



**FOR A CAMP  
ENVIRONMENT  
PROMOTING  
WATER  
CONSUMPTION**

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## Water is accessible and attractive at all time !

- Campers always have access to their water bottle.
- Water is easily accessible during meals (fountains, jugs or water bottle).
- Water breaks are planned at different moments during the day.
- Water fountains can be decorated to the camp colours, according to the thematic.
- The consellers know water access location at frequently visited places and upon field trip.
- The consellers are healthy hydration role model. They drink water and encourage their campers to do the same.
- If possible, when it's hot, water bottles are carried in a cooler or kept in a cool place (under the shade). Think of refreshing the water of the bottles regularly.
- The camp participates in the *Tchin-tchin Challenge in my camp* and carries out activities promoting water.



## FOR HEAT STROKE PREVENTION

\* In time of excessive heat and humidity, children are encouraged to drink water every 20 minutes (MSSS).

[www.quebec.ca/en/health/advice-and-prevention/health-and-environment/preventing-the-effects-of-oppressive-and-extreme-heat/](http://www.quebec.ca/en/health/advice-and-prevention/health-and-environment/preventing-the-effects-of-oppressive-and-extreme-heat/)

## What is offered to children

Except for plain milk and vegetable-based drinks without added sugar, other beverages competing with water are exceptional.



# The water fountains:

- are clean, well maintained and of sufficient quantity;
- are highlighted by murals, posters or crafts;
- offer fresh water;
- are of suitable height. Footboards are available for the smallest ones.



## ABOUT THE CAMPAIGN **I'M THIRSTY FOR HEALTH!**

The *I'm thirsty for health!* Campaign aims to promote healthy hydration by encouraging, regulating and enhancing water consumption for children..

***Let's build environments  
where water is the most visible and  
attractive drink for children!***



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More tools are available at [thirstyforhealth.ca](http://thirstyforhealth.ca)  
For more information, contact us • 514 598-8058 • [soifdesante@gmail.com](mailto:soifdesante@gmail.com)