

Summer  
2026

# Highlands Summer Day Camp

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*Wilderness &  
Outdoor  
Adventures*

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## **History of Highlands Nordic & Highlands Wilderness Day Camp**

Highlands Nordic is a family-owned and operated business. It began as a Cross Country Ski Centre located in the Member's Clubhouse at Duntroon Highlands Golf Club over 30 years ago. Highlands Nordic is now located in its own lodge on one hundred acres of Niagara Escarpment property which is a UNESCO Biosphere reserve. Highlands Nordic has become one of the top nordic ski centres in Ontario, and now hosts an Outdoor Education Centre and Highlands Wilderness Day Camp.

Highlands Wilderness Day Camp, began as a pilot project for 7 to 9 year-olds in 2001 and has grown to include outdoor-based programming over the summer for children ages 4 to 14.



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## Arrival & Departure

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### Arrival

Drop-off is between 8:30 and 9AM. Please don't drop your child(ren) off early unless you have arranged it. You are welcome to wait in the parking lot area. Drop-off will be in our lower parking lot and we will have check-in at the large blue shed. Please ensure your child has sunscreen on when being dropped off in the morning.

### Departure

Pick-up is between 4 and 4:30PM. If parents are asking another adult to pick up their child Highlands Nordic must be informed of the name of the approved person. Campers will not be released to anyone who is not authorized by the parent or guardian.

If there are individuals who should not be allowed to pick up a child, Highlands admin staff should be informed. This information will remain confidential.

## Before & After Care

Limited care can be provided for early drop-off and late pick-up. This must be arranged beforehand. Between the hours of 8 to 8:30AM or 4:30 to 5PM, the cost is \$5 per 15 minutes. Before 8AM or after 5PM it is \$10 per 15 minutes. Cost is per family with a maximum of 4 children.

## Unplanned Additional Care

Unforeseen circumstances may mean additional care has not been arranged. If Highlands Nordic staff have not been notified of an early drop off or a late pick up families will be charged \$1 a minute per child.

## Payment

A non-refundable \$65 deposit will be taken upon registration.

2 weeks before camp begins you will be contacted with reminders for the upcoming camp and at that point you can either (1) request to pay by credit card and you will be sent an invoice via Stripe, or (2) process an e-transfer ([accounting@highlandsnordic.ca](mailto:accounting@highlandsnordic.ca)). Payment must be made before Camp begins, and no later than the starting day.

## Water Games

Water Games are a fun activity that all campers enjoy. There will be no swimming during water games.

Possible Water Game activities include:

1. Sprinkler, slip and slide
2. Soccer, hopscotch and parachutes
3. Creek & Loose Parts Playground
4. Disc Golf

## Camper Care

### Footwear

Campers need to wear closed-toed shoes suitable for a range of activities. Sandals may only be worn in water games area.

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### **Sunscreen & Sun Hats**

It is extremely important that everyone be protected from the sun. Children will wear sun hats for all outside activities. Sunscreen will be reapplied after lunch. (Campers come with sunscreen already on in the morning. See Highlands Day Camp Sun Policy.)

### **Mosquitoes**

Parents may send their child to camp with bug repellent. Only the child to whom the bug spray belongs may use the product.

### **Hydration**

Campers will take frequent breaks to drink water and are encouraged to take their water bottle on activities. Frequent checks are made for signs of dehydration.

### **Weather**

Staff will be conscious of the weather and its changes. Activities, clothing, and behaviour will be monitored and planned appropriately for the type of weather. We are an outdoor-focused camp and though we will be mindful of extreme weather, we will still head outside on rainy days. Please send the appropriate clothing!

Please be aware of the protocols in the event of extreme weather including safe areas and shelters.

## **Health & Wellness**

### **Registration & Medical Forms**

Counsellors will read the medical information for each child in their group prior to the first day of camp. Procedures to avoid a medical emergency or behavioural incident will be discussed. Procedures to be taken in case an emergency or incident does occur will also be discussed. All registration and medical forms are confidential and therefore any information within these forms will not be discussed with non-staff members.

### **Medication**

All camper medication must have written instructions from a guardian/parent regarding administration of the medicine. Any emergency medication (such as puffers or epi-pens) must be with the camper or the lead counsellor at all times.

- If the child carries an EpiPen, please provide extra to keep in the Kitchen
- Children's Benadryl is kept in the Kitchen
- No medications are given without parent's written permission unless in an emergency situation

## **Accident Reports**

In case of an incident or accident at Highlands Day Camp, emergency action will be taken that is deemed appropriate. Major incidents will require an Incident/Accident Report Form to be completed. Minor cuts and bruises do not require accident reports. Parents are informed of any minor incident during pick up.

