



TAKE UP THE *TCHIN-TCHIN* CHALLENGE!

The *Tchin-Tchin Challenge* 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 second week of July.

How to participate?

- To take part in the *Tchin-Tchin Challenge*, 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 soifdesante.ca/camp or on the **Shape Up** website.

Free downloadable tools

All tools are free and available at soifdesante.ca/camp and on the **Shape Up** website.

- Printable 8½ X 11 posters
- Letters templates for:
 - ◇ camp managers
 - ◇ counsellors
 - ◇ parents
- List of ideas for parents to help encourage water consumptions
- Printable participation certificates that can be personalized for:
 - ◇ campers
 - ◇ camps
- A *Tchin-Tchin Challenge* 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 soifdesante.ca/camp.



THE TCHIN-TCHIN CHALLENGE IN MY CAMP IS AN INITIATIVE BY THE **WEIGHT COALITION** AND **SHAPE 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.



Une initiative parrainée par l'Association pour la santé publique du Québec

Thirsty for Health!



Recommended procedure

Each camp can adapt how it deploys the *Tchin-Tchin Challenge* 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* and hand out the letter explaining the *Challenge*.
- 2- Read the *Tchin-Tchin Challenge* workshop handbook.
- 3- Print the posters and set them up in high-visibility areas to announce the upcoming *Tchin-Tchin Challenge*.
- 4- Send a letter or memo to parents informing them their kids will be taking part in the *Tchin-Tchin Challenge*.
- 5- On the Monday before the *Challenge* begins, give campers a verbal reminder to bring a water bottle in their bag.

DURING THE CHALLENGE (2nd 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* 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* going the rest of the summer. The handbook includes a number of ideas to help you with that.

IMPORTANT : The *Tchin-Tchin Challenge* 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 **Shape Up** at **418 648-6618** or at **info@trempainsante.ca**.