

HEALTHY HYDRATION AT CAMP

Be a role model with pride

As a camp consellor, you're playing a very important role for the well being and the health of the youth.

The children :

- learn a lot from those who matter to them;
- observe and imitate the people around them;
- are sensitive to the mark of trust you give them.

*They adore you, therefore you're an inspiration to them !
Your words and your actions makes all the difference.*

Encouraging regular consumption of water to children contributes to promote a healthy habit that has the potential to follow them throughout their lives. It also keeps your campers safe, by preventing dehydration and the effects of extreme heat.

Drinking water is good for you as well, so that you can give your maximum to your campers!



Being a role model as camp consellor is :

- drinking water often, for enjoyment, and having your water bottle with you every day;
- avoiding bringing or drinking sugary drinks at the camp;
- making sure your campers have their water bottle;
- when they have less energy or are more agitated, encouraging your campers to drink water;
- encouraging the campers to drink water many times a day (e.g. in the morning, upon movements, with meals, after an active play, when passing by a water fountain, etc.);
- facilitating water consumption by contributing to build a camp where water is the most attractive and accessible drink;
- having your campers refill their water bottle at different moments throughout the day;
- participating in the *Tchin-Tchin Challenge in my camp*, by toasting with your campers during meals and at different times of the day;
- avoiding offering sugary drinks to your campers*.

The good reflexes to reduce the heat effects

- When it's very hot, invite your campers to drink some water every 20 minutes, even when they are not thirsty. For more information, visit www.quebec.ca/en/health/advice-and-prevention/health-and-environment/preventing-the-effects-of-oppressive-and-extreme-heat/
- Even though it does lower body temperature, playing in water does not replace the need to drink water regularly.

*Thank you for being
a good role model
for kids!*

*Thirsty for
Health!*

ASPQ
ASSOCIATION POUR LA SANTÉ
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* The infographic *For a camp environment promoting water consumption* offers different conditions conducive to the promotion of water. Visit thirstyforhealth.ca/camp