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## Supervision Ratio

Participants will need to be able to function in a group environment, and cannot pose a safety risk to themselves or others. Day Camp sessions are staffed at a ratio of 1 staff person for every 12 children. Children who need 1:1 supervision for feeding, personal hygiene, medical, or behavior management will be required to attend camp with their own adult caregiver, who will be expected to participate fully in all activities.

All staff (both junior and lead counsellors) will follow the Rule of Two. Learn more about the Rule of Two [here](#).

## Cancellation Policy

A non-refundable \$65 deposit will be taken upon registration.

We know – plans change!

- More than 2 weeks before the first day of camp: 100% refund minus the \$65 non-refundable deposit
- 1 to 2 weeks before the first day of camp: 75% refund minus the \$65 non-refundable deposit
- Less than 1 week before the first day of camp: No refund will be issued for program withdrawal requests less than a week before the first day of camp. Manager Note: if a doctor's note is given, a full refund minus the \$65 non-refundable deposit will be given.

### Individual Days:

Unfortunately, individual days missed for any reason cannot be credited or refunded. Similarly, individual days cannot be made up during a different session. This includes if a camper misses the majority of a week due to illness.

### Happy Camper Guarantee

We are so confident in our camp program and our professional team of camp counsellors that we have no problem guaranteeing your camper's enjoyment of camp! After your camper attends their first three consecutive days of camp, if they do not want to continue to come to camp, you will be refunded for the final two days of camp.

## Highlands

## Nordic

1182 10th Conc South  
Duntroon, ON, L0M 1H0

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## A Typical Day of Wilderness Highlands Day Camp

8:30 - 9:00	Arrival/Colouring/Activity Sheets
9:00 - 10:30	Craft
10:30 - 11:00	Snack
11:00 - 12:30	Outdoor Activity – could include but is not limited to: shelter building, field games, visiting farm animals, mapping, bug hunt
12:30-1:15	Lunch
1:15 - 2:00	Quiet Games
2:00 - 3:30	Water Games
3:30-4:00	Snack
4:00-4:30	Pick Up

## Contact

705-444-5017 | [daycamp@highlandsnordic.ca](mailto:daycamp@highlandsnordic.ca)  
[www.highlandsnordic.ca](http://www.highlandsnordic.ca)

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## SUMMER DAY CAMP CHECK LIST

- SWEATER
- CHANGE OF CLOTHES
- HAT
- RAIN JACKET
- BATHING SUIT
- TOWEL
- SUNGLASSES
- WATER BOTTLE
- RUNNING SHOES
- BUG SPRAY
- SPRAY ON SUNSCREEN
- SENSE OF ADVENTURE!



HAWKEYE ADVENTURE  
CAMPERS SHOULD ALSO  
BRING:

- A BIKE
- A HELMENT

THE BIKE CAN BE STORED  
AT CAMP DURING THE WEEK



## Sun & UV Safety Policy



At **Highlands Day Camp** we acknowledge the importance of sun protection and want all our staff and campers to enjoy the outdoors safely. We are committed to working with our staff and campers to achieve this through:

### 1.1 Leadership

We commit to making sun safety a part of our camp culture.

#### Specifically, we will:

- Ensure that all staff complete training on sun safety.
- Advise our camp staff that we expect them to model sun safety behaviours.
- Remind campers to wear sun protective clothing, sun hats and sunglasses whenever possible.
- Conduct recreational activities under our shade structures during 11 a.m. and 3 p.m., when possible.
- Introduce a mandatory routine where counsellors ensure that all campers apply broad spectrum sunscreen SPF 30 or higher help sunscreen throughout the day and ask parents to have their campers come with sunscreen on in the morning when they are dropped off.

### 2.1 Sun Safe Environment

We know that a sun safe environment can enable sun safety at camp, and make the outdoors a great experience. We commit to ensuring our camp environment has sun safe options available during planned camp activities and during leisure time.

#### Specifically, we will:

- Monitor children's leisure activities and remind them to sit in the shade when possible between 11 a.m. and 3 p.m.

### 3.1 Sun Safe Behaviours

We know that children require excellent role models along with routines and reminders to encourage that they to be sun safe at camp. We commit to putting routines in place to enable this.

#### Specifically, we will:

- Conduct daily reminders and enforce sun safety behaviours with all campers.
- Remind campers to apply sunscreen before water games or at least once mid-day.
- Remind campers to cover up with clothing and UV protective sunglasses.
- Include regular mandatory hydration breaks throughout the day

sunaware.ca | info@sunaware.ca | 1-877-560-8035  
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