

Adapted Discovery Camp Information Package

July 20, 2026 – July 24, 2026

Waterloo Memorial Recreation Complex (WMRC) – 101 Father David Bauer Drive

We hope this information is helpful as you prepare for Adapted Discovery Camp. We are excited to meet our campers and look forward to a great week together!

For information about Inclusion at the City of Waterloo visit

www.waterloo.ca/inclusion

Questions or feedback?

Call: 519-886-1177 x27249

Email: inclusion@waterloo.ca

General Information

The City of Waterloo strives to provide a safe, inclusive, welcoming and fun camp environment for children and youth each summer.

Adapted Discovery Camp is a summer camp program that has been specifically developed for campers aged 10-14 with diverse needs and/or a disability who **do not require one to one support**. Discovery camp offers a low staff to camper ratio (**one staff to three campers**), allowing for a supportive camp environment. Trained Inclusion Support Workers are present to help meet the needs of all campers.

Our Inclusion Support Staff are certified in Standard First Aid and CPR-C, HIGH FIVE® Principles of Healthy Child Development, and Non-Violent Crisis Intervention. They are also trained in Lifts and Transfers and Personal Care, and have submitted a successful Vulnerable Sector Police Reference Check.

2 weeks before camp begins, you will receive an email from inclusion@waterloo.ca that includes information to help prepare your camper for program. Please read the email carefully and review the flyer that outlines activities and reminders.

Thank you for choosing the City of Waterloo Adapted Discovery Camp for your camper!

Consent Form

All campers are required to submit a consent form prior to attending camp. Please complete the consent form by June 1, 2026. The camp consent form can be found [here](#). Please note that the Adapted Discovery Camp consent form is different than the regular camp consent form. If you are attending both Adapted Discovery Camp and another City of Waterloo camp, please ensure you fill out both consent forms. The Inclusion Services Coordinator will review the consent form information with the Adapted Discovery Camp staff team prior to each participant's arrival. If you wish to share any particular information about your camper, please include it on the consent form.

Tips for First Time Campers

Here are a few tips that may help prepare your participant for camp with us:

- Provide as much detail on the camp consent form as possible – this information is reviewed by the Inclusion Services Coordinator.
- Camp staff wear blue shirts/sweaters with their names on them. Let your participant know that they can approach a camp staff anytime they have questions.
- Review the next day’s activities with your camper each night.
- Label all your camper’s items with their name.
- Provide extra snacks in your camper’s lunch. Campers are extra busy at camp and often need more than their regular school day snacks.

Daily Schedule

Youth who thrive in an environment that includes variety and free choice will enjoy this camp experience! Campers choose activities based on their interests, which may include swimming, special guests, community outings, arts, sports, games, and outdoor activities.

Our general program schedule is:

8:45-9:15 a.m.	Unstructured free play during sign in
9:15-10:00 a.m.	First morning program block
10:00-10:30 a.m.	Morning snack time
10:30-12:00 p.m.	Second morning program block
12:00-1:00 p.m.	Lunch break and free play time after lunch
1:00-2:00 p.m.	First afternoon program block
2:00-2:30 p.m.	Afternoon snack time
2:30-3:45 p.m.	Second afternoon program block
3:45-4:15 p.m.	Unstructured free play during sign out

Special Note

Adapted Discovery Camp will swim at the Waterloo Memorial Recreation Complex twice during the week. Alternative land programing is available for individuals who choose not to swim.

They may also go on outdoor outings during the week. Information about these activities will be provided in a Welcome to Adapted Discovery Camp email.

Things to Bring

All campers will need:

- Indoor running shoes
- Lunch and two snacks (nut-free)
- Reusable water bottle
- Sunscreen (spray sunscreen is easiest for application)
- Hat
- Extra change of clothes in a plastic bag (for accidents or spills)
- Comfortable clothing appropriate for active play inside and out that could get a little messy.
- Notice will be given in advance if a bathing suit/towel are required.
- Please leave all toys, money and electronic devices at home.

