



# CAMP OCONTO

## Camper Information Newsletter 2016

We are excited for a great summer!

### TRANSPORTATION

You will have filled out by which method of transportation your daughter will be arriving and departing camp on the spring forms. Before the start of your daughter's camp session, you will receive an email from our offices confirming this choice. Please let us know if your plans change between now and her arrival at camp.

#### Bus/Van Transportation

Chartered buses or vans are available at the beginning and end of each four-week session to and from Toronto, Ottawa, and Montreal. Fees will be charged to your daughter's account.

#### TO Camp – Chartered Bus/Van on July 1<sup>st</sup> and August 1<sup>st</sup>

- Arrive at the bus/van departure point thirty minutes prior to the departure time.
- Make sure your daughter's name is on the outside of all her luggage.
- Say your good byes with your daughter and sign her in with the Oconto chaperones.
- Campers taking the bus from Toronto or Montreal need to bring a lunch for the bus.
- Campers taking the bus from Ottawa should either bring a lunch or eat before coming.
- No peanuts or nuts on the bus.

#### Locations and Timing

- Montreal:** A bus or van (depending on the number of campers) will pick campers up at Fairview Pointe Claire Shopping Centre, 6801 Trans Canada Highway, Post #31 (behind Reno Depot). Please arrive by 9:30am. Departure time is 10:00am.
- Ottawa:** A bus or van (depending on the number of campers) will leave from Pinecrest Shopping Centre, 2685 Iris Street. The bus will stop in the overflow parking lot on the north side of the Shopping Centre. Please arrive by 11:45am. Departure time is 12:15pm.
- Toronto:** The bus will leave from the Loblaws parking lot located at, 11 Redway Road (South East of Bayview and Eglinton). Please arrive by 9:30am. Departure time is 10:00am.

#### FROM Camp – Chartered Bus/Van on July 28<sup>th</sup> and August 28<sup>th</sup>

- Montreal:** The bus or van will arrive at Fairview Pointe Claire Shopping Centre, Post #31, at approximately 1:30pm.
- Ottawa:** The bus or van will arrive at Pinecrest Shopping Centre at approximately 11:00am.
- Toronto:** The bus will arrive at the Loblaws parking lot (11 Redway Road) at approximately 1:00pm.

## Driving

- Drop Off: Drop off is between 1:00 and 1:30 pm. Do not arrive before 1:00pm.
- Pick Up: At the end of each month (July 28<sup>th</sup> and August 28<sup>th</sup>), please pick your daughter up between 10:00 and 11:00am.

For mid-month pick up (July 16<sup>th</sup> and August 13<sup>th</sup>), please arrive between 10:00 and 10:30am. This is Visitors' Day for our four-week campers; you are welcome to stay and join us for a buffet lunch and a swim.

**Directions to Camp:** Camp Oconto is located on Eagle Lake, 1km west of Highway #38, which meets Highway #401 just west of Kingston. The camp road is approximately 56 km north of the 401, 2km north of Tichborne and 10 km south of Sharbot Lake Village.

## Chaperone Service for Flights

If you need to have a Camp Oconto staff member meet your daughter's flight at the airport and drive her to camp, please get in contact us before booking any flights.

## CLOTHING

Worn, laundry friendly, clothing is best for camp. The girls will be painting, getting dirty, and having fun.

**Name Labels:** Please label all of your daughter's belongings, before sending them to camp. To purchase name labels you can go to [www.oconto.mabelslabels.com](http://www.oconto.mabelslabels.com).

**Laundry** is done once a week. It will go out once for two-week campers, and three times for four-week campers. All loads will be put in both the washer and dryer.

**Costumes** are great fun at camp. Please send any your daughter would like to wear, or that you would like to donate to our costume cupboard. If you do want the costumes going home with your daughter at the end of her session, please make sure her name is in them.

**Camper T-shirts:** One will be given to each camper and are worn most nights to dinner. Extras can be ordered online along with other camp paraphernalia. Any version of the Oconto yellow t-shirt, old or new, is acceptable. If you have any old camper shirts that no longer fit, please send them with your daughter and we will redistribute them to other campers.

## COMMUNICATION WITH YOUR DAUGHTER

**Mail** is an exciting part of the day for every camper, please send her some while she is at camp! Letters should be addressed to Your Daughter, Camp Oconto, 1126 Camp Oconto Road, Tichborne, Ontario, K0H 2V0. Mail arrives and leaves camp Monday through Friday with the exception of holidays. To receive mail from your daughter, it is best to send her with addressed, stamped envelopes. If necessary, stamps are available at our tuck shop for both Canadian and international mail.

