camp, identification is kept with the staff travelling with the children. When the group arrives at camp, all camper identification is placed into a locked safe until the child leaves camp for home.
What to Bring

- 8 t-shirts
- 2 long-sleeved shirts
- 3 pairs of long pants
- 4.5 pairs of shorts
- 3 warm sweaters or sweatshirts
- 1-2 one-piece bathing suits
- 10 pairs of underwear
- 10 pairs of socks
- 1-2 pairs of pyjamas
- 1 windbreaker/jacket
- 1 raincoat
- 1 sun hat, baseball cap
- 1 warm hat and gloves (Kananaskis camp)
- 1 pair of running shoes
- 1 pair of sandals
- 1 warm sweater or sweatshirts
- 3 pairs of long pants
- 2 long-sleeved shirts
- 8 t-shirts

Optional items:
- Camera (preferably disposable)
- rainpants
- rubber boots
- 1 hairbrush/comb
- 1 insect repellent (non-aerosol)
- 1 deodorant
- 1 toothbrush and toothpaste
- 1 shampoo and soap
- 1 facecloth
- 2 towels (one for beach, one for shower)

NOTE: It is important you identify ALL articles brought to camp with your camper’s name. Making a list of everything your child is bringing to camp and packing that list in your child’s luggage can help him/her remember what was brought when packing to come home.

DO NOT BRING TO CAMP:
- Money
- Jewellery or other valuables
- Sleeping bag/pillow – will be provided by camp
- Fishing rods – camp has its own supply
- Candy, gum or other snack foods
- Electronic games
- Cell phones
- CD players, MP3 players or radios

How do I contact my child while he/she is at camp?

We recognize that you may be anxious to hear how your child is doing, but it can be difficult to pull children out of camp activities. You will receive an automated phone message to notify you when all campers have made it to camp safely. The camp’s address and e-mail are listed in this handbook on the back cover. When e-mailing, please include your child’s name in the subject line of the e-mail. We encourage you to write to your child early during his/her session and we will ensure your letters get to him/her. Campers are also given quiet time where they can write letters home. Counselors will do their best to encourage and support your child to feel comfortable with and be successful at whatever he/she chooses.

If my child does not want to participate in an activity, does he/she have to?

Counselors will do their best to encourage and support your child to feel comfortable with and be successful at whatever he/she chooses.

What is the ratio of campers to counsellors?

For every four campers, we assign one counselor.

My child is nervous about going to camp and not knowing anyone. What can I say to my child?

Let your child know that he/she is not the only one nervous about going to camp and the other children feel the same way. Explain that the escorts travelling with them (in most cases, camp counsellors) will help them make new friends.

Should my child stop taking his/her medication while at camp?

If your child is taking prescription medication on a regular basis, please consult your doctor before changing your child’s schedule or dose. If your child’s medication information has changed, please notify the camp your child is attending prior to his/her arrival at camp.

How can we change our travel arrangements so our child can visit a relative in the area?

Generally this is not something that can be accommodated but in unique situations we will make an exception. You must indicate in writing to the General Manager of the camp the relationship to your child, and that person’s address, phone number along with a recent photograph. Under no circumstances will the child be allowed to leave camp property. The supervised visit will be set up at a convenient time for the camp. Only with your written permission will this request be considered by the General Manager.

Parents/Guardians must be aware that the Foundation cannot guarantee a completely nut-free environment.

Can my child receive visitors while at camp?

Generally this is not something that can be accommodated but in unique situations we will make an exception. You must indicate in writing to the General Manager of the camp the name of the person(s) allowed to visit, the relationship to your child, and that person’s address, phone number along with a recent photograph. Under no circumstances will the child be allowed to leave camp property.

If your child is taking prescription medication while at camp?

If your child is taking prescription medication on a regular basis, please consult your doctor before changing your child’s schedule or dose. If your child’s medication information has changed, please notify the camp your child is attending prior to his/her arrival at camp.

What are the qualifications required to be a camp counselor?

All counselors must be a minimum of 18 years old and certified with current CPR and First Aid training. They will be interviewed (with references and police checks) and attend a training program prior to starting camp.

My child has food allergies. How can I make sure he/she doesn’t eat foods he/she shouldn’t?

Please put this information in writing on your child’s Camper Wellness Form and also in a separate note to the Camp. Please provide detailed information, with possible substitutes, to be forwarded to the camp cook.

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Should my child receive visitors while at camp?

Can we change our travel plans?

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How to Reach Us

Tim Horton Memorial Camp
539 Lorimer Lake Rd.
McDougall, Ontario P2A 2W7
Telephone: (705) 389-2773
Fax: (705) 389-1986
Toll Free: (855) 389-2773
Please send all camper e-mails to: parrysound@thcf.com

Tim Horton Children’s Camp
R.R. #3, 300 Tim Horton Road
Tatamagouche, Nova Scotia B0K 1V0
Telephone: (902) 657-2359
Fax: (902) 657-2696
Toll Free: (855) 657-2359
Please send all camper e-mails to: tatamagouche@thcf.com

Tim Horton Children’s Ranch
1 Tim Horton Ranch Road & Hwy. #40,
P.O. Box 117
Kananaskis, Alberta T0L 2H0
Telephone: (403) 673-2494
Fax: (403) 673-2283
Toll Free: (855) 673-2494
Please send all camper e-mails to: kananaskis@thcf.com

Camp des Voyageurs Tim Horton
60 Chemin du Canal, C.P. 310
Quyon, Québec J0X 2V0
Telephone: (819) 458-3164
Fax: (819) 458-3181
Toll Free: (855) 458-3164
Please send all camper e-mails to: quyon@thcf.com

Tim Horton Camp Kentahten
49 Kentahten Trail
Campbellsville, Kentucky 42718
Telephone: (270) 465-9250
Fax: (270) 465-9102
Toll Free: (855) 434-3112
Please send all camper e-mails to: kentucky@thcf.com

Tim Horton Onondaga Farms
R.R. #2, 264 Glen Morris Road E.
St. George, Ontario NOE 1N0
Telephone: (519) 448-1264
Fax: (519) 448-9511
Toll Free: (888) 585-0829
Please send all camper e-mails to: stgeorge@thcf.com

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R.R. #2, 264 Glen Morris Road E.
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www.thcf.com