

Health & Safety @ Kalalla

At Camp Kalalla our goal is to provide a safe, healthy and fun time at camp for all campers and staff. A healthy camp experience is optimized through sun awareness/protection, awareness of bullying and related behaviours, and proper nutrition and rest. Kalalla has a strategy to deal with these and other issues.

West Nile Virus:

Fact:

- Transmission occurs from certain types of mosquitoes to humans (not human to human, or animal to human).
- 80% of humans infected with West Nile will not develop symptoms; 19% will experience mild symptoms (fever, headache etc); 1% will experience severe symptoms, most of whom are over the age of 50. For more information, please visit www.health.gov.on.ca and search for West Nile Virus.

Prevention:

- If outside after dusk, minimize exposure with long sleeves & long pants, preferably light-coloured.
- The Ontario Ministry of Health indicates that repellants are effective, and that the concentration of DEET should be no greater than 30% for adults and no greater than 10% for children.

Sun Awareness

Fact:

- The sun produces ultraviolet rays (UVA, UVB and UVC), even through clouds, fog and haze, which can cause sunburn, eye damage and skin damage.

Prevention:

- Wear sunscreen (SPF 30 or greater is recommended), appropriate clothing, broad-brimmed hat and sunglasses.
- Kalalla's programming allows for flexibility should activities need to be adapted due to weather.

Bullying and Related Behaviours

Fact:

- Girls use language and friendships to bully more than physical bullying, but it can be just as harmful.
- For more information please visit www.redcross.ca/article.asp?id=014595&tid=071 .

Prevention:

- Staff discuss observation and intervention techniques prior to camp
- Kalalla's philosophy is to develop respect for others, all the time
- A low camper to counsellor ratio ensures close supervision of cabin group dynamics

Nutrition and Rest

Fact:

- Camp is very active and everyone needs proper nutrition and rest to stay healthy

Prevention:

- Kalalla offers appropriate scheduling for activities, programs and rest, adapted as necessary
- Kalalla's meals follow Canada's Food Guide for adequate nutrition

We strongly encourage parents and campers to sit down and discuss these concerns and strategies together before campers arrive at camp. If you have any comments or questions, please contact us.

We are looking forward to another great summer at Kalalla!