Take up the *Tchin-tchin Challenge in my camp* with your campers from July 3th to 7th, 2023!

Dear camp counsellor,

Our camp is taking part in the *Tchin-tchin Challenge in my camp* which aims to encourage campers to **drink water to promote their health and safety**.

From **July 3th to 7th, 20232, you are invited to take up the *Tchin-tchin Challenge in my camp****,* by encouraging your campers to have a water bottle and to take a toast break in the morning and afternoon and to make a special place for water during meals.

During these three daily breaks, campers will drink water together in a fun atmosphere and raise their water bottles for a toast (*Tchin-tchin!*). As a role model, we encourage you to keep your own bottle next to you all week, to drink water regularly, and to join the campers in the toast during the breaks and at lunch. Although water is the preferred lunchtime beverage, campers can drink other beverages if they are packed in their lunches. However, the toast should only be done with water.

In addition to the *Tchin-tchin*, the *Challenge* includes:

* a *Tchin-tchin Challenge in my camp* Activity Kit;
* a handbook, to successfully take up the *Challenge* and make the most of it;
* a 2.0 List of challenges to take up with other counsellors:
* a Poster for the *Tchin-tchin in my camp* Thematic Day;
* promotional posters;
* certificates of participation for your campers and the camp;
* suggestions for parents.

All the tools can be downloaded for free at [**thirstyforhealth.ca/camp**](http://www.thirstyforhealth.ca/camp) and on the [**Fondation Tremplin Santé website**](https://tremplinsante.ca/en/services/tchin-tchin-challenge-in-my-camp/).

By promoting water, you are not only helping to prevent dehydration, but you are also making campers healthier now and in the future. Taking up the *Challenge* and completing the activities will help campers **develop the habit of reaching for water first** **when they’re thirsty** rather than juice or sugary drinks. The overconsumption of fruit drinks, iced tea, sports drinks, vitamin water, and other sugary beverages is harmful for the teeth and the overall health. It is better to save them for special occasions. In everyday life, water is the drink of choice!

A few simple tips are provided at [**thirstyforhealth.ca/home/**](https://thirstyforhealth.ca/home/) to help families pursue healthy hydration habits at home.

Thank you for your support. Have a great *Tchin-tchin* *Challenge in my camp* week!

The camp coordination team

**The *Tchin-tchin Challenge in my camp* in brief**

**Before the *Challenge***

* Consult the *Tchin-tchin Challenge in my camp* Handbook to help you plan the *Challenge*.

**During the *Challenge*, from July 3th to 7th**

* Each day, organize a morning break, a lunch break, and an afternoon break to focus on water. Make it fun by getting the campers to make a toast. You can even capture these moments in photos! Toasting to healthy hydration doesn't have to mean clinking your glasses and water bottles together. It is possible to raise your glass in a festive and fun way, without touching! Here are some ideas:
	+ Challenge yourself and the campers’ creativity and come up with a short song for everyone to sing before taking a sip of water.
	+ Create original dance moves*.*
	+ Or, if you don't want to make it complicated, you can simply yell *Tchin-tchin* with your young campers while raising your water bottle in the air.
* Be sure to have extra water bottles and glasses throughout the week so that campers who forget to bring their own water bottles won't be left out of the toasts during breaks and lunchtime.
* Set a good example by bringing your own water bottle and raise it proudly!
* Complete activities from the Activity Kit.
* Stickers will be distributed to camps which registered for the *Challenge* before June 16th. Encourage campers to stick them on their water bottles.
* If your camp has distinguished itself by the activities carried out in the theme of water and by the creative *Tchin-tchin*, register for the Hall of Fame. You have the chance to be selected among the three champion camps of the 2023 *Tchin-tchin Challenge* and to receive a trophy as well as a bottles of water.

**After the *Challenge* ends on July 7th**

* To congratulate the campers and reinforce their new habit, sign participation certificates (available at [**thirstyforhealth/camp**](https://thirstyforhealth.ca/camp/)).
* Encourage campers to maintain this healthy habit all summer long. Remember to set a good example.

**Good luck!**



Dear manager,

Dear coordinator,

The Weight Coalition and the Fondation Tremplin Santé invite your camp to participate in the ***Tchin-Tchin Challenge in my camp* from July 3th to 7th 2023**.

The purpose of this free *Challenge* is to help camps **promote water consumption among campers** and therefore improve their health and safety by avoiding dehydration, while having a lot of fun!

The *Tchin-tchin Challenge in my camp* includes:

* a *Challenge* where campers and their counsellors toast together;
* a *Tchin-tchin Challenge in my camp* Activity Kit;
* a handbook, to successfully take up the *Challenge* and make the most of it;
* a 2.0 List of challenges to take up with other consellors;
* a Poster for the *Tchin-tchin in my camp* Thematic Day*;*
* promotional posters;
* certificates of participation for your campers and the camp;
* suggestions for parents.

All the tools can be downloaded for free at [**thirstyforhealth.ca/camp**](https://thirstyforhealth.ca/camp/) and on the [**Fondation Tremplin Santé website**](https://tremplinsante.ca/en/services/tchin-tchin-challenge-in-my-camp/).

If your camp stood out during the week of the *Tchin-tchin Challenge in my camp*, we invite you to submit the camp's candidacy to the Hall of Fame. You could have a chance to be part of the three champion camps and receive a trophy as well as a set to flavor your water at camp!

Thank you for your cooperation and support. Please contact us if you have any questions: **soifdesante@gmail.com**.

