



CAMPER HANDBOOK 2023

Updated October 2022

Hockey Opportunity Camp - Camper Handbook 2023

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Director's Message

Welcome to another exciting season of Hockey Opportunity Camp (HOC). We are thrilled to welcome your child(ren) to HOC for their first time or back for another great camp experience.

To help you prepare for the summer, we have put together this complete Camper (and parent) Handbook. This resource includes all the essential information required to get your child(ren) ready for camp.

Please read through the following information and contact us if you have any questions.

Sincerely,
Kevin McLaughlin
Owner & Director

Contact Info

Camp Office: 705-386-7702
Email: hoc@learnhockey.com

Important Dates

May 1, 2023 - Final Balances Due

June 1, 2023 - All Camper Forms Due

June 2023 (Date TBC) - Open House @ HOC

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Camp Registration Information

Camp Activity Selections

Based on your camper's chosen camp program, and during your online registration, you will be requested to select between 1 to 2 camp activities. Complete descriptions (including age restrictions) of all activities are listed on our website www.learnhockey.com.

As a parent, it is important to involve your camper in the activity selection process. Please encourage your camper to pick something (even possibly something new) THEY would like to do, rather than what you as a parent would want them to do. It has been our experience that if campers have not had the opportunity to choose their own activities, there is much confusion at check-in day when activities are finalized. In some cases, it also causes a disruption to programming when campers request to switch activities after check-in. Please be mindful of this when helping to select activities with your camper.

Campers are guaranteed one of their chosen activities, and are enrolled in their other choice(s) based on availability. These activities are not confirmed until Check-In on Sunday. Campers are assigned to specific camp activity classes based on a first-register first serve basis and the overall camp activity class schedule (not based on check-in times, group registration and/or cabin requests).

Camp Cabin Requests

Cabins at camp are each assigned to 8-12 campers of the same gender. Ideally, campers assigned to the same cabin are the same grade/birth year, but, sometimes we can accommodate bunkmates within one grade/birth year apart from one another. Campers sleep in traditional wooden style bunk beds with wooden camp shelving access. Campers are expected to help maintain a clean and orderly cabin area and will participate in cabin clean-up daily. Counsellor rooms are separate but within the main camper cabin so that they are immediately available for any camper's needs.

Campers Who Register as Single Camper: HOC accepts cabin requests for campers who register as a single camper and select "Single with Cabin Request" with their registration. Campers can request up to 3 other campers to be in their cabin. In order to ensure these requests are honoured, all campers listed must also cross reference the other camper who requests them. For example, if Joe would like to have Billy & John in his cabin, then Billy and John also have to list Joe as a cabin partner request on their forms.

Campers Who Register as Group Camper: HOC accepts cabin requests from the Group Coordinator for all campers who register as a group. See Group Registration details below.

Due to many factors in the assignment process, we cannot guarantee cabin requests of 4+ campers. If we are unable to accommodate your cabin partner request our Administrator will contact you in the days leading up to camp to discuss options.

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Group Registration - Discounts & Cabin Assignments

Group Registration is very popular amongst our camp community. With only a minimum of 4 campers required, you get to take advantage of discounted rates and your camper gets to experience camp with his/her friends - what could be better? Group registration provides benefits to both parents and campers.

Having said that, we would like to ensure that families who enroll with a group understand the philosophy and parameters around the group registration system in order to ensure a positive camp experience for all.

HOC's Group Philosophy

Camp is a wonderful experience that your camper may be excited to share with friends/teammates or may be more comfortable being away from home if they know they can enjoy camp with other familiar faces. It is for those reasons that we designed our group registration system.

Equally as important is the understanding by parents and campers that camp is also a wonderful place to meet new friends and be open to new experiences outside of the group dynamics. This understanding also ensures that any camper who does not enroll within the group system (but as a single camper) also feels just as secure and comfortable attending camp.

When registering as part of a group, parents will be asked to review, understand and communicate the ***Group Member Philosophy and Expectations*** form with their camper in order to set their camper up for a positive camp experience.

See [Group Registration](#) details on our website for more information.

Section/Cabin Assignment

During the week prior to a camper's arrival, they will be assigned to one of six camper sections.

- Youngest Age Sections: Canadiens, Leafs
- Middle Age Sections: Red Wings, Hawks
- Oldest Age Sections: Rangers, Seniors

There are many factors we consider when completing section assignments including: birth year, age, height, weight, hockey skill level, program selection and requested cabin mates.

Parents and Group Coordinators are asked to suggest bunking requests, but HOC makes final decisions based on other group requests, cabin size and availability. Therefore, specific section assignments are not confirmed until campers arrive at their check-in time on Sunday.

In order for campers to be placed in the same camp section & cabin, **they need to be within one grade / birth year**. These sections are the basis for all camp scheduling (view sample schedules under "Daily Schedules"). Campers within the same section will skate and participate in their chosen activities within the same rotation schedule. Section assignments will further determine cabin assignments and activity schedules.

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Extras Included in Camp Fee

All Campers Receive;

- Group Picture: Colour photo calendar of camper's section. Photos are distributed at check-out (included in your camper's check-out folder).
- Tuck Shop: Campers receive 5 treat items weekly (pop, candy, chocolate bars, etc).
- 2+ Week Campers Laundry Service: Campers staying 2+ weeks will have an opportunity for laundry service (on the weekend).
- Souvenir Item
 - Hockey + Camp Program - receive souvenir hockey jersey to be worn during all on-ice sessions.
 - Ultimate Camp Program - receive souvenir item (ie. headgear)
 - Waterski Program - receive souvenir item (ie. sunglasses)

In addition, campers in Hockey + Camp Program receive one skate sharpening mid-week. Parents should ensure their child's skates are sharpened prior to arriving at camp. There are no skate sharpening facilities at camp.

Souvenir Camp T-Shirt

HOC offers campers the opportunity to purchase a 100% cotton souvenir camp t-shirt featuring this year's colour/HOC logo. Merchandise can be ordered at the time of registration or online anytime after (until June 20, 2023). All orders must be received and paid prior to arriving at camp to guarantee preferred size and availability. Check out your Parent Dashboard for pricing and sizing.

Open House

HOC will be hosting its annual Open House in June 2023 (date/time tbc). It's a great pre-camp event opportunity for our new and excited or curious campers to see and hear what HOC is all about. Campers and their families who join us for the open house will be taken on a camp tour by one of our many amazing staff, enjoy a BBQ lunch and have the opportunity to try some fun games and camp activities. Open House is FREE of charge but campers and their families who would like to join us will have to pre-register for one of our two event time-slots available: 11:00 am-1:00 pm and 1:00 pm-3:00 pm. Registration to the Open House will be available in the spring and can be found on our website <https://www.learnhockey.com/site/preparing-child-camp>.

