



# CAMP OCONTO

## Important Camper Information – Summer 2018

### TRANSPORTATION

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

### Bus/Van Transportation

Chartered buses are available at the beginning and end of each four-week session to and from Toronto. There is also a van or bus to Ottawa and Montreal at the end of session 1 and 3. Fees will be charged to your daughter's account.

### TO Camp – June 29<sup>th</sup> and July 30<sup>th</sup> (Toronto Only)

- 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 need to bring a lunch for the bus.
- No peanuts or nuts on the bus.

### Location and Timing

The bus will leave from the Loblaws parking lot located at, 11 Redway Road (in Leaside, close to Laird). Please arrive by 9:30am. Departure time is 10:00am.

### FROM Camp – July 26<sup>th</sup> (Toronto, Montreal, and Ottawa) August 26<sup>th</sup> (Toronto Only)

- Montreal:** The bus or van will arrive at Fairview Pointe Claire Shopping Centre, 6801 Trans Canada Highway, Post #31 (behind Reno Depot), at approximately 1:30pm.
- Ottawa:** The bus or van will arrive at Pinecrest Shopping Centre, 2685 Iris Street. The bus will stop in the overflow parking lot on the north side of the 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 1:30pm. Do not arrive before 1:00pm.

**Pick Up:** At the end of each month (July 26<sup>th</sup> and August 26<sup>th</sup>), please pick your daughter up between 10:00 and 10:30am.

For mid-month pick up (July 14<sup>th</sup> and August 11<sup>th</sup>), please arrive between 10:00 and 10:30am. These are Visitors' Days 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. If arriving from the south, Camp Oconto is located 1km west of Hwy. #38, which meets Hwy. #401 just west of Kingston. The camp road is approximately 56 km north of the 401, 2km north of Tichborne (If you get to Sharbot Lake, you've gone too far) Camp Oconto Road will be on your left. If arriving from the north (Hwy. #7), turn south onto Hwy. #38 and drive through Sharbot Lake Village. Approximately 9 km later, Camp Oconto Road will be on your right.

### **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 or take her to the airport at the end of her session, **it is essential you 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). Permanent mark also work well, but please do not only write initials, at least a first initial and full last name are needed.

**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 costumes 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, and you would like to donate them to camp, please send them with your daughter and ask her to give them to her counsellor. 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 mail while she is at camp! Letters should be addressed to Your Daughter's Name, 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. Stamps are available at our tuck shop for Canadian, US, and international mail.

**Emails** – We have a one way email system into camp. Your daughter will not be able to email you. Information about this system will be emailed to you. We are using a new system this year, so please keep an eye out for this email, closer to the start of camp.

**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. If you call us in the middle of the night, you will be waking us up!

**Cell Phones** are not permitted at camp. If your daughter brings her cell phone to camp, we will keep it in the camp safe until departure day. She will not be able to use it.

**Visitors' Day** will take place on Saturday, July 14<sup>th</sup>, and Saturday, August 11<sup>th</sup>. These are also pick up days for two week campers. Please arrive between 9:30 and 10:00am. Visitors are welcome to join us for a delicious buffet lunch at 12:15pm. You are welcome to swim and participate in some camp activities after lunch. We ask that parents respect our zero-tolerance policy on smoking, drinking and drugs, and remember that Oconto is a nut free

environment. **Leave pets at home.** Your dog (or other pet) is not invited to Visitors' Day. Please plan for this now, so that it is not an issue in the summer. 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**

We require full disclosure of all details regarding your camper's health history, illnesses, medications, inoculations, etc. 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.

**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 office 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. Insect Repellent is especially important for tick bite prevention.

**Ticks:** Unfortunately, like many places in Ontario, we have ticks at Camp Oconto. One kind of tick, the Blacklegged Tick (also known as a Deer Tick), can carry the bacteria, which may cause Lyme disease. We are aware of the situation and we are doing our best on several fronts to still give everyone a safe and wonderful experience, while living with this new reality in Ontario. Please be sure to send long, light weight, loose fitting pants and shirts with sleeves that are light in colour (in order to make spotting a tick easier). These clothes will be worn with pants tucked into socks and closed toed shoes, while playing certain games and doing certain activities. At Oconto, we do a health check each day using the acronym 'TWIST' which stands for: **T**icks, **W**ater, **I**nsect bites, **S**un protection, **T**ummy. Campers and staff will do this at least once a day, with supervision from staff for younger campers. The tick check will involve staff reminding campers to check their entire bodies including a reminder to check "where your bathing suit covers" the next time they change or go to the bathroom. Campers and staff will check each other's backs as well. Please practice doing a tick check with your camper before coming to camp, so she is

