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 5th to 9th, 2021**.

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 *Special Teen* Handbook, including activities (**new**);
* a 2.0 List of challenges to take up with other consellors (**new**);
* a Poster for the *Tchin-tchin in my camp* Thematic Day (**new**)*;*
* 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/" \t "_blank)**.

This summer, camps will have to respect public health rules and physical distancing measures. However, it will still be possible to participate in the *Tchin-tchin Challenge in my camp*. Indeed, toasting to healthy hydration does not necessarily mean clinking your glasses and water bottles together. It is therefore possible to raise your glasses in a festive and playful way, without contact! In addition, many of the activities proposed in the *Challenge* kit can be carried out according to public health requirements.

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

Weight Coalition and Fondation Tremplin Santé