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Pre-Camp Covid-19 Screening/Assessment

For the summer of 2023, we are requesting that all campers and any family members dropping off their camper(s) complete the following Covid-19 screening safety measures.

One Week Prior to Arriving at Sunday Check In at Camp (Camper & Family Members Dropping Off)

- If and when possible, reduce exposure to Covid-19 from your community.
- Begin to monitor any Covid-19 exposure or Covid-19 symptoms. If you were exposed to Covid-19 or have symptoms, complete the [Ontario Covid-19 Self-Assessment Tool](#). Upon completing the tool, please follow any self-assessment result.

Check-In Day - Sunday

**Note: Sunday Check-in processes may vary slightly based on updated Covid policies at the time of session start date. Parents will be notified of any changes in advance of camper check-in date.*

Parents are responsible for getting campers to/from camp. For transportation requirements from Toronto Pearson Airport (out of province camper), please check out our website for rates/details.

Check-In Day is a very busy day at camp. To avoid unnecessary early arrival and speed up the registration process, we have implemented the following check-in day procedure.

Morning of Check In Day, Prior to Departure

Complete Covid-19 Self Assessment Tool (Camper and Family Members)

- Complete the [Ontario Covid-19 Self-Assessment Tool](#). Upon completing the tool, please follow any self-assessment result indicating isolation requirements.
- Campers Indicating Isolation Requirements - if results indicate isolation requirements, contact the office immediately.
- Family Members Indicating Isolation Requirements - if results indicate isolation requirements, we request that you please remain at home and do not accompany your camper(s) to drop off.

Complete Rapid Antigen Test (Campers ONLY)

- If available, we recommend that Campers complete a Covid-19 Rapid Antigen Test (self administered home test). Access to free test kits may be available to you, Click "[Get A Free Rapid Test Kit](#)" to see if they are available in your area.
- If the test indicates a positive result, please contact the office immediately.

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Camper Check-In Time

- At time of registration, parents will choose a preferred check-in time based on first-come first-serve. Check-in times will begin at 12:30 pm and continue onwards until 2:30 pm.
Note: Check-in time has no correlation to group registration. If you would like the same check-in time as other group members, please select the same time they select when you register.
- Although it is ideal to check-in within your actual time segment, due to possible delays (weather, traffic, etc.) campers can check-in any time after (not before!) their assigned time. Phone calls to inform us of very late arrivals (after 3:00 pm) would be appreciated. The registration process should take about 30-45 minutes after your start time begins.
- DUE TO CONGESTION IN THE PARKING LOT, WE REQUEST THAT YOU ARRIVE NO EARLIER THAN 15 MINUTES BEFORE YOUR START TIME.

Step #1: Check-In @ Jr Rec Hall

A parking attendant will direct you to a parking spot upon arrival. Please park accordingly and line up in front of the Jr Rec Hall no earlier than 10 minutes before your start time. **Leave all cabin/hockey gear in your car, but bring any camper medications into the Jr Rec Hall with you.** In groups of 45 (per start time segment), families will begin the check-in process by proceeding through the outside Health Screening Area and continue through the building. Check-In process includes the following:

- Greeting and Introductions by Kevin - Camp Director
- Health Check Screening - each camper will receive a detailed health history screening (including Covid-19 screening), temperature check and head lice check
- Pick-up Check-In Sheet, detailing Group & Cabin Assignment & Check-Out Details
- Settle any outstanding balances (if required)
- Pick-up Souvenir T-shirt (ONLY if you purchased online during registration)
- Meet with Counselling Director and review cabin mates / counsellor
- If required, meet with Health Care Team (drop off medications, discuss medical concerns)

As families leave the Jr Rec Hall they will have an opportunity to be paired with one of our staff members who will guide them through the remaining check-in steps. Returning families have the opportunity to complete check-in on their own.

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Step #2: Camp Activity Confirmation @ Lodge

Based on the camp activity choices listed on your camper's registration form, the Activity Director(s) will review choices and confirm your camper's final activity assignment class schedule and/or make any necessary changes as required.

Campers are assigned to specific camp activity classes based on a first-register first serve basis and the overall camp activity class schedule (not based on check-in time, group registration and/or cabin requests).

Step #3: Drop Off Hockey Gear @ Main House

Hockey Program Campers Only:

- Campers are asked to grab all hockey equipment (bags and sticks) and bring it to the Main House Parking Lot for drop off.
- Campers will receive their hockey jersey at this time.

Step #4: Meet Cabin Counsellor and/or Group Section Head @ Cabins

Families are asked to grab and bring all camp gear to their camper's cabin and meet with counselling staff. Your camper's assigned cabin number can be found on their check-in sheet.

Parents/guardians will have the opportunity to bunk their campers in (help make beds and get oriented). Campers must then sign in with Section Head in order to transfer camper supervision.

Check-In Notes/Reminders

- As there is no lunch served to campers on Sunday, families are asked to ensure campers eat prior to check-in. Families can either grab a bite on their way to camp or feel free to bring your own lunch and enjoy a picnic down by the cookout/waterfront.
- If you bring your family pet, we ask that they are kept on a leash.
- Late Arrivals: Campers arriving anytime after 3:00 pm on Sunday, must call the office to give notice of their intended arrival time. Families can check into the Camp Office upon arrival. We ask that campers expecting to arrive after 10:00 pm delay their arrival until Monday morning, to minimize cabin disruption on the first night of camp.

Registered in a Day Program?

If your camper is registered in one of our 'Day' programs (Day Hockey + Camp, Day Ultimate Camp, Day Hockey), it is recommended (but not mandatory) to attend Sunday Check-In. This is a great opportunity to meet and greet the staff who will be working with your camper (on-ice or at camp), go over the schedule for the week, confirm activity choices, pick-up hockey jerseys (if applicable), and take a tour of camp.

If you do not attend Sunday Check-In, please review the detailed email you will receive one week prior to camp. Email will include; detailed drop-off and pick-up schedule, packing list, general reminders and sign-in/sign-out procedures.

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Check-Out Day - Saturday

Hockey Program Campers: Overnight Hockey + Camp Program

Campers will participate in a final Showcase/Scrimmage Game. Game times are determined based on the camper's assigned Section on Check-In Sheet. All hockey sessions and games are held at the **South River/Machar Arena** (1 Lincoln Ave, South River, ON P0A 1X0).

