



**2022 EAGLE CREST
FAMILY RETREATS WEEKEND
VISITOR GUIDE**

Table of Contents

Welcome	3
Eagle Crest Family Retreats Weekend Schedule	4
Guest Health & Safety	5
Enhanced Cleaning & Disinfection	5
Hand Hygiene	5
First Aid	5
Cabins & Washroom Facilities	6
Cabins	6
Washroom Facilities	6
Wifi & Cell Service	7
Are Dogs Allowed On Property?	7
Packing List	8
Personal Care	8
Cabin Comfort	8
Snacks and Beverages	8
Recreation	8
Check-In/Check-Out/Quiet Hours	9
Check-In	9
Check-Out	9
Quiet Hours Policy	9
Meal Service	10
Dietary Needs	10
Nut Safe Policy	11
Smoking & Alcohol	11
Programs & Activities	12
‘Use-At-Your-Own-Risk’ Activities	12
Staff Supervised and Instructed Activities	13
Evening Entertainment	14
HOC Open House - Saturday June 18, 2022	15
Things to do in the Local Area	15

Welcome

Welcome to Eagle Crest Family Retreats Weekend at [Hockey Opportunity Camp](#) (Eagle Crest Resorts Ltd). We are very excited to welcome you and your family to the ultimate 'family camp' experience this spring on the shores of beautiful Eagle Lake.

If you've ever enjoyed your family vacation at a campsite or campground, but also love the 'all-inclusive' vacation experience, we have the perfect combination of both, for all of you! Our cabins may be rustic and your bathroom amenities a short walk away, but your 'all-inclusive' camp experience is sure to make your family vacation with us fun and active, relaxing, entertaining and memorable.

Just a few short hours from Toronto, the [Almaquin Highlands](#) area is a perfect location to escape the city and truly experience a Northern Ontario experience.

Our location and facility have it all – rugged trails winding through the forest, clean and pristine waterfront, traditional and comfortable cabins, indoor and outdoor dining options and an outdoor playground of activities.

One of the most prominent features of our camp is the waterfront peninsula. The bay is a natural waterfront shelter, where you can swim, waterski, kayak, paddleboard, play beach volleyball or hangout.



2022 EAGLE CREST FAMILY RETREATS WEEKEND - VISITOR GUIDE

Eagle Crest Family Retreats Weekend Schedule

Time	Friday	Saturday	Sunday Happy Father's Day!
7:30 am - 9:00 am		Guest Breakfast Location: Main Lodge	Guest Breakfast Location: Main Lodge
9:00 am		Activity Kiosk Open Instructed Activity and 'Use At Your Own Risk' Activity SignUp	
9:00 am - 11:00 am		Aquaglide & Lilypad Open	
9:00 am - 10:30 am		Instructed Activity Period Activities Offered: Water Skiing, Archery, Wall Climbing, Mountain Biking 'Use At Your Own Risk' Activities Equipment sign-out at Activity Kiosk	
11:00 am			Lifeguards On Duty for Swimming HOC Beach (11:00 am - 2:00 pm)
12:00 pm - 1:00 pm		Guest Lunch Location: Beach Cookout Area	Guest Lunch Location: Main Lodge
1:30 pm - 2:15 pm		Instructed Activity Period Activities Offered: Water Skiing 'Use At Your Own Risk' Activities Equipment sign-out at Activity Kiosk	Instructed Activity Period Activities Offered: Water Skiing, Archery, Mountain Biking, Wall Climbing
2:00 pm			Check Out - Keys Return to Activity Kiosk
2:15 pm - 3:00 pm		Instructed Activity Period Activities Offered: Water Skiing 'Use At Your Own Risk' Activities Equipment sign-out at Activity Kiosk	
3:00 pm - 4:30 pm		Aquaglide & Lilypad Open Instructed Activity Period Activities Offered: Water Skiing, Archery, Wall Climbing	
5:00 pm - 7:00 pm	Check In Activity Kiosk Open Casual Buffet Dinner Location: Main Lodge		
5:00 pm - 6:00 pm		Guest Dinner Location: Main Lodge	
7:30 pm - 10:00 pm	Campfire Main Colosseum and Day Camp Beach	Campfire Main Colosseum and Day Camp Beach	

Guest Health & Safety

The health and safety of our guests and staff is of utmost importance to us. We will continue to follow all COVID-19 regulations and guidelines from our government and local public health officials based on the [Ontario Government Public Health Measures & Advice](#). Guests will be updated as required.

