rouge camps

Parent Handbook

ROUGE-botics

AGES 8-13

Welcome to

ROUGE-botics!

ROUGE-botics is a hands-on STEM and robotics camp where campers ages 8–13 design, build, and problem-solve through engaging projects and challenges.

Led by experienced educators, each day balances technical learning with teamwork, creativity, movement, and outdoor play, helping kids build confidence while developing real-world STEM skills.

This handbook walks you through what to expect and what to bring for a great week at camp!

WHAT TO BRING

- Backpack (labelled with name)
- Refillable water bottle (clearly labelled with name)
- Hat (label with name)
- Sunscreen (applied before camp; labelled)
- Nut-free Lunch (if not on the Meal Plan)
- Nut-free Snacks

CLOTHING TIPS

- Lightweight **athletic clothing** suitable for active outdoor play.
- **Hats** are highly encouraged, especially on sunny days.
- **Closed-toe running shoes** with good grip are required.
- **Water shoes** are encouraged on Waterplay days.
- **Layers** are recommended for changing weather conditions.

WEATHER POLICY

Rouge Camps operates rain or shine. We have access to indoor spaces at all locations and will move programming indoors during rain, poor weather, or unsafe outdoor conditions. During periods of extreme heat, air quality advisories, or thunderstorms, outdoor activities will be modified, relocated indoors, or paused as needed to ensure camper safety. During an extreme heat warning, campers will not go outside when the temperature rises above 34 °C. We closely monitor weather conditions and follow public health and safety guidance at all times.

We are a SunSafe camp and meet all requirements set by the Melanoma Network of Canada. Our program is designed to ensure campers are not outdoors for more than two consecutive hours, take regular water breaks, and have designated time to apply sunscreen before going outside.

BEFORE & AFTER CARE POLICY

Rouge Camps offers optional Before and After Care for families requiring extended supervision outside regular camp hours.
Before Care runs from 8:00–9:00 AM, and After Care runs from 4:00–5:00 PM. Campers enrolled in Before and/or After Care will participate in quiet, supervised activities such as free play, drawing, reading, or light games until regular camp programming begins or while waiting for pick-up.

Fees for Before and After Care are as follows:

- Before & After Care (8:00–9:00 AM and 4:00–5:00 PM): $85.00
- Before Care only (8:00–9:00 AM): $50.00
- After Care only (4:00–5:00 PM): $50.00

For Before Care, counsellors will not accept campers prior to 8:00 AM. For After Care, a late pick-up fee of $1 per minute, per child will be applied for any pick-ups after 5:00 PM. Late fees will be charged to the parent/guardian on file.
To ensure camper safety and appropriate staffing, families are expected to adhere strictly to registered care times. Repeated late pick-ups may result in removal from Before and/or After Care services.

MEAL PLAN

Rouge Camps offers optional hot lunch meal plans provided by Healthy Now and Kids Kitchen. Meal plans are designed to offer convenient, balanced meals for campers throughout the camp week. Participation in the meal plan is optional; families may also choose to pack a lunch from home.

All full-week lunch meal plans are priced at $62.50 per week, regardless of dietary preference. Available meal plan options include Meat, Vegetarian, No Beef, Halal, and Kosher-Friendly.

A sample menu is outlined below:

- Meat / Halal: Chicken Wings & Rice, Mac & Cheese, Beef Burger, Rosé Pasta with Beef Meatballs, and Pizza Pizza Fridays (3 slices of cheese pizza).
- Vegetarian: Honey Garlic Tofu with Rice, Mac & Cheese, Veggie Burger, Cheese Tortellini, and Pizza Pizza Fridays (3 slices of cheese pizza).
- No Beef: Chicken Wings & Rice, Mac & Cheese, Veggie Burger, Cheese Tortellini, and Pizza Pizza Fridays (3 slices of cheese pizza).
- Kosher-Friendly: Chicken Wings & Rice, Mac & Cheese, Beef Burger, Cheese Tortellini, and Pizza Pizza Fridays (3 slices of cheese pizza).

All meals include a side (such as fresh fruit, veggie sticks, pasta salad, or Greek or Caesar salad) and a drink. Friday Pizza is included in the weekly meal plan fee. All meals are Halal. Kosher-Friendly meals avoid mixing meat and dairy but are not certified Kosher.

Families may also purchase Pizza-only lunches on Fridays. Pricing is as follows:

2 cheese slices + drink — $6.50
3 cheese slices + drink — $8.85
Gluten-free 2 cheese slices + drink — $6.50
Gluten-free 3 cheese slices + drink — $8.85

Families who do not purchase a meal plan must provide a peanut-free (nut-free) lunch and snack each day. Packed lunches should be clearly labelled and must not require reheating or refrigeration. Rouge Camps is a nut-aware environment, and we appreciate families' cooperation in helping keep all campers safe.

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Helping kids MOVE towards their full potential!

rougecamps.com