Hockey Showcase/Scrimmage Game Times & Saturday Check-Out Procedure

** Exact game time assigned to each section will be confirmed on Sunday Check-In Sheet*

Section	Game Day/Time	Saturday Check-Out Procedure
RANGER / SENIOR (oldest campers)	Friday Afternoon *	<p>Friday Afternoon: Section will begin session with practice, followed by showcase/scrimmage game. Parents are allowed to attend if in the area. Camper pick up/check-out is SATURDAY (see below).</p> <p>SATURDAY PICK UP & CHECK-OUT: (NOT FRIDAY NIGHT):</p> <p>Location: Hockey Opportunity Camp</p> <p>Time: Saturday, anytime between 9:30 am – 11:00 am</p> <ul style="list-style-type: none"> Parent/guardian/authorized pickup contact MUST meet and pickup camper at camp on Saturday anytime between 9:30 - 11:00 am. Upon arriving to camp, parent/guardian/authorized pickup contact MUST visit the HOC Sr. Staff member at the Jr. Rec. Hall check-out table to sign-out camper. This is required in order to authorize the transfer of supervision and leave camp with the camper. Remember to pick up camper's check-out folder, camp and hockey gear.
CANADIENS, LEAFS, RED WINGS, HAWKS (youngest campers)	Saturday Morning* 9:00 am 10:00 am 11:00 am 12:00 pm	<p>SATURDAY PICK UP & CHECK-OUT:</p> <p>Location #1 - South River Arena: Showcase/Scrimmage and Pick Up Camper & Hockey Gear.</p> <p>Location #2 - Hockey Opportunity Camp: Check Out Camper & Pick Up Check-Out Folder and Camp Gear.</p> <p>Time: Designated time based on camper section assignment (given at Sunday Check In).</p> <ul style="list-style-type: none"> Campers will go directly to the arena from camp on the camp bus. Parent/guardian/authorized pickup contact MUST meet and pick up camper at the arena (see arena address above) at the designated time listed for camper's section. Upon arrival at arena, parents MUST visit the HOC Sr. Staff member at the check-out table in the arena lobby during the game to sign-out camper. This is required in order to authorize the transfer of supervision and leave the arena with the camper. Following camper sign-out and game, parents will bring camper (and hockey gear) back to HOC to pick-up camp gear and check-out folder. Upon arrival at camp, visit the Jr. Rec. Hall check out table to pick up camper's check-out folder and camp gear.

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Other Program Campers: Overnight Ultimate Camp Program, Overnight Water Ski Program, Leader In Training Program

Section	Saturday Check-Out Procedure
All Sections + Leader In Training	<p>SATURDAY PICK UP & CHECK-OUT:</p> <p>Location: Hockey Opportunity Camp</p> <p>Time: Saturday, anytime between 9:30 am – 11:00 am</p> <ul style="list-style-type: none">• Parent/guardian/authorized pickup contact MUST meet and pickup camper at camp on Saturday anytime between 9:30-11:00 am.• Upon arriving to camp, parent/guardian/authorized pickup contact MUST visit the HOC Sr. Staff member at the Jr. Rec. Hall check-out table to sign-out camper. This is required in order to authorize the transfer of supervision and leave camp with the camper.• Remember to pick up camper's check-out folder and camp gear at check-out table.

Pick-Up Authorization

ONLY PERSONS WHO HAVE BEEN PRE-AUTHORIZED, IN WRITING, either on your Parent Dashboard (as identified as Parent 1 or 2) or by *Camper Pick-Up Authorization Form*, will be permitted to sign out campers, including parents.

If you wish to provide authorization for another person to pick-up your camper, please ensure you submit the *Camper Pick-Up Authorization Form* (found under the *Forms* section of your Parent Dashboard). This form details the first and last name of the authorized person, as well as the relationship to your camper (grandparent, family friend, etc).

ALL individuals, including parents, will be required to present a photo ID. This is for the safety of your children. We appreciate your cooperation with this matter.

Early Departures

If your camper is required to leave camp prior to their designated check-out time, parents must clearly indicate their plans for pick-up with the camp office. This can be done during Sunday check-in, or via email through our Office Administrator. Parents are asked to email hoc@learnhockey.com, a minimum of 48 hours before your camper's departure.

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Driving Directions

Driving Directions to Camp

Hockey Opportunity Camp is located in the beautiful Almaguin Highlands, just north of the Muskoka Region, near Sundridge & South River, Ontario. It is approximately 280 km (175 miles) north of Toronto or 65 km (40 miles) south of North Bay on Hwy #11.

Google & GPS Physical Address: 961 Park Rd. S., Sundridge, ON, P0A1Z0

When using Google or GPS, please ensure you enter the address exactly as indicated above and use the map provided (camp is located on the south end of Eagle Lake) as your guide to ensure you are being directed to the correct area.

From Huntsville: Follow Hwy 11 North (63 km), Take Exit 282 (Boundary/Mountainview Rd.), turn left onto M/S Boundary Rd. and follow the signs to the camp (9.6 km), turn right on Park Road S.

From North Bay: Follow Hwy. 11 South (65 km), Take Exit 282 (Boundary/Mountainview Rd.), turn right on to M/S Boundary Rd. and follow the signs to the camp (9.6 km), turn right on Park Road S.