Enhanced Cleaning & Disinfection

All camp building facilities and equipment are cleaned and disinfected on a regular basis, following a daily cleaning schedule and checklist. All cabins are thoroughly cleaned and disinfected prior to arrival. Washrooms are cleaned daily and common touch surfaces within them are disinfected multiple times throughout the day. In addition to cleaning cabins and washroom areas, staff disinfect other common touch surfaces and program equipment multiple times throughout the day to ensure guest safety.

If you have any questions or concerns about the cleanliness or cleaning policies of our facility, please contact us.

Hand Hygiene

We encourage all guests to follow the recommended hand washing procedures outlined by public health. An outdoor hand washing station is available outside of the Dining Lodge, in addition to washroom facility sinks. Sanitizing units are also available at all activity areas and are encouraged to be used before and after participating in an activity.

First Aid

Our staff are all trained in Emergency First Aid and are able to help provide assistance for many minor injuries. While we stock basic first aid supplies (bandages, etc) onsite, all medications and first aid supplies are the responsibility of each family.

The nearest hospitals are North Bay and Huntsville, both a 45 minute drive north and south. The nearest ambulance base is approximately a 12 minute drive from the facility, accessible by calling 911.

Cabins & Washroom Facilities

Our facility has traditional camp cabins, with wooden bunk beds and wooden floors. We don't have 5 -star accommodations, but our rustic 'bunk style' cabins are kept clean, with great ventilation and comfortable space to accommodate recommended guest capacities.

Cabins

Cabins can house between 2-12 guests (guest capacities per cabin are based on one single bunk bed allocation per person). Each cabin comes equipped with a fan, mini-fridge (top freezer space) and keyed access door. There are approximately 2-3 electrical outlets in each cabin but there is no heat or air conditioning.

Guests **must** bring their own bed linens (to fit single bunk mattresses), towels and any other personal amenities required during their stay.

There is plenty of outdoor space around the cabins so guests are welcome to bring their own foldaway tables/lawn chairs, sunshade tent (must be secured to ground), etc., and enjoy the outdoors. For the appeal of all guests enjoying the property, we ask that you keep your outside area clean and tidy (garbage containers will be provided through the property).

Your cabin will be thoroughly cleaned and disinfected prior to your arrival. If you would like to bring additional cleaning wipes / supplies with you for daily disinfection of your own cabin, you're more than welcome to. Cleaning staff will NOT provide housekeeping services to your cabin during your stay.

You will be provided with 2 keys at check-in, and are responsible for the contents of your cabin.

Washroom Facilities

Similar to what you would experience while vacationing at a campsite or campgrounds, our washroom facilities are located throughout the property and are shared amongst all the guests.

We have lockable 'individual' washroom facilities with toilet, sink and shower within, plus an additional lockable 'family share' washroom facilities with multiple toilets, sinks and showers within. We don't expect too many lineups waiting to use the facilities as we have adequate washroom facilities available.

Washroom facilities are in close proximity to all cabins. It is suggested that guests access the washroom facilities closest to their cabins to limit the number of different cabins/families using each washroom.

Wifi & Cell Service

There is limited wifi in certain areas of camp (mostly up around the parking lot area), available to our guests via the **Guest Network**. The password will be provided at check-in.

Cell service should be available in all areas of camp, but if you're having difficulty with a connection, the parking lot area usually has the best reception.

If you require a quiet area to work, with wifi service, please let us know and we'll do our best to find you some space.

Are Dogs Allowed On Property?

Unfortunately, no overnight.

Although we occasionally may have dogs on property during the day, we hope families understand our 'no dog' overnight on-site guest policy so that we can ensure that all of our overnight guests enjoy a 'bark-free' experience and pet "dander free" cabins.

Support dog requirements - see [HOC AODA policies](#).

