

Maine Canoe Symposium
Important Information for Parents of Young Participants

- **Please understand that parents are responsible for their children's safety at all times. Please instruct your children to follow all of Camp Winona's rules.** When children are around the water, parents are responsible for making sure their kids are safe. Swimmers at the beach must have parent supervision to swim within the specifically designated swimming area. Neither the Maine Canoe Symposium nor Winona Camps provide lifeguard service at any time.
- Safety is everyone's responsibility. Everyone participating in activities must be willing to follow instructor's directions at all times.
- Age appropriate activities for older and younger kids are usually designated age 10 and older or for younger kids under age 10. Exceptions to this age split designation are at the discretion of MCS Instructor staff. Parents are welcome and encouraged to participate in activities with children.
- Everyone participating in any activity must stay with the group and be within voice range on water and on land. Children must notify activity leaders if they need to leave the group for any reason. Children needing to leave an activity on their own must have parent's permission.
- Parents need to meet their younger children who are not continuing on to the next children's activity. Please be aware that leaders are not responsible for younger children when they leave the immediate area. This is for your own safety.

BRING LIST – Please provide your child with the following minimum to bring to **EVERY** activity:

- ➔ **A small day pack with appropriate clothing, a warm fleece or hoodie, sweatpants and rain gear for Maine in June. If it rains, the Symposium just keeps going. Make sure your children will be comfortable regardless of the weather. Covering your body may reduce exposure to biting insects.**

The following items, **highlighted in red**, are also **mandatory** for those activities listed.

- ⚡ **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 has only a limited number of children's size PFD's and may not be able to provide you with one.
- ⚡ **Sneakers** – must be worn for the climbing wall if it's operating. Flip-flops and Crocs are not permitted and there are not enough climbing shoes in smaller sizes.
- ⚡ **FLASHLIGHTS** – bring with you to all evening events. It is dark under the pines!
- ⚡ **Bicycles (wide tires)** may be used to get around in camp. **Helmets are required.**
- ⚡ **Emergency medical information** may be placed on file in the Winona Camps office upstairs in the Dining Hall.
- ⚡ **Sunscreen, sunglasses and a hat** should be worn on the water.
- ⚡ **Insect repellent** – use before attending the activity 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 ill feelings. Please be sure to have adequate supply of water with you.
- ⚡ **Cell phone number** – Please provide your cell phone number so you may be reached if needed.