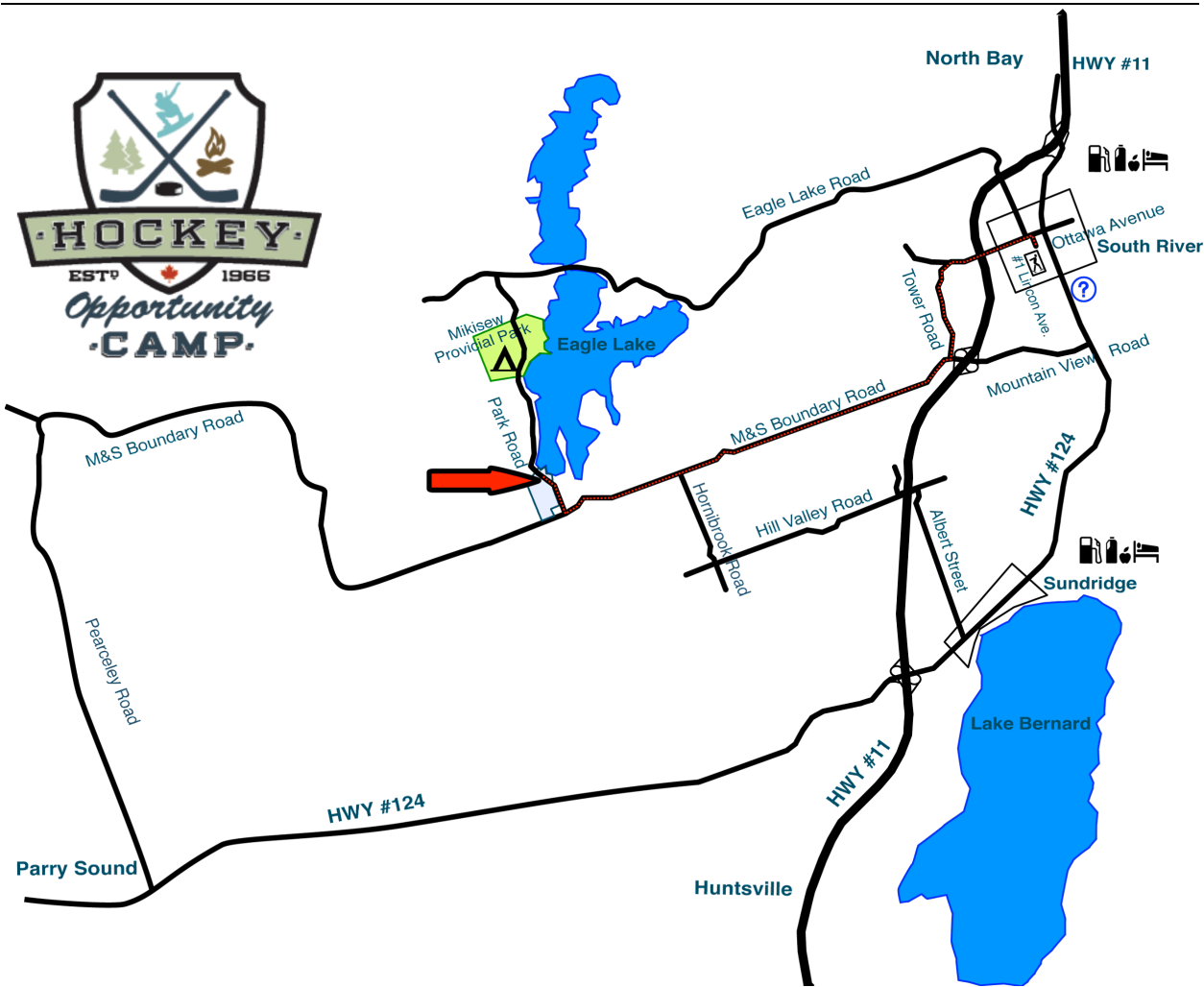
Driving Directions to Arena

From Hwy 11 N (From Huntsville): From Hwy 11N, take Exit 282 (Boundary/Mountainview Rd.), turn right onto Mountainview Road. At the end of the road turn left onto Hwy 124 North (the old Hwy 11). In South River turn left at Ottawa Ave (1st set of stop lights), then another left onto Lincoln Ave (behind the Shell Station).

From Hwy 11 S (From North Bay): From Hwy 11S, take Exit 289 (South River / Hwy 124.), turn left onto Hwy 124 (go over bridge over highway). Turn right on to Ottawa Avenue at the 1st set of stop lights. Turn left on Lincoln Avenue. The arena is located in South River on Lincoln Ave. at Ottawa Ave. (behind the Shell Station).

From Camp: Turn left out of camp onto Park Road South. Turn Left onto Machar Strong Boundary Road. At the end of the road turn left onto Hwy 124 North (the old Hwy 11). In South River turn left at Ottawa Ave at the 1st set of stop lights, then another left onto Lincoln Ave (behind the Shell Station).

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The Camp Experience: What to Expect and What is Expected?

HOC's Community Policies

Hockey Opportunity Camp (HOC) is committed to creating a learning environment that is safe, caring, peaceful, nurturing, and respectful; ensuring all campers and staff achieve a positive camp experience.

This environment can only be achieved if members of the community including staff, campers and parents understand, accept and follow HOC's Community Policies.

Camper Expectations - Terms & Condition of Enrollment

We have created 4 simple expectations for all campers to review together with their parent/guardian and accept prior to participating in camp programming. Promoting these positive behaviours and interactions is the collective responsibility of parents, campers and staff.

In addition, camp is a place where campers are given the opportunity to be independent, make life decisions on their own and therefore experience personal growth. Together with the support of HOC staff (when required), these guidelines have been put in place to help educate and nurture this personal growth.

Expectation #1 - Respect Yourself

Expectation #2 - Respect Others

Expectation #3 - Respect Camp

Expectation #4 - No Camper Cell Phones at Camp Policy

Read More: [Camper Expectations - Terms & Conditions of Enrollment](#)

Administrative Policies

HOC has multiple policies to ensure the safety of all members of the camp community. Read More: [Administrative Policies](#).

HOC's Four Pillars For Staff

Our Staff at HOC are trained and evaluated on a daily basis around four core principles: Community, Leadership, Accountability and Performance. Read More: [Four Pillars for Staff](#).

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Setting Your Camper Up for Success at Camp

Leaving home for the first time can be scary - for both campers and parents. We're here to support both of you in this big developmental journey. Here's some tips on how you can set your camper up for success at camp;

- Listen to their worries and remind them that feelings of homesickness are completely normal.
- Reassure them that you're excited, and happy for them and that you have full confidence in them.
- Brainstorm strategies for them to use if they feel homesick.
 - Talk to a counsellor or staff member
 - Write letters home (send envelopes and stamps for them to use)
 - Keep a nightly journal (write down the best part of the day)
- Involve them as much as possible in getting ready for camp.
 - Shopping, labelling gear and packing
 - Practising new routines (showering instead of baths, sleeping without a nightlight on, sleeping in a sleeping bag, cutting up own food, etc)
- Keep your own worries private.
 - They need to hear that you're ok with this big step.
 - Talk to other parents who have survived the camp transition, you will too!
- Consider joining us for our Open House or book a personal tour at another date.

Tackling Homesickness

Children of all ages can experience homesickness regardless of whether or not they have ever been away from home before. Homesickness can be affected differently for each camper. One camper may express their homesickness by being quiet and retreating from participating in activities. Another could be fixated on wanting to talk to parents. While another could manifest their homesickness into what they believe to be a physical illness (i.e stomach ache).

It is our job as camp staff to be able to determine if a camper is homesick and then utilize all our resources to help them get through it. We empathize with the camper, help them understand that what they are feeling is normal and keep them busy by encouraging participation in activities and the fostering of new friendships. A staff member will keep an extra close eye on your camper, making sure the camper eats, keeps busy and involved. In addition, our healthcare team is always alerted to any instances when campers homesickness may manifest into a possible medical concern (i.e panic attack).

One of the goals of the summer camp experience is to foster a child's sense of independence, to teach each camper to learn to live happily while away from home, to make friends, and have fun in a new setting. We need both parent and camper co-operation in order to achieve these goals.

To set your camper up for success and try to avoid your camper getting homesick, we encourage all conversations leading up to camp to be positive and encouraging. Focus on all the FUN and new FRIENDS they will meet at Camp. We recommend avoiding asking them questions like "do you think you'll be homesick?" or "are you going to miss me?" as these are seeds of homesickness being planted. Instead, we encourage you to focus on conversations like "I heard they have great food!" "I'm so excited for you!" and "what activities are you looking forward to the most?"

Experience has taught us to advise parents to refrain from giving their camper the option to "come home if they are homesick" as this will often result in the camper "tapping out" at the first bump in the road. Parents should understand that children are not homesick 24 hours a day, but that they tend to have bouts of missing home, often during downtime, or at night. If you are concerned that your child may miss home, please send a "happy letter" properly timed to arrive during the first few days of camp, or, leave it with our staff when you check-in your camper(s) or, send a Bunk Note (See Bunk1).

