



CAMP ROBIN HOOD

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Camp Robin Hood Heat Response Plan

Purpose

Camp Robin Hood is committed to providing a safe, enjoyable outdoor experience while minimizing the risk of heat-related illness for campers, staff and visitors.

Hot weather is an expected part of the summer camp experience. Rather than eliminating outdoor programming, Camp Robin Hood proactively monitors environmental conditions and modifies operations based on measured on-site conditions, industry best practices and the needs of our campers and staff.

Our philosophy is simple: **Stay ahead of the heat - not react to it.**

Through continuous monitoring, thoughtful programming adjustments and a culture of shared responsibility, we strive to prevent heat-related illness before it occurs.

This Heat Response Plan aligns with recommendations from the Occupational Health Clinics for Ontario Workers (OHCOW) Humidex-Based Heat Response Plan while adapting those recommendations to the unique operational environment of an outdoor children's day camp.

This plan applies to: campers, staff, visitors and outside service providers. The plan is in effect throughout the camp and Leadership Centre seasons whenever elevated heat conditions are anticipated or observed.

Guiding Principles

Camp Robin Hood's Heat Response Plan is based on the following principles:

- Safety is our highest priority.
- Prevention is more effective than response.
- Outdoor programming remains valuable and should continue whenever it can be done safely. Programming remains flexible and may be modified at any time.
- Every staff member plays a role in recognizing and responding to heat-related concerns.
- Hydration, shade and cooling opportunities are incorporated into every camp day.



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Preparedness

Preparation is the foundation of Camp Robin Hood's Heat Response Plan. Prior to each summer, the Director Team ensures that the camp is equipped to safely operate during periods of elevated heat and humidity.

Pre-season preparation includes:

Preparedness Measure	Responsibility
Review and update the Camp Robin Hood Heat Response Plan	Director Team & Health & Safety Committee
Train all staff on heat illness prevention, recognition and response	Director Team
Review Heat Response Levels during Pre-Camp Training	Director Team & Leadership Team
Install, test and calibrate digital thermo-hygrometers throughout camp	Maintenance Team
Confirm water refill stations are operational and accessible	Maintenance Team
Stock Robin Aid with cooling supplies (ice packs, cooling towels, spray bottles, etc.)	Robin Aid
Review emergency communication procedures	Director Team
Review transportation heat procedures with Bus Captains and Bus Counsellors	Transportation Director
Review programming modifications available at each Heat Response Level	Leadership Team
Confirm all supervisors understand their responsibilities under this plan	Director Team



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Monitoring & Decision Making

Unlike public weather stations, environmental conditions across Camp Robin Hood can vary significantly throughout the day due to: natural shade, open fields, humidity, wind, proximity to pools, activity intensity and time of day. For this reason, Camp Robin Hood bases operational decisions on **real-time conditions at camp**, not solely on weather forecasts.

Heat Monitoring Team

Heat conditions are monitored by the: Director Team, Robin Aid (Health Centre), Leadership Team and Health & Safety Committee (as required).

The Heat Monitoring Team is responsible for:

- monitoring Environment Canada forecasts and Heat Warnings
- monitoring Air Quality Health Index (AQHI)
- reviewing Special Air Quality Statements
- monitoring on-site environmental conditions
- reviewing reports from Robin Aid
- recommending operational modifications
- activating or adjusting Heat Response Levels

On-Site Monitoring

Camp Robin Hood utilizes **digital thermo-hygrometers** strategically positioned throughout camp to continuously monitor: Air Temperature, Relative Humidity and Calculated Humidex.

Beginning at **Level 2**, readings are recorded **at least hourly**, with additional monitoring when environmental conditions change rapidly or concerns arise. This follows the OHCOW recommendation to increase monitoring once Humidex reaches the Heat Alert threshold. Heat Response Levels may be activated, increased, reduced or discontinued throughout the day.

