



# Getting Ready For Camp Handbook

## Overnight/Day Hockey + Camp Programs

Welcome to another 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, please review the following camp checklist and information handbook. This resource includes all the essential information required to get your child(ren) ready for camp.

### **Camp Checklist** (very important to review)

#### **PLEASE NOTE:**

**CHECK-IN TIME:** Parents choose an available check-in time (between 12:30-3:00pm) at time of registration. This is confirmed in your Enrollment Confirmation email.

**ACTIVITY ASSIGNMENTS:** Camper's preferred activity options are to be identified on the registration form (and finalized with campers at Sunday check-in).

- Your enrollment confirmation email will detail the camp programs chosen, as well as your Sunday Check-In time (keep this email).
- First time attending HOC? Consider booking a camp tour after May 1st or attending HOC Family Day on June 15, 2019.
- Review Getting Ready for Camp Handbook details (attached) including:
  - Section Assignment Policy
  - Camper Contact Details While at Camp (Email/Courier/Mail) and Camper Cell Phone Policy
  - Check-In / Check-Out Day Procedures
- Clothing and Equipment Checklist
- Have a discussion with your camper(s) about camp rules/regulations and safety, including:
  - Medical Waiver and Release of Liability (found under the *Forms* section of the Parent Dashboard)
  - Camper Guidelines / Expectations (found under the *Forms* section of the Parent Dashboard)
  - Personal items not permitted at camp including cell phones, ANY electronic devices, food products with nuts, etc. (see Clothing and Equipment Checklist)
- 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, sun and hydration protection and what to do in the case of bullying or homesickness (stress open communication with counsellors / instructors).
- Label all personal belongings so they can be found when lost. If you require labels, please contact Mabel Labels at [learnhockey.mabelslabels.com](http://learnhockey.mabelslabels.com)
- Pack camp gear and hockey equipment. Ensure your child participates in this exercise 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. Ensure all hockey equipment fits correctly and that hockey skates are sharpened prior to camp. Please ensure all equipment (including sticks) are properly labelled with first and last name.
- 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 not limited to vomiting, chills, abdominal cramps and diarrhea
  - Influenza-Like Illness - Symptoms include but not limited to fever with cough and one of the following: sore throat, muscle aches, joint pain or weakness.
- Review Map and Driving Directions (last page of handbook).
- On Check-In day, at your assigned Check-In time, meet the Camp Directors at the Jr. Recreation Hall (beside main parking lot) to begin the Check-In Process (See Check-In Day Details for further information).

**Get ready for "The Ultimate Hockey and Summer Camp Experience".**

**If you have any questions or concerns please contact us:**

**P.O. Box 448 Sundridge, ON P0A1Z0**

**Toll Free: 1-888-576-2752 Phone: 705-386-7702 Fax: 705-386-0179**

**Website: [www.learnhockey.com](http://www.learnhockey.com) Email: [hoc@learnhockey.com](mailto:hoc@learnhockey.com)**

**ACCREDITED  
MEMBER**



## Check-In Day: *Sunday*

*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 procedure.*

### Individual Camper Check-In Times

At time of registration, parents will choose a preferred check-in time based on first-come first-serve. Check-in times will begin at 12:30pm and continue onwards until 3:00pm. **Campers in our Rangers & Senior Sections (two oldest sections) will begin their ice time Sunday afternoon / evening. An earlier check-in time (12:30 - 2:00 pm) for these campers is advised.** Note: Check-in time has no correlation to group registration.

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, PLEASE DO NOT ARRIVE MORE THAN 15 MINUTES BEFORE YOUR START TIME.**



### Check-In – Jr. Recreation Hall

Families can start lining up in front of the recreation hall no earlier than 10 minutes before their check-in time. In groups of 45 (per check-in time segment), families will proceed through the building and begin the registration process, which includes the following;

- Check-In (settle any outstanding balances)
- Pick-up T-shirt (only if purchased online)
- Pick-up Section and Cabin Assignment Info Sheet
- Health Care Station (drop off medications, discuss with Health Care team)
- Health Check Screening
- Pro Shop (opportunity to purchase HOC clothing / souvenirs)

### Baggage Drop Off/Bunk-In

Campers will receive either a tour from a staff member or a self-guided check-in list to complete the remainder of the check-in process. The list will include:

- Finalizing Camp Activity Requests\*\*
- Hockey Baggage Drop Off / Jersey Pickup (if required)
- ODORBUSTERS (Equipment Cleaning) Discussion / Visit On-site Trailer
- Camp Gear Drop Off and Bunk-In at Cabin
- Meet Cabin Counsellor and/or Group Section Head
- Families say farewell to campers at the cabin

### **Camp Activity Request\*\***

A complete description of each activity is listed on our web site, along with activities available to campers based on their age. On your registration form, please choose an activity within each Activity Period. Please note that not all activities are available within each Activity Period. Campers are guaranteed one of the activities chosen, which will be confirmed on Sunday Check-In day. Campers are enrolled in their second activity based on availability and scheduling. Therefore, please choose an alternate activity in the event that one of the others is not available.

### Reminders...

- As there is no lunch served to campers, families are invited to purchase a hot dog or hamburger down at the cookout by the beach (proceeds supporting local minor hockey or figure skating club).
- If you bring your family pet, we ask that they are kept on a leash.
- If you require cash, the closest bank machines are in South River and Sundridge.

## Tuck / Snacks at Camp

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

### Overnight Hockey / Day Hockey + Camp Program

- ★ **Tuck Shop:** Campers choose one item 3x a week (Mon/Wed/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 purchase 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.
- ★ **Group Picture:** Colour photo calendar of your camper’s section. Photos are distributed at check-out (included in your campers check-out folder).
- ★ **Skate Sharpening:** 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.
- ★ **Hockey Jersey:** Souvenir hockey jersey to be worn during all on-ice sessions.
- ★ **Laundry:** In lieu of a second hockey jersey, campers staying 2+ weeks will be provided with weekend laundry service (one full load).

## Section Assignments

The week prior to a camper’s arrival he / she will be assigned to one of seven camper sections. There are many factors we consider when completing section assignments including: birth year, age, height, weight, hockey skill level and requested cabin mates.

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 on our website). 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 choices.

## Souvenir Camp T-Shirt

HOC offers campers the opportunity to purchase a 100% cotton souvenir camp t-shirt featuring this year's HOC logo. Merchandise can be ordered at time of registration or online anytime after. All orders must be received and paid prior to arriving at camp to guarantee preferred size and availability. Check online for pricing and sizing.

## Transportation

Campers are responsible for getting to/from camp. Transportation can be arranged from Toronto Pearson Airport for out of province campers. If interested, please check the website or contact the office for rates.

## Camper Phone Policy

Due to the potential volume of calls and disruption to camp, phone calls to and from campers is not permitted. In the event of an emergency, please contact the office to make arrangements through the Parent Communication Director. In addition, **camper cell phones are not permitted at camp**. If they are brought to camp they will be taken from the camper, securely stored and returned upon departure.

## 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.

## Parent Communication Director

The Parent Communication Director is the direct link between campers and their parents during camp. For all **NEW** campers (first time at HOC), within the first 48 hours (ideally) of your camper arriving, parents will receive an email with a status update. In addition, if you have any questions or updates **while your child is at camp**, please contact [parentrep@learnhockey.com](mailto:parentrep@learnhockey.com) or call the office and ask for the Parent Communication Director.

## Mail / Courier + Email

If you would like to send your child an email, letter or package, here are a few options:

### Email a Camper

Visit [www.learnhockey.com](http://www.learnhockey.com) for our **Bunk1** email service.

### Sending Mail Via Canada Post

Address as follows: *Your Child's Name*  
c/o Hockey Opportunity Camp  
PO Box 448, Sundridge, ON POA 1Z0

Expected delivery: 3-7 business days, Canada/US

Expected delivery: 1-3 business days, Canada/US

## Check-Out Day: *Saturday*

### Hockey Program Campers

Showcase/Scrimmage game times are determined based on the campers assigned section (as given at Check-In). All hockey sessions and games are held at the **South River/Machar Arena** (not Sundridge Arena) (see map at end of handbook).

#### **CANADIENS, LEAFS, RED WINGS, HAWKS (youngest sections)**

First section game begins at 9:00 am and the last section's game begins at 12:00 pm. Games are all approx. one hour long.

- Parents meet son/daughter at the arena to watch scrimmage.
- Parents are required to sign-out their child before leaving arena.
- With camper, parents drive back to camp to pick up check-out folder and luggage.