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Understanding Communication with Camper & Camp

While separated from home and family, children have the opportunity to develop important independence and communication skills. Camp is an immersion experience! Please explain to your camper that he/she won't be talking to you on the phone (*and why*), and that there are good, reliable people at camp, whom they can talk to - Counsellors, Section Heads, Directors.

We want children to be able to communicate properly when they are facing situations not familiar and maybe just need clarification/guidance. Or maybe they are facing a difficult situation that they would normally only be able to express to their parents and now parents are not available to help them through it. We consider these circumstances to be wonderful developmental opportunities for your camper. Tell your camper that camp is a great place to practice those communication skills, and that the "big people" at camp really like to listen to kids.

Please understand that a child who is prone to homesickness and who is working hard to make the adjustment to camp by developing new independence skills may find it difficult to hear a parent's voice. All the hard work of separating at Check-In Day becomes undone and the camper ends up feeling a renewed sense of separation anxiety and vulnerability. It is for this reason that we don't allow campers to call home. If there is an instance where we need to look to a parent for guidance to help their camper through their homesickness, then a call by our staff will occur with the parents first.

If you call camp and reach our voicemail, please do not panic. While camp is in session we are very busy making sure your kids are safe and having fun. Please leave a detailed message in the general mailbox and rest assured that your call will be addressed as quickly as possible and based on urgency. See Phone/Office Hours section.

In many cases we contact families to clarify administrative details. Please do not be alarmed if you receive a call from us while your camper is here. If we do not reach you, our staff will always leave a detailed message to explain the reason for the call.

If there is an emergency, we make every effort to reach parents on all their contact numbers as soon as the situation permits, and in the event that parents cannot be reached, we then attempt to connect with the emergency contact you provided.

If there is an emergency at home, please feel free to contact the office number at any time (see Office/After Hour Numbers).

When To Expect a Phone Call from Camp

- Administrative Clarifications
- Camper Behaviour Concerns
- Extreme Homesickness
- Health Concerns / Clarifications
- Injury / Accident Requiring Medical Attention

NOTE: In the event of an emergency, the 'no camper/parent calls' phone policy does not apply. If a child is ill, has an accident, or is having significant difficulties at camp, we will phone you immediately and you will have an opportunity to talk to your camper directly.

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Camper Cell Phone & Electronics

Camp is the only screen-free haven that most children experience. When children are screen-free at camp, they grow in important ways. They connect with each other, have the opportunity to explore and experience nature at their doorstep and have the opportunity to enjoy fun and active experiences. This is one of the many reasons why **cell phones and electronic devices are not permitted at camp.**

We understand that these days, with parents being directly connected through devices and having immediate access to their children at all times, that this 'no cell phone' policy can prove to be worrisome to some parents. We ask parents to understand that our camp's reputation is built on experience and trust to take on the role of your child's caregiver. Entrust in us, entrust in our training, entrust in our policies, entrust in our commitment to providing your camper with a safe and memorable camp experience.

We are also committed to contacting parents when a significant incident arises that involves your child directly or your child is struggling. We know our limits and in those circumstances, parent support and guidance is welcomed.

Please see our "Staying Connected to Camp/Camper" section for other ways we are committed to keeping you informed about your child's life at camp.

NOTE: If a cell phone or electronic device is found, it will be taken from the camper, securely stored and returned upon departure. HOC cannot accept any responsibility for lost or stolen electronic devices.

Dress Code

At Hockey Opportunity Camp we want everyone to be comfortable, sun safe, respectful and dress appropriately to meet the demands of an active outdoor program and setting. Articles of clothing and novelty items (such as water bottles, hats, etc.) depicting inappropriate logos, slogans, images, illegal drugs, alcohol branding and profanities are not permitted. In addition, campers will be asked to cover up or change out of bathing suits when they are not participating in water activities. Campers wearing attire that is revealing (including see through clothing, males being shirtless away from water) will be asked to cover up.

Smoking/Drugs/Alcohol/Vapes

Smoking of cigarettes, chewing tobacco (spittoons) and e-cigarettes / vaporizing inhalers at HOC is prohibited. We ask that all parents/guardians respect our **smoke/vape free policy** while on-site. The use and storage of any of these products by campers at camp is prohibited. **Any campers found to be in violation of this policy may be dismissed from camp without refund.**

The consumption, storage or possession of alcohol, legal (including Cannabis) and illegal drugs, or any other illegal substances, including paraphernalia, non-prescribed medication or any controlled substance, on camp property and local private property is strictly prohibited and cause for dismissal from camp. **Any camper found being under the influence of alcohol or legal (including Cannabis) and illegal drugs, while at camp will result in immediate dismissal without refund.**

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Camp Schedule

Daily Schedule

The following are **samples** of daily schedules.

Overnight Hockey + Camp Program	Overnight Ultimate Camp Program
7:15 Rise / Cabin Clean Up 7:30 Breakfast 8:30 Activity One 9:45 Activity Two 11:00 WellFit 12:00 Lunch 12:45 Activity Centre 1:30 Bus to Arena 2:10 On Ice 3:00 Snack/Flood 3:10 On Ice 4:00 Off Ice 4:20 Bus to Camp 4:45 Dinner 5:30 Tuck (M-F) 6:00 Showers / Low Organizational Games 7:00 Evening Programs 8:15 Snack 9:00 Bedtime	7:15 Rise / Cabin Clean Up 7:30 Breakfast 8:30 Activity One 9:45 Activity Two 11:00 WellFit 12:00 Lunch 12:45 Activity Centre 1:30 Activity Rotation #1 2:30 Activity Rotation #2 3:30 Activity Rotation #3 4:40 Rejoin with rest of campers in section 4:45 Dinner 5:30 Tuck (M-F) 6:00 Showers / Low Organizational Games 7:00 Evening Programs 8:15 Snack 9:00 Bedtime
Overnight Water Ski Program	Day Programs
7:15 Rise / Cabin Clean Up 7:30 Breakfast 8:30 Activity One (Waterskiing) 9:45 Activity Two (Camper's Own Selection) 11:00 WellFit 12:00 Lunch 12:45 Activity Centre 1:30 - 3:30 Waterskiing 3:45 - 4:40 Video Analysis / Feedback 4:40 Rejoin with rest of campers in section 4:45 Dinner 5:30 Tuck (M-F) 6:00 Showers / Low Organizational Games 7:00 Evening Programs 8:15 Snack 9:00 Bedtime	8:15 Drop-Off at Camp 8:30 Activity One 9:45 Activity Two 11:00 Change for Hockey 11:30 Lunch 12:00 Bus 12:15 Dryland 1:20 Dressing Room 2:00 On Ice 2:50 Snack/Flood 3:00 On Ice 3:50 Off Ice 4:30 Bus 4:50 Tuck (M-F) 5:00 Pick-Up at Camp

Curfew and Bedtime

Bedtime at HOC varies depending on age group and evening programming but is generally between 9:00 and 10:30pm. Campers are not permitted to leave their cabins after curfew. Any camper found outside of their cabin after curfew may be subject to disciplinary action up to and including dismissal from camp.