The **Director Team**, in consultation with **Robin Aid** and with input from the **Health & Safety Committee**, has final authority regarding Heat Response Levels.



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Heat Response Triggers

The Heat Response Plan may be activated whenever one or more of the following occur:

- Humidex reaches one of the Camp Robin Hood Heat Response thresholds.
- Environment Canada issues a Heat Warning or Humidex Advisory.
- Three or more consecutive days are forecast to reach temperatures of **32°C or higher**.
- Elevated heat is accompanied by poor air quality (AQHI or Special Air Quality Statement).
- The Director Team determines that environmental or operational conditions require additional precautions.

Camp Robin Hood Heat Response Levels

The Camp Robin Hood Heat Response Levels provide operational expectations for staff as environmental conditions change. **Refer to the Camp Robin Hood Heat Response Levels Operational Matrix below for all required actions and operational modifications.**

Heat Response - Everyday at Camp Robin Hood

The following practices are embedded into Camp Robin Hood's daily operations throughout the summer and are implemented regardless of the current Heat Response Level.

Focus Area	Daily Practice
Hydration	• Campers and staff carry a labelled water bottle throughout the day. • Water refill stations remain accessible across camp. • Staff regularly encourage campers to drink water and model healthy hydration habits.
Sun Protection	• Campers and staff are encouraged to wear hats whenever outdoors. • Campers and staff are to arrive with sunscreen applied and reapply throughout the day as appropriate. • Staff supervise or assist sunscreen application based on camper age and independence.



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Focus Area	Daily Practice
Shade & Cooling	- Natural shade and covered spaces are incorporated into programming whenever possible. - Staff utilize shaded locations during activities, transitions and breaks to reduce unnecessary sun exposure.
Swimming & Water Cooling	- Campers and counselling staff participate in two instructional swim periods daily. - Recreational water opportunities are incorporated throughout the summer when appropriate. - Water-based cooling opportunities, including sprinklers, misting stations and water games, are utilized as operationally appropriate.
Programming	- Programming remains flexible and may be modified at any time based on weather conditions. - Staff adjust activity intensity, duration, location and pace to support camper and staff well-being.
Monitoring	- The Director Team monitors Environment Canada forecasts, AQHI & on-site thermo-hygrometer readings throughout the day. - Robin Aid monitors health concerns and reports emerging trends to the Director Team. - A member of the office team records the temperature, humidity and humidex twice daily and Director Team signs off on the recordings. - Senior staff continuously observe campers and staff for signs of heat-related illness.
Staff Wellness	- Staff are expected to model healthy heat behaviours, including hydration, sunscreen use and seeking shade. - Staff are encouraged to self-monitor for signs of heat-related illness & immediately report any symptoms or concerns to their supervisor. - Staff are expected to watch for signs of heat stress in their fellow team members and support one another throughout the day.
Transportation	- Transportation Team coordinates with Bus Company to ensure any changes at busses are implemented (i.e. routes, windows open). - Bus Counsellors encourage hydration before boarding and monitor campers and staff throughout transportation.



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Roles & Responsibilities

Role	Responsibilities
Director Team	• Activate, modify or discontinue Heat Response Levels. • Monitor weather forecasts, AQHI and on-site thermo-hygrometer readings (and daily documentation). • Consult Robin Aid and the Health & Safety Committee. • Communicate operational changes to staff & families as required. • Review all significant heat-related incidents.
Robin Aid	• Assess and treat heat-related illnesses. • Monitor trends throughout the day. • Notify the Director Team of increasing concerns. • Maintain cooling supplies. • Document all heat-related incidents.
Health & Safety Committee	• Support implementation of this plan. • Provide recommendations during significant heat events. • Participate in annual review and continuous improvement.
Maintenance Team	• Maintain thermo-hygrometers and environmental monitoring equipment. • Ensure hydration stations remain in good working order. • Assist with cooling stations and site logistics as required.
Senior Staff (Division Heads, Area Heads & Unit Heads)	• Implement Heat Response Level expectations within their areas. • Modify programming as required. • Monitor camper and staff wellness. • Ensure hydration and cooling opportunities are provided. • Communicate concerns immediately to Leadership Team.
Counsellors & Activity Specialists	• Model hydration and sun safety. • Encourage campers to drink water and seek shade. • Monitor campers for early signs of heat-related illness. • Report concerns immediately to direct supervisor. • Never ignore symptoms.
Role	Responsibilities



