



Getting Ready For Camp Handbook

Overnight Tyke Program

Dear Parents and Tyke Campers,

Welcome to Hockey Opportunity Camp (HOC). We are thrilled to welcome your child(ren) to HOC for their first overnight camp experience. To help you prepare for the summer, we have put together this handbook including essential information, checklists and resources you may require to get your child(ren) ready for camp.

This 3-Night / 4-Day experience is designed to give 6 / 7 year old children a shortened camp experience, jam packed full of fun. Our goal is to expose Tyke campers to try new activities and improve their skills in activities they have already experienced. Each activity is designed around building self confidence, in a fun and safe manner. Thank you for choosing the HOC experience.

Preparing For Camp Checklist (very important to review!)

- ☐ 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 Tyke Handbook
- ☐ 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
- ☐ Pack camp gear, 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.
- ☐ 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 at rear of handbook.
- ☐ On Check-In day, meet the Camp Directors and Tyke Program staff at the Camp office (beside main parking lot) to begin the Check-In Process (See Check-In Day Details for further information).

If you ever have any questions or concerns please contact us!
Toll Free: 1-888-576-2752 Phone: 705-386-7702 Fax: 705-386-0179
Website: www.learnhockey.com Email: hoc@learnhockey.com



Check-In Day: **Wednesday**

Check-in for the Overnight Tyke Program will take place on the Wednesday between **11:00 - 11:30 am**. Upon arrival, one of our staff members will greet and assist you with parking. The Check-In process will take between 20-30 minutes. Lunch will be provided for campers.

Check In Process:

- Meet Counsellors and Directors
- Check In (settle any outstanding balances)
- Pickup Cabin Assignment Sheet
- Visit Health Care Station
- Health Check Screening

Baggage Drop Off/Bunk In:

Campers will receive a guided tour of the camp. This will include dropping off camp gear at the cabin and meeting the counsellor.

Notes

- If you bring your family pet, we ask that they are on a leash.

Parent Communication Director

The Parent Communication Director is the direct link between campers and their parents during camp. Within the first 24 hours (ideally) of your Tyke camper arriving, you will receive an email with a status update. In addition, if you have any questions or updates **while your child is at camp**, please email parentrep@learnhockey.com or call the office and ask for the Parent Communication Director.

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. 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, 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.

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 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 P0A 1Z0
Expected delivery: 3-7 business days, Canada/US

Sending Mail Via Purolator

Address as follows: *Your Child's Name*
Hockey Opportunity Camp
c/o Cox's General Store
21 Main Street West, Sundridge, ON P0A 1Z0
Expected delivery: 2-3 business days, Canada/US

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.

Tykes Time At Camp

While at HOC, Tyke campers will get to try out many of our exciting camp activities. These include paddle boarding, mountain biking, archery, crafts, waterskiing/board sports and many more! Campers will enjoy three kid friendly meals daily plus a delicious snack before bed. Our catering company accommodates allergies and special diets. Please let us know in advance if your child has any special dietary needs. Campers will be bunked with other Tyke Program campers during their stay and a Tyke Program counsellor will reside in the same cabin (in a separate room). Washroom facilities are close by and are well lit in case any camper needs to use the washroom facilities at night.

Due to the age of campers, counsellors will assist with the application of sunscreen in order to ensure proper sun protection coverage. Counsellors will follow *HOC Staff Proofing Guidelines* when assisting with the application.

During the evening, Tyke campers will participate in special camp programming with the other older camp sections, including all camp activities and camp fires. One evening, Tyke campers will have their own special group campfire at one of the on-site campsites, where they will get to roast marshmallows and hear and share some funny campfire stories.

On Wednesday and Friday, Tyke campers will get to choose one item from the Tuck Shop (chocolate bars, candy, milk, juice, granola bars, ice cream, etc.)

Bedtime for Tyke campers will be between 8:00pm - 8:30pm. They will have a chance to use the washroom and brush their teeth before bed. Tyke campers will be kept active all day and if needed, a rest period will be given in the afternoon to re-charge before evening programs begin.



Check-Out Day: *Saturday*

Parents can pick up their son/daughter at camp on Saturday, anytime between 9:30 am - 11:00 am. Check out folders and luggage can be picked up at the Jr. Rec Hall. Before leaving camp, parents are asked to sign-out their child.

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.

Group Picture: Colour photo calendar of the Tyke camper's section will be distributed to each camper.



Clothing and Equipment List

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

Miscellaneous Items

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

The following list is recommended based on a one-week stay at 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.

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).

Sundridge & South River Map