Packing List

Personal Care

- Bedding for each person - we recommend a single fitted sheet (for single size bunk mattress, a double or queen flat top sheet would work as well), pillow, sleeping bag or blanket
- Towels - showering, swimming and hand towels (paper towels available in washroom facilities)
- Toiletries enclosed in a carry pouch for ease of use when using bathroom facilities
- Enough clothing for your stay - we recommend a variety of warm and cool layers, in case of a chilly evening. Coin laundry is available on property for guest use.
- Ballcap or hat for sun protection
- Close-toed shoes for land activities & sandals / flip flops for the waterfront
- Bug spray & sunscreen
- Bug jackets (June can be buggy!)
- Masks - if required at time of stay

Cabin Comfort

- Outdoor portable chairs/tables
- Flashlights or headlamps
- Personal hand sanitizer (there are a number of sanitizing stations throughout the facility)
- Power bar with USB for charging your devices

Snacks and Beverages

- Snacks - Please be aware that our kitchen and tuck shop only offer meals/food based on a normal camp 'nut safe' policy. Although we understand that guests are not sharing, we would appreciate it if guests follow similar 'nut safe' policies when bringing snacks and food on property - see policy down below under "Nut Safe Policy"
- Reusable water bottles / coffee mugs - 3 'bottle fill' water stations available on property
- Non-Alcoholic and Alcoholic beverages - cans only please, no glass bottles
- Cooler for your beverages (cabin mini fridges have limited capacity).

Recreation

- Life Jackets (if you have them) - although we have ample life jackets for use onsite, it may be your preference to bring and use your own
- Rain Gear and Hiking Shoes
- Cards or board games for down time/evening
- Marshmallow roasting sticks (if you desire)
- Although bikes and helmets are available (no charge with activity booking), guests can bring their own if they want to explore our extensive trail system on their own.

Check-In/Check-Out/Quiet Hours

Check-In

Check-in begins at 5:00 pm on Friday. Please note that if you arrive prior to 5:00 pm, you may be asked to stay in the parking lot area until we can ensure your cabin is ready.

After 5:00 pm, you can make your way to the Check-In Kiosk, at the Junior Rec Hall, to complete your check-in. During this process we will;

- Confirm submission of waiver forms / complete if not already done and check that all contact information on file is correct. Will require your vehicle license plate number to add to file;
- Provide you with the weekend activity schedule and sign you and your family for activities (see Activities section below for more details);
- Provide you with a facility map (highlighting your cabin and outdoor picnic table area) and 2 keys to your cabin.

A casual dinner will be available from 5:00 pm - 7:00 pm, either in the Dining Lodge or Outdoor Cookout Area. Due to limited seating in Dining Hall, meal time slots may be required and assigned based on first-come first served.

Check-Out

Check-out is at 2:00 pm on Sunday. Please ensure all of your belongings are promptly out of your cabin by this time so that we can begin to clean and disinfect your cabin for our next guests.

If you are scheduled for an afternoon activity, we recommend having your things packed and loaded into your car prior to the start of that activity.

Lunch **IS** provided on check-out day so make sure to join us in the Dining Lodge or down at the Outdoor Cookout Area prior to your departure.

In order to finalize your check-out, please return your cabin keys to our Check-In Kiosk before 2:00 pm. If you need to leave earlier, please make arrangements the night before for a staff member to check you out earlier.

Quiet Hours Policy

To ensure the comfort of all of our guests staying with us, quiet hours will be enforced between 11:00 pm - 7:00 am.

Meal Service

Your stay with us includes 6 meals throughout the weekend (2 Dinner, 2 Breakfast, 2 Lunch).

- Check-in day Friday - includes dinner only
- Check-out day Sunday - includes breakfast and lunch

All meals are prepared for you by our catering company, G.B Catering, and include wholesome home cooked menu items. See [Sample Menu](#). Most meals will be served family-style and the daily menu will be the same for all guests, with the exception of special dietary requests.

At each meal, one person (we suggest a parent) will take on the role of the Hopper. The Hopper is responsible for going up to the service counter to retrieve a tray of food for your family as well as ensuring your table area is cleared after service by returning all dirty dishes, cutlery and other tray items back to the 'dirty dish' counter. Hoppers may be asked to keep their mask on when they are up from their table (based on public health measures and advice at the time).