**Emails** – We have a one way email system into camp. Your daughter will not be able to email you. Close to the start of summer information about this system will be emailed to you.

**Office Hours** run from 9:00am to 12:30pm and 2:30pm to 5:30pm, seven days a week throughout the summer. The phone is answered, or voice mail checked, 24 hours a day. The office number is 613.375.6678. There is only one telephone line in camp, with phones in both the office and the Directors' bedroom. Please realize that if you are calling in the middle of the night you will be waking us up!

**Cell Phones** are not permitted on camp property. If your daughter brings her cell phone to camp, we will confiscate it and keep it in the camp safe until departure day.

**Visitors' Day** will take place on Saturday, July 16<sup>th</sup>, and Saturday, August 13<sup>th</sup>. These are also pick up days for two week campers. Please try to arrive between 9:30 and 10:00am, if you are visiting or picking up, and join us for a delicious buffet lunch at 12:15pm. You are welcome to swim and participate in a singsong on Main Beach after lunch. We ask that parents respect our zero tolerance policy on smoking, drinking and drugs. Leave pets at home. Programming for campers will resume at 3:30, so we ask that parents leave between 3:00 and 3:20pm. If you choose to take your daughter out of camp for the day, it is imperative that you tell her Section Head and sign her out in the office. Campers are not allowed out of camp with anyone other than their legal guardian, unless written permission from their legal guardian is first presented to the directors.

## **HEALTH AND MEDICAL ISSUES**

In order to provide full protection and the best possible health care for your daughter while at camp, we require full disclosure of all details regarding her health history, illnesses, medications, inoculations, etc. You were required to fill this form out in the spring. Camp Oconto has a rotating professional medical staff of two nurses and one physician; two of whom are on site at all times. We have a small Health Centre where we can examine and treat minor illnesses such as colds, flu, sprains, scrapes, etc. We do maintain and dispense a small stock of over-the-counter and prescription medication to get campers started on treatment if required. We then fill prescriptions at the pharmacy. The camp nurses dispense all medication to ensure that campers are taking the correct amount of medication, at the appropriate time, and also to prevent medication being taken in error.

**Accidents and Illness:** Our medical staff will notify you if your daughter suffers an accident or is put on medication. Campers will stay overnight in the Health Centre if they have a fever, are contagious, or need observation. Otherwise, they are often more comfortable in their own bed. If there is an emergency, we will call you as soon as possible. No charges apply for routine services, but special medicines, x-rays, etc. will be charged to your daughter's tuck bill.

**Asthma and Allergies:** If you indicated on the Health History form that your daughter suffers from life-threatening allergies, you will receive an email copy of the Allergy Questionnaire in the late spring. Please fill it out and return it to us before the start of your daughter's camp session. If your daughter needs to carry an inhaler or Epi-pen with her at all times, please send these medications as well as a small fanny pack with her name clearly printed inside and out. If you do not receive a copy of the Allergy Questionnaire in June, but feel that your daughter should have one, please contact our office.

**Personal Medication:** All medication must be sent to camp in the *original* container. Please provide a translation if directions are not in English. All medication is dispensed and managed by the Health Centre. Information regarding medication, dosage, timing, etc. must also be documented on the Camper Health History form.

**Medical Insurance Coverage:** We do not carry extra accident or sickness insurance for campers; this is considered to be your responsibility. Please ensure you have adequate coverage to your satisfaction and include a copy of your Health Insurance coverage with the Camper Health History form for our records. Parents of campers who reside outside of Canada are advised to provide their own Canadian/International medical insurance coverage to their own satisfaction. Please send a photocopy of the policy (number, carrier, contact information, etc.) to our camp offices before your daughter arrives.

**Insect Repellent:** We suggest an insect repellent that does contain Deet as the active ingredient, however, no more than 10% concentration for children under 12, and no more than 30% concentration for children over 12. Consult your child's physician and the manufacturer's packaging for more information regarding suitability for your child, frequency of application, and handling care.

