

## *Maine Canoe Symposium Children's Program* *Important Information for Parents and Participants*

Your health and safety are very important to us.

Parents are responsible for their children's safety. When children are around the water, parents are responsible for making sure their kids are safe. Neither the Maine Canoe Symposium nor Winona Camps provide lifeguard service.

Safety is a joint responsibility. Children participating in workshops must be willing to follow our directions on water and on land.

Children need to stay with the group and be within voice range. Children must notify workshop leaders if they need to leave the group for any reason. Children may not leave workshops on their own without parent's permission communicated to leaders in advance.

Parents need to meet their younger children who are not continuing on to the next workshop or grant permission to leaders in advance to allow younger children to leave the immediate area.

### **BRING LIST:**

- ⤴ **FLASHLIGHTS** – bring with you to all evening events. It is dark under the pines!
- ⤴ **Bicycles** may be used to get around in camp. **Helmets are required.**
- ⤴ **PFD's (life jackets)** – **must be worn and fully zipped at all times while on the water.** Be sure to bring PFD's for your children so they have the proper size. Winona provides PFD's if you do not have your own.
- ⤴ **Sneakers** – for climbing wall. Flip-flops or Crocs won't work and are not permitted.
- ⤴ **Appropriate clothing** and rain gear for Maine in June. If it rains, the Symposium just keeps going. Make sure you will be comfortable regardless of the weather. Covering your body may reduce exposure to biting insects.
- ⤴ **Emergency medical information** may be placed on file in the Winona Camps office upstairs in the Dining Hall.
- ⤴ **Sunscreen and hat** should be worn on the water.
- ⤴ **Insect repellent** – use before attending the workshop to reduce biting insects and the infectious diseases they may carry. Inspect your body for ticks.
- ⤴ **Drinking water** – Dehydration: is a very real risk causing headaches, faintness, disorientation and overall. Please be sure to have adequate supply of water with you for outdoor workshops.

### **Guiding Thoughts**

**Talk in a pleasant manner. Use no words that could be 'Bleeped'.**

**Respect yourself and the property and personal space of others.**

**Listen. There is a lot to learn. No horseplay.**

**Respect the environment and the campgrounds. Leave it cleaner than you found it.**

**Bring a happy spirit to the workshops. Use your electronics later.**

**Be on time for the workshops. It's very important.**

**Have FUN!**