#### **BRUINS (middle section)**

Section game is at 1:00 pm and approx. one hour long

- Parents drive to camp to pick up camper's check-out folder and luggage prior to the game.
- Parents meet son/daughter at the arena to watch Showcase/ Scrimmage game.
- Parents are required to sign-out their child before leaving arena and can leave for home directly from arena.
- Note: campers are provided lunch before their departure to the arena.

#### **RANGER / SENIOR (oldest sections)**

Section games are played Friday night (games are for campers only, but parents can attend if they are in the area). Please note check-out is not on Friday night but on **SATURDAY morning**.

- Parents can pick up their son/daughter at camp anytime between 9:30 am – 11:30 am. Breakfast only provided.
- Pick up check-out folder and luggage.
- Parents are required to sign-out their child before leaving camp.

#### **Lost and Found**

- Clothing that is found throughout the week is neatly folded and displayed on tables during check-out.
- Please make sure to label all clothing before you arrive and to quickly check if your camper has left anything behind before departing.

#### **HOC Pro Shop**

- The on-site Pro Shop will be open from 10:00 am - 1:30 pm for families who want to purchase HOC clothing and souvenirs.

## HOC's Sun Safe Practices

HOC is proud to be a 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.

## Clothing and Equipment 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). It is recommended that campers use the laundry service rather than increasing the amount of clothing brought to camp. 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

- (5) T-Shirts
- (2) Sweatshirts
- (3) Long Pants
- (3) Shorts
- (6) Underwear
- (6) Pairs of Socks
- (2) Bathing Suits  
- 1 piece suit or tankini mandatory
- (1) Pyjamas
- (1) Rain Jacket
- (1) Hat
- (1) Pr of Running Shoes
- (1) Pr of Sandals

### Bedding/Towels

- (1) Sleeping Bag
- (1) Fitted Single Sheet
- (1) Pillow
- (1) Pillowcase
- (1) Bath Towel
- (2) Beach Towels

### Toiletries

- (1) Toothbrush
- (1) Bar of Soap (in case)
- (1) Brush or Comb
- (1) Toothpaste
- (1) Shampoo

### Hockey Equipment

- Helmet and Mask
- Neck Protector
- Shoulder & Elbow Pads
- Hockey Gloves & Pants
- Mouthguard
- Hockey Socks/Garter Belt
- Shin Pads
- Supporter and Cup or Jill
- Skates (sharpened, name on bottom)
- Hockey Sticks (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.

### Miscellaneous Items

- Water Bottle (for camp)
- Sunscreen (SPF 30+)
- Lip Balm
- Insect Repellent (lotion)
- Sunglasses (UV Protected)

**IMPORTANT:** We recommend that all valuable and expensive clothing / personal items not be brought to camp. All video games, iPods, iPads, cell phones and any other electronic equipment are NOT allowed in our camp environment. Although every effort is made to locate lost items, HOC is not responsible for returning any lost or stolen items while at camp. Campers wishing to bring their own bike (lock also required) can do so and lock it up in the camp garage. Fold up portable chairs are NOT permitted at camp.

**NOTE:** Although HOC is NOT a "nut free" environment, we do reduce the risk to campers with severe nut allergies by eliminating visible nuts/nut products from the kitchen and tuck shop. Campers should not bring any additional food into camp, especially products with visible nuts or nut products in them (i.e. Snickers chocolate bars, peanut butter cookies, trail mix with nuts, etc.). In addition, we request that your child not bring any gum/candy to camp. Thank you for your understanding and compliance to this matter.

Please pack with your children to ensure they know what items are being brought with them to camp.



# Hockey Opportunity Camp Driving Directions

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.

## Driving Directions to HOC:

**Physical & GPS Address:** Located at 961 Park Rd. South, Machar Township, P0A1Z0 (south end of Eagle Lake)  
*(please note that some GPS devices do not recognize the new four lane highway and may direct you incorrectly).*

**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.

## Arena Directions:

**From North Bay:** Follow Hwy 11 South, take Exit 289 (South River Hwy 124), turn right on to Ottawa Avenue at the 1st set of stop lights. Turn left on Lincoln Ave. (Behind the Shell Station).

**From Huntsville:** Follow Hwy 11 North, take Exit 282 (Boundary/Mountainview Rd.), turn right onto Mountainview Road. At the end of the road turn left on to 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 on to Lincoln Ave. (behind the Shell Station).