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Food, Health & Safety

Food at Camp

HOC is catered by a large catering company, *G.B Catering*, who specialize in summer camps. All food and snacks are provided for campers while they are at camp, eliminating the need to bring in additional food from home. Campers are provided with an all-you-can-eat family style menu and additional evening snacks.

Allergies & Dietary Needs

Our catering company caters to most allergies and special dietary needs, the most common ones being vegetarian, vegan, lactose/dairy free, gluten free. All allergies and special dietary needs must be completed on your online Medical Forms. Any changes or new developments after you submitted the form should be sent to the Health Care Staff Team by emailing camperhealth@learnhockey.com as soon as possible. If our Kitchen and/or Health Care Team have questions about allergies / dietary restrictions listed on your forms, someone will call you prior to your arrival day to discuss. In some cases you may be asked to provide supplementary food items.

Medications & Health Forms

Please ensure your camper's medications are clearly labelled (in original bottle/packaging) and easily accessible during check-in. You will be required to bring all medications into the Jr Rec Hall for the 1st step of the check-in process. Medications will be given to our Health Care Staff Team, labelled and bagged, and stored safely in our Health Centre. Campers are NOT allowed to keep any medications with them in the cabins (besides Epi-Pens / Asthma Inhalers).

Camper Health Forms must be completed each year. We cannot use the data inputted from the previous year. We need to know that it is updated each year. We thank you for your cooperation in this.

On-Site Health Screening

The health and well being of our camp community is very important. If an illness is brought into camp, it can quickly spread with devastating effects on our camp community, business, and reputation. Therefore, we require parents and campers to assist us in identifying illness and exposure before camp to prevent the spread of any illness to others.

Campers will be screened for the following medical conditions during Sunday Check-In. In the event that your child shows symptoms of the following prior to camp (up to 72 hours), please ensure they are assessed and treated ahead of time. If treatment is not completed prior to camp, please contact the Camp Director to discuss next steps.

- Head Lice - Please check your child's head. For more information on identification and treatment visit <http://www.cdc.gov/lice/head/index.html>.
- Gastrointestinal Illness - Symptoms include but are not limited to vomiting, chills, abdominal cramps and diarrhea.
- Influenza-like (Covid-19) Illness - Symptoms include but not limited to fever with cough and one of the following: sore throat, muscle aches, joint pain or weakness.

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On-Site Health Centre

HOC has its very own on-site Health Centre to address any medical needs and/or concerns during your camper's stay with us. Staffed by a medical team of a Physician / Nurse Practitioner, Nurse and a Nursing student, the Health Centre is open daily to dispense medication, administer first aid, perform minor medical procedures and maintain the overall health and wellness of our camp community. Our Health Care Team is well equipped to tend to our campers needs 24 hours a day, 7 days a week throughout the summer. Families will have a chance to meet with our Health Care Staff Team on Check-In Day.

To further support our healthcare needs, HOC has an approximate 12 minute emergency response time from EMS and is a 45 minute drive from either North Bay Regional Health Centre or Huntsville District Memorial Hospital.

Sun Safety Practices

HOC is proud to be recognized as a Sun Safe Certified Camp. Understanding the damaging effects of the Sun is very important to our health and HOC encourages all campers to follow these simple sun safe guidelines:



HOC Staff will be reminding your camper to follow these guidelines while they are at camp. You can help us by ensuring your camper packs these items in their luggage.

Healthy Camp Habits

Although the following self care topics will be discussed with campers upon arrival, talk about health and safety with your camper including hand washing / sanitizing, daily showering, proper eating, sun and hydration protection, and what to do in the case of not feeling well (Tell a Counsellor or Health Care Staff Member).

Nut Safe Policy

Hockey Opportunity Camp is a Peanut & Nut Safe facility. Year round, we welcome people with life threatening nut and peanut allergies. In no way do we wish to compromise their safety during their stay at camp. We have done our part by eliminating all visible nuts/nut products from our kitchen and tuck shop. We strongly discourage campers from bringing snacks, candy, gum and/or food, and will confiscate items that contain visible nuts/products. **Please do not send food items with nuts or visible nuts in them.**

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Staying Connected to Camp/Camper

Staying In Touch With Camp

It's natural for parents to feel anxious while your camper is at camp, especially if it's for the first time. While we do have some systems in place to keep you updated and informed, we also ask that you trust us not only to take good care of your child, but also to contact you promptly if your child is not doing well at camp, either emotionally or physically. Remember, no news is good news!

Parent Communication Representative

The Parent Communication Representative is a position created in order to streamline all in-bound/out-bound communications with parents as they pertain to their camper. It's the direct link between camp/campers and their parents during the camp session.

In addition, the Parent Communication Representative will start the week by taking time to speak to each of our **NEW** campers (first time at HOC) directly in order to assess how they are doing/feeling and address any concerns/questions. All pertinent information gathered from the conversation(s) is then communicated back to parents in the form of an email status update. Depending on the number of new campers, it is our goal to ensure all email status updates are sent prior to Tuesday evening.

Please wait until you have received this email to contact us for an update, unless it is an emergency. If you have any questions **while your child is at camp**, please contact parentrep@learnhockey.com or call the office. Please note any communication about early departure or lost and found should be directed to our Office Administrator HOC@learnhockey.com.

Bunk1 - One Way Email & Photo Services

Hockey Opportunity Camp has partnered with Bunk1.com, a company that offers a simple way for parents to stay connected while their children are at camp. Check out the two services below to learn how YOU can stay connected this summer.

1) Email a Camper

For a small fee, Bunk1 allows you to send daily printed notes (bunk notes) to your camper. Bunk notes sent prior to 3:00 pm will be printed off and given to campers during dinner time. Bunk notes can be a great way to let your camper know you're thinking about them, but can also exemplify homesickness. If the latter is the case, HOC Administrators will contact you to discuss alternate options. Note- campers cannot respond to bunk notes; consider bunk notes a one-way email.

2) View Camp Photos

Access secure online photo galleries with facial recognition. This service is provided at no cost to parents. See more in the "Photos" section.

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Phone/Office Hours

The camp office phone number is (705) 386-7702. The camp office is open 8:00 am until 10:00 pm daily in the summer, but our office staff can be in and out intermittently as they help to manage camp programming. Therefore, don't be alarmed if we don't answer right away.

In addition, please note that the office phone is forwarded to the emergency home line of the Camp Director after hours just in case there is an emergency and parents need to reach us immediately.

