



Inclusion Program Information

Hidden Acres has always been interested in the development of the whole person – physically, socially, emotionally and spiritually. We also want as many campers as possible to be able to have a fantastic experience at camp. We recognize though, that for some campers to have this experience, they need some extra staff support and Hidden Acres has been including campers with special needs in our programs since 1974.

As the title of the program suggests, we want these campers to be included in all aspects of the camp program. They will stay in cabins, participate in activities and games, and enjoy all that Hidden Acres has to offer just like any other camper. Throughout their time at camp, there will be staff to support them. In their cabin or group, there will be two Leaders, one of which will be what we call an “Inclusion Leader”. They are someone with experience, training or education that has prepared them to support these campers. There will also be other staff who support the camper at various times throughout the week.

What does camp look like at Hidden Acres?

- **Fun** - Campers participate in a variety of activities including rotational activities that everyone moves through (ex. canoeing, swimming, drama, crafts, nature) as well as choice activities they sign up for (ex. basketball, rock-climbing, board games, etc.). Other activities include group games, a talent show or game show, evening campfires and much more! Campers also take a break from the busy schedule during Quiet Time after each meal.
- **Faith** – Campers participate in several faith-based activities each day including singing, games, drama, crafts, sharing and stories.
- **Friends** – Camp is a great way to get to know new friends or reunite with old friends. Friendships are formed as campers participate in activities, share meals, and spend time together.

Is Hidden Acres the right fit? The following information addresses some of the most common questions we receive from prospective campers and families. Please read the following to see if HAC might be a good fit for your camper.

1. Hidden Acres provides a 3:1 or 4:1 camper to staff ratio overnight depending on the cabin they are staying in. During the day, our overall camper to staff ratio is approximately 2½:1. Our Inclusion Program is able to provide 1:1 support for a limited number of campers. **Are these ratios adequate for your camper to be able to participate fully in a busy camp program? Does your camper require 1:1 support?**
2. A Camp Medic trained in Standard First Aid and CPR handles camper medications and most of the first aid and other health issues during camp. Hidden Acres does not employ a camp nurse and is not equipped to handle any injections or complex medical care. **Is this level of support adequate to meet the health/medical needs of your camper?**
3. Hidden Acres staff members are typically young adults from the surrounding area or co-op students from the University of Waterloo or other colleges/universities. All staff participate in a week of orientation and training, including inclusion training, at the beginning of the summer. Our Inclusion Leaders all have experience, training or education that has prepared them to

support these campers. All staff members must be at least 17 years of age, fill out a detailed application, submit a vulnerable sector police check, provide three references and participate in an interview before being hired. Hidden Acres does not employ Personal Support Workers. **Are you comfortable with this level of staff expertise/training?**

4. Campers must be able to complete most aspects of personal care (including toileting and showering) independently or with verbal support. **Is your camper able to complete most personal care tasks on their own or with verbal support?**
5. We do our best to accommodate dietary restrictions and food allergies. For significant dietary restrictions, we may ask that some food be sent with the camper to supplement the camp menu. We will work together with parents and campers to determine appropriate substitutions when required. **Will these accommodations be suitable for your camper's dietary needs/food allergies?**

Next Steps:

Before being accepted into the Inclusion Program, a detailed registration form must be submitted and a home, site or virtual visit will take place with a staff member from Hidden Acres. This visit provides an opportunity for your questions to be answered and helps us learn about your child's needs and how we can help them have a successful week of camp. If the visit is done at Hidden Acres it further helps you and your child become familiar with our facilities and allows you to meet some of our other staff members who can be 'familiar faces' if your child comes to camp. We want to ensure that camp is a positive experience for all who participate by carefully considering whether the Inclusion Program can meet the needs of each individual that registers.

If you have any concerns or questions based on the information above, please contact the camp at 519-625-8602 or info@hiddenacres.ca.