



Rec Room!

Helping Parents Choose the Right Summer Camp for Their Child

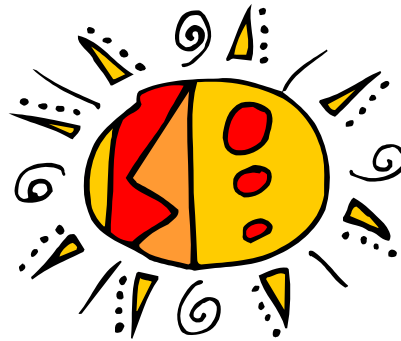
Most kids take part in some form of sport or recreation activity. Whether it's an after-school program, hockey, swimming lessons or a summer camp, these activities help kids learn, feel good about themselves and make friends. With positive experiences in sport and recreation children develop competence, confidence and learn skills to help them later in life, like how to solve problems and work as part of a team.

With these valuable benefits, it's important to help parents find the most positive experience for their child. Every child is unique so the challenge for parents is to find a quality program that is right for their child. It may be helpful to have parents ask themselves and their children, these sorts of questions:

1) What are your child's goals and interests? *Knowing why a child wants to participate will assist in finding a program which suits their interests.*

2) Is your child ready to participate? *Children of different ages are at different stages of development. Think about the child's physical, social, mental and emotional skills when considering a program. Will they be able to participate without getting frustrated or confused?*

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Communications Corner

We've All Got Good Stories

By Kristina Davis—Media Relations Co-ordinator CFPSA

So what and who cares? Answer those two questions and you'll find the makings of a relevant and interesting story, designed to captivate the reader, deliver your key messages and accomplish your communication's objective.

Truly, everyone has a story to tell. To prove that point, a talk show host posted a list of audience members on a wall and randomly, she actually threw darts at the list, selected subjects for in-depth pieces. The end result - interesting and compelling story telling.

Now you may not have the resources of Oprah behind you, but you do have good stories to tell. However, how you "package and pitch" them will largely determine if they are published.

1. **Remember the "new" in the "news":** By definition "news" is "new". A new employee recently joined your recreation team or a new activity is added. New, unique or innovative items make good news and make good stories. **Continued on page 4**

**PSP Community
Recreation**

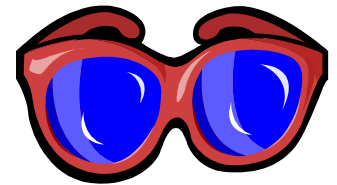
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Did you know that FREE volunteer resources can be ordered through Volunteer Canada—www.volunteer.ca for details

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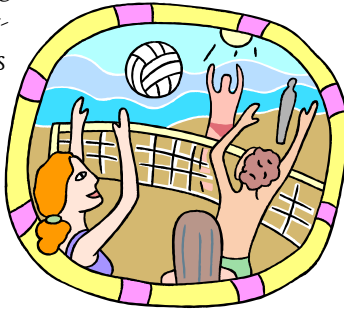


Choosing a Summer Camp...continued from page 1

3) As a parent what are your goals? Parents should consider WHY they want their child in a program. Is safe child care a requirement? Is an active environment, meeting new friends and skill development important? Parents should also consider practical issues such as scheduling, location and transportation.

Regardless of where initial information about a program is obtained, it is important for parents to do some research to make sure the camp is right for their child. The following is a list of questions (and hints on what to listen for in an answer) which may help parents identify a quality program:

A) What are the camp's philosophy and goals? Hint: listen for "self esteem", "self confidence" and "child centred".



- B) What do children gain from this program? Hint: feel good about themselves, learn skills, make friends, and have fun.
- C) What kind of training do the leaders have? Hint: child development, child guidance and first aid.
- D) What do children like best about the camp? Listen for: have fun, feel special, make friends and sense of accomplishment.
- E) Does the camp have written standards? (i.e. safety rules..)Hint: Listen for "Yes, would you like to review them?"
- F) Does the camp encourage parental involvement? Hint: Yes. Parents are welcome to visit, volunteer and give feedback.

For more information visit www.highfive.org

Sun Safety Information

SEVEN SIMPLE STEPS TO SUN PROTECTION



- Keep children out of the sun during the peak hours of 11 a.m. to 4 p.m.
- It is not always possible to stay out of the sun, so use wide-brimmed or legionnaire-style sun-hats, as well as clothing, for sun protection. A closely woven material will shield the skin best. Comfortable long shirts and long pants will cover most of the body.
- Children over the age of 6 months should wear a sun-screen. Apply a broad-spectrum, SPF 15, sunscreen to all exposed areas of skin.
- Watch out for reflected light, since up to 85 per cent of the sun's harmful ultraviolet B rays can bounce back at you from sand, snow, concrete and water, adding to your dose of UV radiation.
- Kids can get sunburned on a cloudy day. Up to 80 per cent of the sun's rays can penetrate light clouds, mist and fog.
- Create a sun-safe environment for your children. Look at providing more shade, like trees or a shade structure. Plan your kids' play area in a shady spot.
- Make sun protection a habit and set a good example. Teach children about sun protection so that they become aware of the dangers and can start taking precautions that will become lifelong, healthy habits.

WHY IS DAILY QUALITY RECREATION IMPORTANT?

"When children play, they are developing the physical, emotional, social and cognitive skills they need to succeed in life. Sport and recreation programs are the most common ways children participate in organized play. A quality recreation program can help children learn new skills, feel good about themselves and make friends.