Therefore, we ask parents who do not need immediate attention to their phone call to call during office hours (see above).

Mail / Courier

Campers love getting mail! If you would like to send your child a letter or package, use the following address:

Sending Mail Via Canada Post

Your Child's First & Last Name & Week #
c/o Hockey Opportunity Camp
PO Box 448
Sundridge, ON
P0A 1Z0

Expected delivery: 3-7 business days, Canada/US. Mail is picked up and dropped off Monday - Friday, once a day. Note that statutory holidays may affect mail delivery during those weeks. HOC cannot accept responsibility for lost or delayed letters and/or packages.

In order to ensure your mail arrives at camp during your camper's week, be sure to mail a week in advance. If you'd rather drop off packages / letters during Sunday's Check-In day, our staff will ensure they are delivered to your camper on the date of your request.

Care Packages

Care packages can be a great treat for a camper, especially for those campers staying for more than one week. Items such as magazines / puzzle books, string for bracelet making, HOC Merchandise, cards, and games are ideal care package contents.

Please do not send care packages with visible nuts or nut products in them. We take great precautions to ensure we provide our campers with a healthy, nut safe environment and we can't do it without everyone's support. Campers will open all care packages in front of a staff member to ensure that they don't contain any nuts. If nut products or banned items are found, they will be confiscated and removed from camp property. HOC assumes no responsibility for reimbursing the cost of any confiscated food item(s).

Sending Packages

Your Child's First & Last Name & Week #
c/o Hockey Opportunity Camp
448/961 Park Rd. South
Sundridge, ON
P0A 1Z0

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Packing & Equipment List

Labels Labels

Please make sure to label all clothing and personal items before you arrive. If you require clothing & personal item labels, visit learnhockey.mabelslabels.com.

Staying Overnight List

The following list is recommended based on a one-week stay at camp. Campers staying longer than one week have access to laundry service (included in tuition fee). Summer evenings may be unpredictably cooler than normal, so please check weather reports (available on HOC website) prior to arriving at camp to confirm appropriate clothing and sleeping bag. All clothing, equipment and bedding should have the camper's name clearly marked and securely attached.

Clothing	Bedding/Towels
T-Shirts (5-6)	Sleeping Bag (1)
Sweatshirts (2)	Fitted Single Sheet (1)
Long Pants (3)	Pillow (1)
Shorts (3)	Pillowcase (1)
Underwear (6)	Bath Towel (1)
Pairs of Socks (6)	Beach Towels (2)
Bathing Suits (2) - 1-piece bathing suit and swim shorts recommended, swimshirt recommended as additional sun safe cover-up.	Miscellaneous Items
Pyjamas (2 - Light / Heavy)	Water Bottle (re-usable)
Rain Jacket (1)	Sunscreen (SPF 30+)
Hat (1)	Lip Balm
Pair of Running Shoes (1)	Insect Repellent (lotion only)
Pair of Sandals (1)	Sunglasses (UV Protected)
Toiletries	Masks (Optional)
Toothbrush (1)	
Bar of Soap (in a case) (1)	
Brush or Comb (1)	
Toothpaste (1)	
Shampoo (1)	

Participating in Day Program Only List

For Day Camp or Day Hockey + Camp Programs:

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Daily Items to Bring in Backpack	
Rain Jacket (1)	Change of Clothes (1)
Hat (1)	Water Bottle (re-usable)
Pair of Running Shoes (1)	Sunscreen (SPF 30+)
Pair of Sandals (1)	Lip Balm
Bathing Suits (1) - 1-piece bathing suit and swim shorts recommended, swimshirt recommended as additional sun safe cover-up.	Insect Repellent (lotion only)
Beach Towel (1)	Sunglasses (UV Protected)

Hockey Program List

Hockey Gear
Helmet & Mask
Neck Protector
Shoulder & Elbow Pads
Hockey Gloves & Pants
Mouthguard (highly recommended but follow what your organization mandates)
Hockey Socks (multiple) / Garter Belt
Shin Pads
Supporter and Cup or Jill
Skates (sharpened prior to camp, name on bottom)
Hockey stick(s) (name on sticks)
Hockey Tape (Shin Pad / Stick)
Blister (Second Skin) Bandages
Water Bottle (for arena)
Goalie Equipment (if applicable)
Goalies are responsible for their own goalie equipment. It may be possible to borrow from your hockey association if required.

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What Not to Bring to Camp

Please do NOT send any of the following items to camp with your camper. If found they will be confiscated.

- All **Electronics & Devices** including: Video games, ipods, ipads, Cell Phones, Tablets, Music Players / Speakers.
- **Nut /Food products** including: Spitz Sunflower Seeds, gum, candy.
- **Excessive amounts of candy / treats**
- **Over the Counter (OTC) Drugs**
 - All drugs and medications, including non-prescription drugs such as Advil, Tylenol, cough syrup etc must NOT be stored in camper cabins. If you decide to pack these items for your camper (note that the Health Center stocks all common OTC drugs) they must be labelled and given to the Health Care Staff upon check-in. We cannot trust that another camper may find and use these OTC drugs in an irresponsible way that could be harmful to their health.
- **Portable folding chairs**
- **Weapons/flammables/explosives**
 - Camp is no place for these items, including lighters and matches.
- **Fire Hazards** including: hair straighteners, hair dryers, candles, electric blankets.
- **Explicit clothing-** see Dress Code section for further info.
- **Tobacco/Alcohol/Illegal Drugs/Vapes-** see Smoking/Drugs/Alcohol/Vapes section for further info.

Packing Tips

Ensure your child participates in packing camp and hockey gear so that he/she is aware of what is being brought and what they are expected to pack to bring back home. Most lost and found is not recognized by campers as their own.

Pack belongings in a duffel or squishable bag. Large suitcases do not fit well under camper beds / in cabin spaces. Stackable plastic drawers are not advised due to limited cabin space. Limited shelves are provided for campers to place their belongings on.

Packing Compartment Bags - Some campers/parents find it useful to use smaller compartment bags (or even large zip lock bags) to separate out clothing/items. For example, especially for younger campers (who might be use to their parents picking out their daily clothing), one tip would be to include all of the day's items in one bag (ie. socks, shirt and shorts) with the day of the week labelled on it. This might ensure they use more than one shirt throughout the week!

Label ALL belongings with the camper's first and last name!

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What Else Do You Need to Know?

Camper Birthdays

If your camper is going to celebrate his/her birthday at camp, there are a few ways that we can help make their day special. During dinner on their Birthday, we will sing a birthday song and deliver a special birthday treat. If you wish to leave a card and/or gift from home, we can arrange delivery for you – please leave the package with our staff in the Jr Rec Hall on Sunday Check-In. On the exterior of the package, please clearly write your camper's name, and package delivery date. Please see our Care Package information for suggested items and respect our "Nut Safe" policy, and omit ALL nuts/visible nut products from all care packages and/or birthday presents.