familiar, but also understands what she is doing. Known areas for particular concern to check include: scalp, behind the ears, armpits, naval, groin, behind the knees, and between the toes. Please note that ticks can be as small as a pin head, so a visual check as well as gently rubbing your hands over your skin in both directions is helpful. It is important to realize that ticks need to be attached to a person for 36 to 48 hours for Lyme disease to be transmitted. We check twice a day, because we never want a tick to be on a person for more than 24 hours. TWIST will be done in the morning and the evening and swim instructors will also check for ticks during swimming lessons. We want to enjoy the outdoors, while being cautious, but not fearful!

**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 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 a 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.

**Disposable Cameras:** We encourage you to send disposable cameras with your daughter as they are inexpensive and far less fragile than a digital camera. 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, per tuck time. Extra items available in the Tuck shop include Oconto water bottles and sun hats. Purchases are recorded and invoiced to you after your daughter returns home.

**Camp Awakening:** Camp Awakening is an overnight summer camp for children and youth with physical disabilities. Our girls program has been running at Oconto for the past 17 years! While we often do activities as an individual cabin group, we very much consider ourselves part of the Oconto community, as we intermingle at meals and camp wide activities. It is our goal for our campers to be as included in the camp community as much as possible and for them to be viewed as equals by their Camp Oconto peers. Please talk to your camper about Awakening and consider the following discussion topics:

- **Asking Questions:** It is okay to have questions about an Awakening camper. Encourage your camper to ask her counsellor or the Awakening camper in a respectful way.
- **Keep your explanations positive and emphasize sameness:** It is important to emphasize points of connection instead of separation. For example, it is better to say, "That wheelchair helps that person move around, just like your legs help you move around," rather than "That person's legs don't work, so she needs a wheelchair."

For more information please visit: [www.campawakening.ca](http://www.campawakening.ca)

## OPTIONAL PROGRAMS

**Campers 13 years and older:** Camp Oconto has a two-year counsellor in training program. Year one is called WCs and year two is called Semis. 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 when she is 13 years old. 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. The sign up was on the online application form. 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. 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 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.

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

**Life Jackets:** Each camper must have a life jacket that fits properly, with her name on it! Campers need to carry their own life jacket to each water activity to use it there. In the past, some campers have come with life jackets that are too big. This is more of a threat than a help. Ensure it fits your camper, has her name on it, and is Canadian government approved. It must also have a whistle attached. International campers will be given a life jacket to use while at camp.

An Oconto alumna has started a business that may be of interest for campers, so she asked us to share the following information:

  
**GoFor Cover™ Early Bird Special for our Camp Oconto families**

*Purchase one or more GoFor Covers before May 31<sup>st</sup> and receive a 10% discount off your purchase.*

Is your child always cold? Do they forget to put on sunscreen? Are they hesitant to change in front of others? GoFor Cover™ clothing is a new unique 'all in one' cozy hoodie and change tent. Perfect for campers and staff. Choose one of our two fabrics.

<p>Our 'Cozy' product is just that - so cozy and warm; whether your child is taking a break from waterfront activities or just wanting to cover up and stay warm while she heads to the waterfront, evening campfire, shower facilities or for quiet time in her cabin. It's made in Canada from a Bamboo cotton stretch fleece.</p>	<p>Our 'Quick' product is lightweight and fast drying made in Canada from an anti-bacterial, breathable, moisture-wicking fabric making it perfect to wear as a light layer on those hot humid summer days and nights! Our Quick fabric offers UPF 50 Protection, giving your child protection from the sun.</p>
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If you would like to personalize your GoFor Cover we can print a name, nickname or initials on the back in one of our 9 print colours to make it unique, fun and identifiable.



To place your order, contact Marni Hamilton at [info@goforcover.com](mailto:info@goforcover.com) or 647 242 7057. To learn more visit GoFor Cover's website at [www.goforcover.com](http://www.goforcover.com) or #goforcover. Remember if you order directly through Marni by May 31<sup>st</sup> you will get a 10% discount.