**Mosquito Nets:** Please send one to camp, if your daughter would like to use one.

**Lice:** Lice is a manageable and common inconvenience that is easily spread in a places like schools and summer camp. Check your daughter's head before bringing her to camp. If you are unfamiliar with it, please check [www.headlice.org](http://www.headlice.org) for more information. If your daughter does have lice when she is supposed to be coming to camp, please let us know so that we can continue treatment once she arrives. Treatment costs will be charged to your tuck bill.

### **OCONTO POLICIES – DOs AND DON'Ts**

**Cigarettes, Drugs and Alcohol:** The use or possession of cigarettes, alcohol and/or drugs is strictly prohibited. The use or possession of any of these things on or off camp property at the time of enrollment is cause for immediate dismissal.

**Electronics and Valuables:** Camp cannot be held responsible for the loss or damage of any personal property that a camper brings with them. All audio equipment (including iPods, MP3 players, portable speakers, etc.) as well as hand held portable games (such as Game Boys, PSPs, etc.) should be left at home. Camp is a place for making friends and interacting with the group – these items inhibit socializing. If you insist on bringing any of these items, there will be restrictions on their use.

**Food Parcels:** Do not send food parcels to your daughter. Food attracts unwanted animals. Campers must open all parcels in front of their counsellor in order to assure that food is not kept in cabins and that campers with food allergies are not put at risk. Food will be confiscated and not returned. Please send books, comics, toys, etc. instead of food.

**Parcelled With Love** is a company that sends premade packages to campers. You can order one for your daughter at [www.parcelledwithlove.com](http://www.parcelledwithlove.com)

**Disposable Cameras:** We encourage you to send disposable cameras with your daughter as they are inexpensive and far less fragile than a digital camera. Please make sure to write your daughter's name on the camera itself and not the box.

**Tuck Shop:** Your daughter may purchase notepaper, sunscreen, hats, pens, soap, stamps, etc. at the tuck shop. She is also permitted to buy a limited amount of candy twice a week. This is about \$2.00 worth of candy or potato chips. Extra items available in the Tuck shop include Oconto water bottles and sun hats. Purchases are recorded and invoiced to you after she returns home.

### **OPTIONAL PROGRAMS**

**Campers 13 years and older:** If your daughter would like to become a QC at Oconto, she will be expected to pass her Basic C in canoeing and be working towards her Bronze Cross swimming level before her QC year. She should start working towards these goals early. There will be a meeting for girls turning 15 about the CIT program at the end of each session. Please remember that as a prerequisite to Bronze Cross, the Bronze Medallion candidate must also complete a separate First Aid Course.

**English Riding Lessons:** Horseback riding is an optional activity at Camp Oconto. An additional fee of \$30.00 per lesson will be added to your daughter's tuck bill at the end of her camp session. All riders must bring their own A.S.T.M. approved riding safety helmet with a chinstrap made of plastic or leather (not elastic) in order to participate in our riding program. There are two brands of helmets on the market that are lightweight and less expensive, namely "Pro Lite" and "Lidlocker." Oconto will not lend riding helmets; each camper must have her own. All riders must also have hard-soled shoes or boots with no less than a 1.5cm heel. Campers need to wear long pants while riding, light weight leggings are ideal.

## **SWIM LEVELS AND REQUIREMENTS TO PARTICIPATE IN BOATING ACTIVITIES**

**Swimming Lessons:** Swimming lessons are mandatory for all campers at Oconto. We offer Lifesaving Society (LSS) lessons only – not Red Cross. Campers must pass their Lifesaving “Swim to Survive” test (comparable to LSS level Swimmer 2) in order to participate in any boating activities. If your daughter cannot pass this swim test, we will give her extra help and swimming lessons so that she can hopefully pass quickly and participate more fully in all activities. If she is at all apprehensive, it is a good idea to have your daughter swim in a lake or river before coming to camp. Swimming in the lake is very different than swimming in a pool, and we want for her to be as comfortable as possible.

Please note that Bronze Medallion candidates must also complete a separate First Aid course as a prerequisite for the next level, Bronze Cross.

**Boardsailing:** Campers must have a swimming ability equivalent to Lifesaving Swimmer 4 Level in order to participate in boardsailing activities. We do have children’s rig boards so that the younger or smaller girls may try boardsailing.

**Life Jackets:** A Canadian Government approved life jacket is necessary for each camper. Please attach a whistle to the lifejacket, as it is required by law to have a "noisemaker" in every boat. Please mark your daughter’s name on it with a waterproof pen, or a nametag. International campers will each be supplied with a life jacket to use while at camp.