



## TAKE UP THE *TCHIN-TCHIN* CHALLENGE IN MY CAMP!

The *Tchin-tchin Challenge in my camp* is an awareness raising activity that encourages kids attending summer camp to drink water at lunchtime and throughout the day. It takes place during the first week of July.

### How to participate?

- To take part in the *Tchin-tchin Challenge in my camp*, for one week, campers will bring a **water bottle** with them daily. They'll drink water **at least three times** a day, **including during lunchtime**.
- Camps interested in taking part in the *Tchin-tchin Challenge* must register at [thirstyforhealth.ca/camp](http://thirstyforhealth.ca/camp) or on the **Power Up** website.

### Free downloadable tools

All tools are free and available at [thirstyforhealth.ca/camp](http://thirstyforhealth.ca/camp) and on the **Power Up** website.

- Printable 8½ X 11 posters
- Letters templates for:
  - ◊ camp managers
  - ◊ counsellors
  - ◊ parents
- List of ideas for parents to help encourage water consumptions
- 2.0 List of challenges to take up with other counsellors
- A poster for the *Tchin-tchin in my camp* Thematic Day
- Printable participation certificates that can be personalized for:
  - ◊ campers
  - ◊ camps
- A *Tchin-tchin Challenge in my camp* Activity Kit and colouring pages
- A handbook to help ensure the *Challenge* is a success

Other tools to help promote water consumption in camp are available at [thirstyforhealth.ca/camp](http://thirstyforhealth.ca/camp).



THE *TCHIN-TCHIN CHALLENGE IN MY CAMP* IS AN INITIATIVE BY THE **WEIGHT COALITION** AND **POWER UP**. IT IS INSPIRED BY THE *TCHIN-TCHIN CHALLENGE* HELD IN SCHOOLS, A JOINT INITIATIVE BY THE ASSOCIATION QUÉBÉCOISE DE LA GARDE SCOLAIRE AND THE WEIGHT COALITION.



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## Recommended procedure

Each camp can adapt how it deploys the *Tchin-tchin Challenge in my camp* format based on their needs and situation, however here is what we suggest:

### BEFORE THE CHALLENGE

- 1- Inform counsellors that your camp will be taking part in the *Tchin-tchin Challenge in my camp* and hand out the letter explaining the *Challenge*.
- 2- Read the *Tchin-tchin Challenge in my camp* handbook and the poster for the *Tchin-tchin Challenge in my camp* thematic day.
- 3- Print the posters and set them up in high-visibility areas to announce the upcoming *Tchin-tchin Challenge in my camp*.
- 4- Send a **letter or memo to parents** informing them their kids will be taking part in the *Tchin-tchin Challenge in my camp*.
- 5- On the Monday before the *Challenge* begins, give campers a verbal reminder to bring a water bottle in their bag.

### DURING THE CHALLENGE (FIRST WEEK OF JULY)

- 1- Schedule daily breaks in the morning, at lunch, and in the afternoon to focus on water. Make it a fun occasion by getting campers to propose a toast. You can even capture these moments in photos and share them on social media, your camp website, or camp newsletters.
- 2- Hold water-themed activities throughout the week. (A *Tchin-tchin Challenge in my camp* activity kit is available.)
- 3- Have water and some glasses on hand for campers who forget their water bottles for use during *Tchin-tchin* breaks and at lunchtime.

**IMPORTANT:** Counsellors are asked to be good role models and set a good example by bringing their own water bottles and joining in on the toast.

### WHEN THE CHALLENGE ENDS (FRIDAY)

- 1- Give each camper a personalized participation certificate.
- 2- Display the camp's participation certificate.
- 3- Encourage campers to maintain this healthy habit throughout the summer (keep being a role model).
- 4- You can keep the *Tchin-tchin Challenge in my camp* going the rest of the summer. The handbook includes a number of ideas to help you with that.

**IMPORTANT :** The *Tchin-tchin Challenge in my camp* provides an opportunity to encourage the inclusion of water in lunch boxes, but other drinks are not prohibited.

**Good luck to all!**

For more information, contact at **418 648-6618** or at **info@treplinsante.ca**.

**thirstyforhealth.ca/camp**