Positive experiences in sport and recreation help children become capable, caring adults who will contribute effectively to the community in the future." - Dr. Dan Offord, Director, Canadian Centre for Studies of Children at Risk

DID YOU KNOW?

An increasing number of research studies demonstrate that participating in quality recreation or sport activities helps children:

- Do better in school
- Stay out of trouble with the law
- Maintain a healthy body weight
- Feel good about themselves
- Make healthy choices



Source: PROntario High Five

Water Safety and Drowning Prevention - information from the Children's Safety Association of Canada

With summer upon us, once again the focus becomes outdoor activity and what better way to enjoy the great weather than in the pool or some fun at the beach? While these activities are popular among families and children there are guidelines to keep in mind in order to ensure the summer is a safe one....

Drowning is a leading cause of accidental death in this country, especially for children under five. Although the greatest percentage of drownings occur in natural aquatic settings, (e.g. oceans, lakes, quarries, etc.) or unsupervised backyard pools, drownings do also occur in supervised swimming pools. In fact, the water depth of bath tubs and wading pools is sufficient for drowning to occur.



To avoid aquatic accidents, improper diving or sliding, horseplay or roughhousing in and around swimming pools should be discouraged as it may lead to serious neck and spinal injuries including paralysis. A number of these diving accidents occur yearly, with the majority happening in shallow water. Avoid injuries by learning the basic rules for safe diving.

- Don't dive at or through objects such as inner tubes.
- Don't drink and dive.
- Don't dive into unfamiliar bodies of water. 3 out of 4 diving accidents happen in natural bodies of water like lakes and rivers.

For more information check out the CSAC website at www.safekid.org

What to Teach Children About Bicycle Safety from the *Canada Safety Council*

Most Canadian children age six to 16 ride bicycles. Children start cycling as play when they are very young. As they grow older and become more experienced, the transition from toy to transportation is made. With increasing independence, parents have less control of where the bicycle is ridden and how it is used.

The attitudes of parents, coaches, leaders are instilled in children from a young age and will determine how they will ride for years to come.

Starting out

Make sure the child's bike and helmet are the right size. He or she should be able to straddle the bike with both feet on the ground; a bike that is too big or too small is a safety hazard. Ten-speed or larger bikes are not a good idea because small hands often cannot make the handbrakes work. Buy a bike with a coaster brake. As a minimum, a child's first bike should be equipped with a bell and reflectors.

For young children, set the following rules:

Remember, a helmet only works when it is on!!!!

- No playing on the road.
- No riding on busy streets.
- No riding at night.
- Stop for all stop signs.



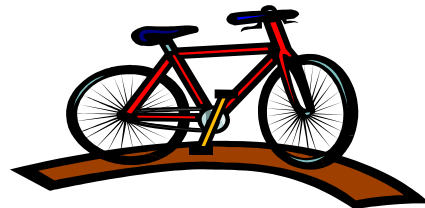
- Ride on the right hand side of the road, always riding with traffic.

Common dangers

The majority of bicycle injuries result from falls, collisions with stationary objects, and collisions with other bikes or pedestrians. In fact, most accidents result from the bicyclist losing control, and occur less than five blocks from home, in familiar surroundings.

The most serious cycling incidents - making up over 90 per cent of cyclist deaths - involve motor vehicles. In 70 per cent of vehicle-cyclist collisions, the cyclist is at fault, either by violating a law or by poor road sense. Teach children as if their lives depended on the lesson. They do!

Up to 85 per cent of serious head injuries could be prevented by wearing a helmet.



For more information on helmet safety check out : www.safety-council.org/infochild/bicycle.htm

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Serving Those Who Serve



Have a question you would like to put out to the rest of the field or a success story you would like to share???

The next edition of the Rec Room is due out in early fall and submissions are always welcome. Send them along electronically to rooke.lara@cfpsa.com along with any pictures you might have. We welcome stories of any length.

Thanks to all who contributed to this edition!!!!

Congratulations to Jean- Francois Caouette on his recent selection as Coordinator of the Centre Plein Air Castor in Valcartier. We wish him all the best in his new position.

We All Have Good Stories... Continued from page 1

Maybe it's the biggest, smallest, the first or the last...consider all the ways your program is different. Be sure to "pitch" stories to your base newspaper or newsletter as soon as possible. Weeks or months after the fact, the story is stale, lacks the "new" aspect and is less likely to be run. So call them up – send them an e-mail – provide them with the facts and contact information – and be sure to include the: Who, What, When, Where, How and Why

2. **Make it human:** Your martial arts program recently expanded to include Tae Kwon Do (TKD). You send a blurb to the base newspaper describing the program, but it never gets published.

Instead, send them the same information, and provide an action photo of a student actually practicing TKD. Better yet, send them the info, the picture and offer them the opportunity to interview the instructor or prospective students. Once the TKD program has a human face, any newspaper or newsletter will be far more likely to run the story. Remember, other people love to read about other people. Give it a face and it will speak to your audience.

So take another look at your Youth or Recreation program. Look for new or innovative items and tell your story. Who knows, it might just be front-page news.

With another summer season upon us it is essential to keep our clients and staff safe by helping to prevent the spread of the West Nile Virus. The following Government of Canada links provide information and prevention tips for those working and playing in an outdoor environment.

BIOSAFETY ADVISORY : http://www.hc-sc.gc.ca/pphb-dgspsp/wnv-vwn/bio_e.html
GENERAL INFORMATION : <http://www.hc-sc.gc.ca/english/westnile/index.html>
NATIONAL WEST NILE VIRUS INFO-LINE : 1-800-816-7292

West Nile Virus Information