If families wish to take their tray to an outside area they are welcome to do so, provided that they return the tray and utensils promptly once finished.

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 special dietary requests should be added to your booking confirmation - under Special Dietary Requests. Please ensure you list the number of guests that require each special dietary request so we can ensure the correct number of meals are prepared. Any changes to requests after booking, please contact us via email at hoc@learnhockey.com.

If our Kitchen Team has questions about the special dietary restrictions listed on your booking, someone may contact you prior to your arrival day to discuss. As we are restricted in what meals we can offer, in some cases, we may not be able to fulfill your request and you may be required to provide your own food items.

2022 EAGLE CREST FAMILY RETREATS WEEKEND - VISITOR GUIDE

Nut Safe Policy

While meals are all-you-can-eat, it is a good idea to bring snacks just in case someone gets hungry outside of the designated mealtimes.

The Dining Lodge will be closed and off access in between mealtimes.

We are 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.

We have done our part by eliminating all visible nuts/nut products from our kitchen and tuck shop. We ask the same from our guests. Although you are not sharing with other families, **please do not bring food items with nuts or visible nuts in them.**

Tuck Shop

Our Tuck Shop will open from 9:00 am - 8:00 pm daily. We stock common snack items as well as some camp merchandise. Items available for purchase include:

- Pop, juice, gatorade, water
- Chips, Candy & Chocolate Bars
- Smore Kits / sticks
- Ice cream products
- Camp Merchandise (t-shirts, hats, etc)

Items from the tuck shop can be charged to your 'on-site incidentals' account so no need to carry money around and you can settle it to your credit card on file at check-out.

Smoking & Alcohol

It is our goal to strive for a smoke-free facility, however, if needed, smoking is only permitted in the 'parking lot' area.

Alcohol is permitted on site, as long as:

- It is consumed within your cabin area - e.g., no drinking on the docks or beach area;
- It is consumed after participation in daily activities, or after 6:00 pm;
- Please ensure you bring cans only, no glass bottles;
- You are solely responsible for your actions and if you consume alcohol, you agree to NOT drink to the point of intoxication.

Programs & Activities

Our weekend schedule was designed with flexibility in mind. All scheduled activities and programming is optional, giving families the ability to choose how they spend their days. With a large variety of program equipment available for sign-out, the options are endless and families can choose to participate in as much or as little activity as they would like. All programs and activities will follow health and safety measures.

With 1500ft of beautiful shoreline, two sandy beaches, one designated swimming zone, and over 80 acres of forested land, everyone is bound to find an area to relax and explore.

All programs & activities (except Water Ski Activity*) are included in your 'Food and Activity' Plan costs.

'Use-At-Your-Own-Risk' Activities

The following equipment/activities will be available for sign-out use during Activity Kiosk hours. No instruction is provided and a 'use-at-your-own-risk' policy applies.

All equipment must be signed out through the Activity Kiosk located at the Junior Rec Hall, and returned by the end of day. All equipment is cleaned and disinfected between users.

Adults are responsible for their own children (17 and under) at all times while on property. Adults are required to sign out any waterfront equipment required for 'use at your own risk' water activities and must ensure that the safety rules are adhered to while using the equipment.

Activity /Area Available	Equipment for Sign-Out
Kayaking	Paddle/ Life jacket/ Safety kit
Canoeing	Paddle (s)/ Life jacket/ Safety kit
Paddle Boarding	Paddle/ Life jacket/ Safety kit
Waterfront Swim Area	Volleyball for water volleyball (if applicable) Waterfront -Use during daylight hours only -No lifeguards on duty, adults are responsible for their children -Must stay within designated swim area boundaries
Mountain Biking Trails	Personal Bike and Helmet required to use trails at 'use at own risk'. Trail map posted at Mountain Bike Shed.
Beach Volleyball	Volleyball
Disc Golf	Discs Score cards

2022 EAGLE CREST FAMILY RETREATS WEEKEND - VISITOR GUIDE

Ping Pong	Paddles/Balls
Basketball	Balls
Ball Hockey	Sticks/Ball Eye Protection
Gaga Ball	Ball
Spike Ball	Nets/balls
Wiffle Ball	Bats/balls
Nature Trails	N/A
Sports Field	N/A
Sand Pit	N/A

Staff Supervised and Instructed Activities

All guests will have the opportunity to sign-up for many of the camp's most popular supervised/instructed activities. Sign-up for these activities will happen during check-in. Activities can also be scheduled later on with the Activity Kiosk staff, during open hours.