HOC Merchandise

HOC's onsite merchandise provider, *Silverscreen Printing*, is open for business during Sunday Check-In and Saturday Check-Out. The Pro-Shop stocks a variety of HOC clothing and souvenir items. Cash, debit and credit cards are accepted.

Insects & Critters

HOC is located in the beautiful Almaguin Highlands, in an outdoor setting. We have bugs and small wildlife around camp on a daily basis (chipmunks, ducks, squirrels, etc). Due to the outdoor nature of our activities, there is a chance that your child could come into contact with various insects and critters. Here are some of the things we do to proactively manage this.

- 1) Encourage the use of insect repellent and/or bug jackets when necessary.
- 2) Educate campers about different bugs/insects at camp.
- 3) Stick to main trails and pathways.
- 4) Leave wildlife alone and observe from afar.
- 5) If participating in an activity off the main trail, campers perform self checks immediately after leaving the activity area.
- 6) Each evening, campers are encouraged to perform additional self checks and help each other with hard to see areas, (back, back of legs, etc) before going to bed.
- 7) In the event that a camper requires medical attention for bug bites, etc, our Health Care Staff Team is well equipped to help manage it.

Laundry

Campers staying 2+ weeks will be provided with weekly laundry service (included in tuition fee). It is recommended that campers use the laundry service rather than increasing the amount of clothing brought to camp. Campers will be given the opportunity to hand in one full load of laundry on Friday morning, to be sent to the local laundromat and returned clean and folded on Saturday afternoon.

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Lost and Found

With busy schedules, campers misplace things and sometimes leave things behind. While we do our best to prevent any lost and found items, we do try to get as many items as possible back to the rightful camper. Clearly labeled personal items make this job easier. Labeled clothing is easily returned to the appropriate campers.

At the end of each day, labeled clothing left behind in activity areas will be brought to the Main Lodge and redistributed to the campers. Unlabeled clothing will go to the general Lost and Found Bin. Campers are also asked to clean clotheslines, railings, and their cabins each day in an attempt to organize their dirty clothes and minimize the risk of another camper accidentally putting someone's clothes in their bag.

At the end of the week, each Section will attempt to reunite campers with their belongings, labeled and unlabeled. Anything unclaimed after Friday evening is put on display in the Jr Rec Hall for Check-Out. Socks and underwear are thrown out. Families are encouraged to check the lost and found before departure.

If you notice that an item is missing from your camper's gear, please email our Office Administrator at hoc@learnhockey.com, with a detailed description. We will take a look for it through the remaining Lost and Found and if found, can make arrangements to return it. Items that are not claimed by the end of the summer will be donated to a charitable organization. HOC is not responsible for any loss or damage to personal items brought to Camp.

Money at Camp

Please do not send any money to camp with your camper, they do not require it. Everything at camp is all-inclusive and HOC will not be responsible for any lost or stolen money.

Multi-Week Camper Supervision & Programming

Supervision

Campers staying for more than one week will be supervised by camp staff at all times during the holdover time period from when the prior week campers leave until the next week's campers arrive. They will transition to a designated area of camp, where they will sleep Saturday night. Campers will be assigned to cabins based on gender and age groupings (ie. younger camper vs. older camper sections).

Programming

Campers will participate in Saturday morning activities (including Showcase/Scrimmage Game) before joining up with the remaining 'multi-week' campers. In their smaller group they will participate in scheduled activities for the remainder of the day. Programming remains fun and exciting as campers transition to a new week at camp.

On Sunday afternoon, all 'multi-week' campers will rejoin their new section to continue camp programming. **Campers may be required to move cabins if their section/cabin number changes for the following week. Parents will be informed via email if this change happens.**

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Pets

HOC is pet friendly! We have two camp dogs named Nova and Blu who join us at camp a few days a week. Nova is a Potcake from St. Lucia and Blu is a Husky. They both love meeting and greeting campers during the camp week. Families are welcome to bring their pets during Check-In / Check-Out but they must also remain on a leash at all times. Please remember to clean up after your pet.

Photos

Every parent's favourite part of camp - the daily photos. We know how important these are to parents and aim to deliver this to the highest standard possible. BUT, please understand that our photographer's responsibility is to capture the essence of camp and follow a set schedule each day to ensure they capture as many campers as possible.

This does not guarantee that we capture photos of specific or all campers. Therefore, we ask that you do not email or call the office regarding photo concerns. Our first and foremost priority is to work hard to ensure the quality of programming for your camper during their time at camp.

We certainly understand the importance of sharing photos with parents and will continue to provide them to the best of our ability.

We also respect your wishes should you request your camper not to participate in photos. During the registration process, you will be asked to specify your choice.

Special Events

Each week there are a few events at camp that make it just a little bit more special. Every Friday evening, the entire camp community participates in an All-Camp Wide 'Friday Finale' Activity. In the past, activity themes have included Olympics, Animal Safari, Colour Wars, and Pirates, all designed to give camp that extra fun feeling.

In addition to a smaller section campfire once a week, campers will participate in a larger group campfire each Wednesday evening.

Every Tuesday we have a Theme Day where we encourage campers to dress up according to the theme. The theme will be communicated to parents via email 1 week prior to campers week of camp.

Swimming

In accordance with standards set by the Ontario Camping Association (OCA), all campers (Day Hockey campers not included) must participate in an on-site swim screen before participating in any activities at camp. Swim screens are completed Sunday afternoon/evening (or Monday morning for Day Campers) to help identify each camper's swimming ability. In order to keep swimmer safety our top priority, depending on each individual assessment, campers may be required to wear a Personal Flotation Device (PFD) while in designated swimming areas. ALL swimmers (camper and staff) regardless of ability are required to wear a PFD when participating in activities outside of the designated swimming areas (includes all waterfront activities). Campers may reattempt the swim screen within 24 hrs if they wish to do so.

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Tuck Shop & Snacks

Your child will have no expenses during their stay at camp. Tuck & snack items are included in the camp fee.

Tuck Shop: Campers choose one item 5x a week (Mon-Fri). Main tuck options include chocolate bars, candy, ice cream, pop and potato chips. Although we cannot guarantee a “nut free” environment, in order to reduce the risk to campers with severe nut allergies, we do not stock products with visible nuts or nut products.

Snacks: Snack options will be provided for your camper each evening before bedtime. Healthy and substantial items will be available for choice. If your camper requires snacks throughout the day, please send ‘nut free’ prepackaged/labelled snacks. Snacks will be required to be stored in camper bags throughout the week.

Weather and Camp Activities

All camp activities continue during rain, cold, wind and heat but may be modified if weather poses a risk to campers. All outdoor programs cease in the event of thunder and lightning and resume when deemed safe by a Camp Director. Please send your camper with proper rain gear to ensure their comfort in the event of a rainy day/week.