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Transportation Team (led by Transportation Director)	- Conduct check-ins with Bus Counsellors on ability to carry out duties before departure from cabin and upon arrival at camp. - Coordinate with the Transportation Director and Bus Company regarding delays or concerns.
Bus Counsellors	- Monitor campers and staff during transportation. - Encourage hydration and put windows down. - Observe campers for signs of heat illness. - Report concerns immediately to Transportation Director.
Staff	- Carry a labelled water bottle. Apply sunscreen as directed. - Drink water regularly. Wear a hat whenever possible. - Tell a senior staff member immediately if they do not feel well.

Recognizing Heat-Related Illness

Heat-related illness exists on a continuum. Early recognition prevents serious medical emergencies. Staff should **never ignore symptoms**, regardless of the current Humidex or Heat Response Level.

Condition	Common Signs & Symptoms	Initial Response
Heat Rash	Red, itchy rash	Cool environment and pat dry, apply cool compress
Heat Cramps	Muscle cramps / spasms, heavy sweating	Rest, hydrate, and gentle stretching
Heat Exhaustion	Headache, dizziness, weakness, nausea, vomiting, heavy sweating, fast/weak pulse, muscle cramps, temperature of 38.3°C-40°C	Notify Robin Aid immediately, move to shade / Robin Aid. Begin slowly cooling and hydrating.
Heat Stroke	confusion, hot, dry / red skin, shivering, seizures, fast heart, shallow / rapid breaths, throbbing headache, blurred vision, fainting, nausea, vomiting, skin flushed or pale, sweaty (external), temperature of 40°C or higher	Medical Emergency - Call Robin Aid immediately. Robin Aid to initiate 911. Move to shade or Robin Aid. Begin aggressive cooling by fanning, misting with cold water, applying cold cloths / ice packs on neck, armpits, and groin. Replace frequently.



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Emergency Response

If a camper, staff member or visitor exhibits signs of heat-related illness:

1. Stop the activity immediately.
2. Notify the nearest senior staff member.
3. Contact Robin Aid immediately.
4. Move the individual to a shaded or cool location.
5. Begin cooling measures.
6. Encourage hydration if appropriate and the individual is alert.
7. Robin Aid will assess and determine next steps.
8. Contact parents/guardians when appropriate.
9. **Call Robin Aid to initiate call911 immediately** for suspected Heat Stroke or severe symptoms.

All heat-related illnesses requiring assessment by Robin Aid will be documented and reviewed.

Annual Review

This Heat Response Plan will be reviewed annually by the Director Team and Health & Safety Committee prior to each camp season.

Following any significant heat event, the Director Team will evaluate: effectiveness of operational modifications, Robin Aid trends, staff feedback, camper impacts and opportunities for continuous improvement.



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Camp Robin Hood Heat Response Levels Operational Matrix