Lunch Orders

Lunch orders are available for campers. You can order lunch packages by filling out [this form](#).

Nut Allergies

We are a peanut and nut-free camp; however, our facilities are not peanut and nut-free. Concessions and vending machines may contain peanuts or nut products and patrons of our facilities may bring in peanuts and nut products. Campers are not able to purchase food from vending machines or concessions during the camp day. To order lunch, please use the link above.

Campers are asked to bring nut-free lunches. Should peanut or nut products be present, camp staff will do their best to ensure they are kept away from campers with nut allergies and that everyone thoroughly washes their hands and disposes of garbage in a separate bag.

Child in Need of Protection

City of Waterloo staff and volunteers are legally obligated to observe the terms listed in Section 125 of [The Child, Youth and Family Services Act, 2017 \(CYFSA\)](#) and must report a child in need of protecting.

Safe Arrival, Departure and Late Fees

Upon arrival at the camp facilities, parents/guardians must report to the sign in desk. If you are dropping off or picking up during structured camp programming time, please follow the instructions on the sign in/out table for contacting camp staff. Please notify camp staff in advance if your camper will be absent, arriving late or picked up early, so we can prepare accordingly.

All campers must be picked up by 4:15pm. Valid photo identification that matches a name listed on the authorized pick-up section of the consent form must be shown at pickup.

A late fee of \$15 for every 15 minutes or less past 4:15pm. applies when campers are not picked up by 4:15pm. Please make alternative pickup arrangements if you cannot pick up your camper by 4:15pm. If a camper is not picked up by 4:25pm, camp staff will begin calling the parents/guardians listed on the consent form. If camp staff are not able to reach the parents/guardians, they will proceed in calling the emergency contacts listed.

Illness

When a camper is not feeling well, please keep them at home and notify the Inclusion Services Coordinator that they will be absent. If you are unsure if you should send your camper to camp, please do not hesitate to reach out to the Inclusion Services Coordinator.

Camp Rules

Each day at camp, campers will review the following camp expectations:

- Keep your hands and feet to yourself.
- Speak nicely and positively to each other.
- Touch only what belongs to you.
- Stay within the activity area.
- Listen to your leaders.

Supporting Positive Behaviours at Camp

Inclusion Support Workers have experience and training using various strategies to help campers be successful at camp. Some examples include offering choices, using “first–then” language, breaking instructions into smaller steps, and using visual tools like schedules, timers, zones of regulation, and picture cards (PECs). They may also use techniques such as social stories, sensory supports, positive encouragement, modelling, transitions warnings, and providing breaks when needed.

Throughout the week, Inclusion Support Workers will connect with parents/guardians to discuss what works well and to find additional strategies that may help. If your child would benefit from any specific tools, resources, or supports to help them succeed at camp, please share this information in the consent form.

Inclusion Support in Adapted Discovery Camp

Adapted Discovery Camp is designed for campers with diverse needs and/or a disability who **do not require one to one support**. Discovery camp offers a low staff to camper ratio (**one inclusion staff to three campers**), allowing for a supportive camp environment. Should your camper require one to one support, personal support workers are welcome to attend with your child at no additional cost. Please contact City of Waterloo Inclusion Services if your camper is coming to camp with a personal support worker.

Fee Assistance

The City of Waterloo has fee assistance programs available. For more information on these programs and eligibility, please visit our summer camps [website](#).

Withdrawals, Refunds and Credits

Refunds and credits on accounts are pro-rated and subject to an administrative fee of 10%. Refunds of \$25 or less will only be available as a credit on account. To receive a refund or credit on account, withdrawal requests must be made 14 days prior to the first program date.

Week	Camp dates	No refund given as of (14 day timeframe)
4	July 20, 2026 – July 24, 2026	Monday July 6, 2026

Feedback

We hope your camper has a great time at camp and we welcome your feedback. For any immediate feedback you wish to share please connect with the Summer Inclusion Coordinator listed on the Welcome to Camp email.

Once camp is over, we would appreciate your time to fill out the evaluation form so we can continue to provide you with the best programs and experience possible.