Adults are responsible for their own children (17 and under) at all times while they are participating in Staff Supervised and Instructed Activities.

Aquaglide & Lilypad

Come experience some fun on the water, with our NEW Aquaglide challenge course and Lilypad. The Aquaglide is a 40ft long inflatable water obstacle style course, where guests can test their balance, climbing skills, agility and speed on the water. The Lilypad is a floating foam pad that guests can lounge and groove on, while trying to stay balanced. Both activities are supervised by qualified lifeguards in our waterfront play zone.

2022 EAGLE CREST FAMILY RETREATS WEEKEND - VISITOR GUIDE

Water Skiing

Whether you're learning to water ski for the first time, or are a seasoned pro, we've got a clinic option for you. Our water ski instructors are qualified instructors through the Canadian Water Ski Instructors Course and are excited to share their passion for watersports with our guests.

Clinic Fees:

- 10-minute clinic - \$25 / person
 - Includes basic instruction and one loop around the bay
 - Scheduled during one of the three daily activity periods
 - Can try; water skiing, slalom skiing, wakeboarding, kneeboarding
- 1-hour clinic - \$200 / boat
 - Includes personalized instruction for 1-6 guests
 - Flexible in times based on the guest's own preference
 - Private ski boat rental with your own ski instructor/driver
 - Can try; water skiing, slalom skiing, wakeboarding, kneeboarding, wake surfing, wakeskate

All guests MUST book their clinic time during check-in or at the Activity Kiosk, prior to arriving on the docks. Clinic time is not guaranteed, therefore please ensure you are booking with our Activity Coordinators as soon as possible.

Archery

Come join us at the Archery Pit and sharpen up your target skills. Recurve and compound bows available, pending skill level.

Wall Climbing

Our climbing wall features 40 feet of challenging fun. Climb using our TruBlue auto-belays for a real-life climbing experience. All safety and climbing equipment is provided.

Mountain Biking

Whether you're new to mountain biking or have done it before, our extensive trail system is designed for all skill levels. With over 6 km of terrain to explore, our instructor will lead you through the basics of mountain biking and will test your skills on trails that suit your ability. Mountain bikes and helmets are provided or you can bring your own.

Evening Entertainment

Campfires

Staff will set-up and light a campfire both Friday and Saturday evening at 7:30 pm in our main campfire pit (Main Colosseum) and day camp pit (Day Camp Beach). A Saturday night campfire snack will be provided at each location. Staff will complete a nightly round at 10:00 pm to ensure all campfires have been fully extinguished.

2022 EAGLE CREST FAMILY RETREATS WEEKEND - VISITOR GUIDE

HOC Open House - Saturday June 18, 2022

During the weekend, HOC will be hosting its annual Open House on Saturday June 18, 2022. 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.

Guests who are staying for the Eagle Crest Family Retreats Weekend are more than welcome to sign up for an Open House Camp Tour, available during one of two event time-slots available: 11:00 am-1:00 pm or 1:00 pm-3:00 pm. Sign-up will be made available during check-in.

Things to do in the Local Area

South River:

[Eagle Lake Narrows Store](#): Located on Eagle Lake, this General Store is the hub of the lake offering food, fuel, clothing, boat rentals, ice cream and a public beach.

[Eagle Lake Golf](#): A gently rolling one of a kind 12-hole course, designed to tantalize the everyday golfer yet it reminds you that accuracy is more important than distance alone, only a few short KM's from camp.

[Crystal Cave](#): The Crystal Cave is a Mineral, Gem and Fossil Exhibit, Crystal Shoppe, Gallery, Learning Centre and Artisan Village.

[South River Brewing Co](#): One of the original Northern Ontario breweries, making hand-made small batch craft beer utilizing locally foraged ingredients whenever possible.