Operational Area	● Level 1 – Warm Weather Humidex 25–29	● Level 2 – Heat Advisory Humidex 30–37	● Level 3 – Extreme Heat Humidex 38–41	● Level 4 – Heat Emergency Humidex 42+
Monitoring	Director Team monitors forecast and on-site thermo-hygrometer readings.	Heat Response Plan activated. On-site readings recorded at least hourly. Robin Aid and Health & Safety Committee consulted as needed.	Enhanced monitoring and recording of humidex, AQHI and Robin Aid trends. Director Team reviews conditions throughout the day.	Continuous monitoring. Director Team evaluates conditions in real time and adjusts operations immediately as required.
Communication	Internal awareness.	Director Team notifies staff of Level 2 activation and expectations.	Staff updated throughout the day. Families notified if programming is significantly modified.	Director Team issues camp-wide communication to staff and families outlining Heat Emergency measures.
Programming	Regular programming continues. Encourage use of shaded spaces where possible.	Reduce high-intensity activities. Move programs into shade where possible. Increase cabin games and lower-exertion activities.	Significantly reduce strenuous activities. Increase passive programming and utilize indoor/cooler spaces whenever available.	Programming focuses on camper comfort and safety. Outdoor activity limited to low-exertion programs with frequent cooling opportunities.



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Operational Area	● Level 1 – Warm Weather Humidex 25–29	● Level 2 – Heat Advisory Humidex 30–37	● Level 3 – Extreme Heat Humidex 38–41	● Level 4 – Heat Emergency Humidex 42+
Swimming & Water Cooling	Regular twice-daily instructional swim schedule.	Continue regular swim schedule. Add recreational water opportunities (sprinklers, misting stations, water games) where operationally possible.	Continue twice-daily swim schedule. Expand recreational water opportunities. Schedule cooling swims for staff who do not normally receive swim time. Reduce waiting in direct sunlight before entering pools.	Continue swimming where safe. Maximize water-based cooling opportunities while minimizing time spent in direct sun.
Hydration	Water available at all times. Encourage regular drinking.	Camp-wide hydration reminders at least every 30 minutes. Encourage water bottle refills.	Mandatory hydration breaks approximately every 20 minutes. Staff actively monitor camper hydration.	Continuous emphasis on hydration. Robin Aid monitors hydration concerns and increased fluid intake.
Shade & Cooling	Encourage use of shade during transitions and breaks.	Prioritize shaded activity areas. Utilize covered spaces whenever possible.	Shade becomes a programming priority. Cooling & misting stations & sprinklers operate throughout day.	Camp-wide cooling strategy implemented. Frequent movement between shaded and cooled areas.
Campers	Wear hats, sunscreen and carry water bottles. Staff encourage healthy heat habits.	Increased reminders to drink water, apply sunscreen and seek shade. Staff monitor campers for early signs of heat stress.	Close supervision for signs of heat illness. Additional rest opportunities built into the day.	Continuous observation for heat-related illness. Campers showing symptoms are referred to Robin Aid immediately.



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Operational Area	● Level 1 – Warm WeatherHumidex 25–29	● Level 2 – Heat AdvisoryHumidex 30–37	● Level 3 – Extreme HeatHumidex 38–41	● Level 4 – Heat EmergencyHumidex 42+
Staff	Model hydration, hat wearing and sun safety behaviour. Self-monitor for heat-related symptoms.	Supervisors reinforce hydration, sunscreen and wellness checks.	Staff modify pace of work where appropriate. Increased monitoring for signs of heat stress. Cooling swims available for non-swim staff where operationally feasible.	Continuous staff wellness monitoring. Symptoms reported immediately and assessed by Robin Aid. Duties adjusted where operationally appropriate.
Transportation	Regular transportation procedures.	Encourage campers to board with full water bottles. Drivers maximize cross-ventilation by opening windows where safe.	Shade and water provided while awaiting to board the bus. Bus Counsellors actively monitor campers during transportation.	Bus Captains conduct check-ins with Bus Counsellors before departure and upon arrival. Delayed buses remain supervised in shaded areas with hydration available until departure.
Robin Aid	Monitor routine health concerns.	Monitor and document heat-related visits. Notify Director Team of emerging trends.	Increase surveillance for heat-related illness. Ensure cooling supplies are readily available. Recommend operational modifications as needed to the Director Team.	Active monitoring of all heat-related concerns. Immediate consultation with Director Team regarding any increase in heat illness or operational concerns.