



CAMP OCONTO

Important Camper Information – Summer 2021

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

Unfortunately, we are not able to offer bus transportation TO camp. We hope to be able to offer bus transportation home from camp (pending final approved guidance from Public Health). If possible, there will be van(s)/buses available to Ottawa, Montreal and Toronto at the end of Sessions 1/3 and to Toronto for Sessions 4/6. Fees will be charged to your daughter's account.

If you paid for a bus TO camp, we will simply leave that money on your account for now and apply it to your tuck bill at the end of the summer (any remaining amount over \$10 will then be refunded to you).

Location and Timing

FROM Camp – July 27th (Toronto, Montreal, and Ottawa) August 27th (Toronto Only)

Should we be allowed to offer bus transportation FROM camp, please note the following details:

- 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: Arrival days will happen differently because of COVID-19. Campers will be asked to arrive at staggered time slots organized alphabetically by last name. Drop-off will be contactless this year. This means that we are unfortunately not able to welcome parents into camp to see their daughter's cabin or zebo or have a tour of camp. All campers will be screened for symptoms of COVID-19 and will not be allowed to enter camp if they are experiencing any symptoms. All campers will undergo their 2nd COVID-19 test upon arrival to camp.

Pick Up: Similar to arrivals, we will be staggering pick up time slots as well for contactless, mid-month and end of month pick-ups. We will once again contact families to notify them of their time which will be organized alphabetically by last name.

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 your daughter needs to be taken to the airport at the end of her session by Camp Oconto staff member, **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. 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 be done 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. 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 – 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 closer to the start of camp. We use a company called Bunk1 for parents to be able communicate with campers while they are here. Campers do not have access to a computer and therefore will NOT be able to email you- only write letters back. These Bunk Notes will be printed and given out with the regular mail. Bunk Notes sent before 9:00am (Monday to Friday) will be given out the same day. Bunk Notes sent after 9:00am will be given out the following mail day. Bunk Notes can be sent up until 8:59am the day before your camper's session ends. (e.g. If your camper comes home on the 27th, you should stop sending Bunk Notes at 8:59am on the 26th). Any Bunk Notes sent after this time will not make it to your camper.

Using this system is entirely optional and you should not feel obligated to send emails. We still think that traditional mail (cards, post cards, etc.) are more fun for campers to receive! Although Bunk1 will not limit the number of emails you can send, we would like to stress the idea of quality over quantity. It is more meaningful to send a few letters or emails of substance. Also please note that every email has to be printed on its own sheet of paper, regardless of length, so a few longer emails are better for the environment.

To use this system, you will be prompted to pay Bunk1 directly, it will not be added to your camper's tuck bill. To sign up, visit www.bunk1.com and type in the invitation code "OCONTO21". Returning parents will be able to use their previous email address and password to login. Upon access, you will be prompted to select a bundle which includes credits to send Bunk Notes and the ability to enhance your notes with borders, photos, sports scores, and puzzles. Bunk1 also provides users with the ability to purchase "Bunk Note Express" which creates a unique email address for your camper that can be shared with other relatives who want to send the camper a note as well.

When sending a Bunk Note, the system will ask you for your camper's cabin/zebo. If you send any Notes before your camper gets here, or do not know/remember after your camper gets here, please just choose "unknown". Your Bunk Note will still make it to your camper.

Office Hours run from 9:00am to 12:00pm and 3:00pm 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

Unfortunately, Visitor's Days cannot occur in person this summer. Instead, 4-week or "monther" campers will have the opportunity to call home once over what would traditionally be "Visitor's Day Weekend". Closer to the time, we will email you with a time window for this call.

HEALTH AND MEDICAL ISSUES

We require full disclosure of all details regarding your camper's health history, illnesses, medications, inoculations, etc. *If there have been any changes to their health since completing the forms, please be sure to contact camp so that we can update her file.* Camp Oconto has a rotating professional medical staff of two nurses (one of whom may be an RPN or "first aider" (student nurse)) 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. Your daughter will have a daily opportunity to check in with her counsellor about how she is feeling. During this time, our counsellors will ensure your daughter is being sun safe, checking for ticks, 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.

Epi-Pens: If your daughter requires an Epi-Pen, please send her to camp with 2. She will be given a Camp Oconto specific Epi-Pen fanny pack, to be able to carry one with her at all times. The spare will be kept in our Health Centre.

Asthma and Allergies: If your daughter needs to carry an inhaler with her, please send it, as well as a small fanny pack, with her name clearly printed inside and out.

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 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. We will also be doing a lice checks for every camper upon arrival, and then every few days thereafter. If your daughter is found to have lice, we will treat it following our scheduled procedure. Treatment costs will be charged to your tuck bill. Please talk to her about the importance of not sharing things like hats, pillows, and hairbrushes.

OCONTO POLICIES – DOs AND DON'Ts

Cigarettes, Drugs and Alcohol: The use or possession of cigarettes, vapes/e-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. If a camper or QC is found to have any of these items while at camp, or is under the influence of any of these as judged by the camp director, or her designate, she will be sent home.

Electronics and Valuables: Camp cannot be held responsible for the loss or damage of any personal property that a camper brings with them. We recommend leaving all valuables 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.

Electronics NOT allowed:

- iPhones/phones
- Tech watches (even if the sim cards have been removed)
- Portable chargers (including solar)
- e-readers (Kindles, Kobos, etc.)
- iPads, tablets, laptops
- Portable games (such as Game Boys, PSPs)
- Movie playing devices

Electronics allowed at Oconto (these items are allowed if they ONLY contain music):

- MP3 players (no data or Wifi capabilities)

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. Please note that we will also be taking photos during her time at camp to reduce the need for camera technologies. These photos will only be uploaded to Bunk1 (the same system used for e-mails) AFTER your camper's session is over. To access these photos on Bunk1, please read the section above with the log in information, found under the email segment in "Communicating with your Daughter".

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 over the past 18 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.

Unfortunately, Camp Awakening will not be running this summer due to COVID-19. We look forward to being together again and welcoming them in Summer 2022.

For more information please visit: www.campawakening.ca

OPTIONAL PROGRAMS

Campers 13 years and older: Camp Oconto has a two-year counsellor in training program. Year one is called QCs 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 3/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 \$40.00 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 (a pair of rainboots will typically meets these requirements). 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.