INTRO TO WEIGHTLIFTING

Dear Parents, Guardians, and Participants,

Welcome to SFU Summer Camp 2020! In preparation for a fun-filled and memorable camp experience, we have outlined some important information for your review below.

Sign-In/Sign-Out:

Location: SFU Lorne Davies Complex (LDC) – Central Gym
Drop-Off Time: 9:15 am (9:30 am start)
   When you arrive, proceed to your child’s camp sign. If you forget what camp your child is in, ask a member of the Camps Team found at the center table in the gym.
Pick-Up Time: 11:30 am
Pick-Up Authorization: With permission, campers aged 12 years and older, can sign-out of camp without an adult present. First & last names of adults authorized to pick-up your child can also be documented on your camp profile. For both, please provide consent to the Camps Registration Office at: camps@sfu.ca.

Sick or Running Late? Phone/e-mail us a note with your child’s name and camp!

What to Bring:

Please leave all valuable items and electronics at home.

Campers should bring a labelled backpack with comfortable clothing for active activities, non-marking athletic shoes, lunch, snacks, and water.

*SFU Camps asks that parents/caregivers exercise care when preparing lunch/snacks and to avoid sending products that may contain nuts or traces of nuts.*

Additional Notes:

1) If registered for both a morning (AM) and an afternoon (PM) camp in the same week, campers will be supervised by our staff during the lunch break and transferred to their afternoon camp.

2) If there are any details about your child you would like us to know before camps begin, please fill out the Participant Inclusion Form available at the following online link: https://www.sfu.ca/camps/Campinfo/participant-inclusion.html

3) For additional camp information & policies please refer to our website: camps.sfu.ca
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Our camps take place at the Simon Fraser University campus, located atop beautiful Burnaby Mountain! Double check our maps and directions, before leaving, to ensure your commute is as simple as possible.

Driving Directions:

- **Courtesy Parking**
  
  20 minutes of free parking is available in West Parkade during sign-in/sign-out. Please do not pay at the parking meter (non-refundable). If you receive a parking violation ticket during your courtesy parking, please present the ticket directly to Camps Programmers to have your ticket annulled by SFU Parking Services.

- **Directions to West Parkade**
  
  Once on Gaglardi Way, continue straight through the roundabout to merge onto University Drive West. Continue straight through the first set of traffic lights before arriving at an all-way stop sign next to the West Visitor’s Parkade. Turn right to access the parkade. Once inside the parkade, immediately turn right at the stop sign, and then proceed to the second level (Level 08). Follow signs for camps sign-in/out.
  
  A full-sized driving map is available online at the following link:
  
  [https://www.sfu.ca/content/dam/sfu/camps/Documents/Maps/Summer%20Parking%20Map.jpg](https://www.sfu.ca/content/dam/sfu/camps/Documents/Maps/Summer%20Parking%20Map.jpg)

- **Need more clarity?** Watch our directional videos below:
  
  - From Gaglardi Way: [https://www.youtube.com/watch?v=ria52l-S3hA&t=](https://www.youtube.com/watch?v=ria52l-S3hA&t=)
  - From Hastings Street: [https://www.youtube.com/watch?v=cDFooWGMEMk](https://www.youtube.com/watch?v=cDFooWGMEMk)

Bus Directions:

- Arrive by bus at SFU TRANSPORTATION CENTRE BAY 2.
- Walk towards the university and cross the street towards Lorne Davies Complex.
- Walk down the outdoor corridor alongside the swimming pool’s glass wall.
- Follow signs directing you to camps sign-in/out.
  
  A bus map is available online at the following link:
  
  [https://www.sfu.ca/content/dam/sfu/camps/Documents/Maps/Bus%20Map.jpg](https://www.sfu.ca/content/dam/sfu/camps/Documents/Maps/Bus%20Map.jpg)

If you have any questions or concerns about preparing for day one, please do not hesitate to reach out to us. We are so excited to see you soon at SFU Camps!

Warm regards,

SFU Camps Team