



# PARENT HANDBOOK 2019



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## PARENTS' HANDBOOK

This Handbook has been compiled to answer many of the questions asked by parents and campers in preparation for camp. Please take a few minutes to read this booklet, it will help prepare your child for an enjoyable summer at Onondaga Camp.

Please note that camper forms may be completed online. If you require printed copies please contact the camp office.

1. Camper Health History
2. Swimming Profile & Additional Camper Information
3. Tuck Shop Permission
4. Clothing Pre-Order Form (optional)
5. Expectation Form

Please complete all forms by June 1, 2019.

Please note that we will be unable to accept clothing pre-orders or make changes to canoe trip sign up after the June 1st deadline. Thank you for completing your forms promptly!

## CAMPER SECTIONS

Campers are divided into 'sections' during their stay at Onondaga Camp. There is a Section Head in charge of each group and counsellors who are responsible for the cabin or tent groups that make up the sections. Each 'section' has a boys' and a girls' side.

Jincis: Ages 6 to 10 (2009 to 2013)

Bantams: Ages 11 & 12 (2007 to 2008)

Inters: Age 13 (2006)

Seniors: Age 14 (2005)

Super Seniors: Age 15 (2004)

Ages are based on year of birth. For example, a camper born in November of 2008 would be in the Bantam section even though they turn 11 after the summer.

# THE ONONDAGA CAMP PHILOSOPHY

Onondaga Camp provides an inclusive environment where young people can play, explore, achieve and grow.

In all our programs, we encourage campers to become more confident in themselves and comfortable with others in a safe and energetic environment. We credit our success to our terrific staff – the majority of whom are former campers. We train them to guide campers to realize their potential and to get the most from their camp experience. Our ratio of one staff person to every three campers enables us to offer that extra measure of time, instruction and personal support.

Our roots are in Ontario, but Onondaga Camp has always been lucky to welcome international campers and staff from all over the world. We all benefit from this friendly exchange of different people, cultures and ideas.

At Onondaga Camp, we deeply honour and value the past. However, it's equally important to be in touch with the changing interests and attitudes of today's youth. Our ultimate goal remains the same: to help campers discover the opportunities, experiences and friendships to make Onondaga Camp the experience of a lifetime.

## SESSION DATES

	SESSION START DATE	END DATE
A	Friday, June 28	Wednesday, July 24
A1	Friday, June 28	Thursday, July 11
A2	Thursday, July 11	Wednesday, July 24
B	Sunday, July 28	Friday, August 23
B1	Sunday, July 28	Saturday, August 10
B2	Saturday, August 10	Friday, August 23
C	Saturday, August 24	Friday, August 30

## LEADERSHIP (LIT) SESSION DATES

	SESSION START DATE	END DATE
LIT 1A	Thursday, June 27	Wednesday, July 24
LIT 1B	Saturday, July 27	Friday, August 23
LIT 2	Tuesday, June 25	Friday, August 23

Mid-summer 'changeover' for LIT 2s begins the morning of Wednesday, July 24. LIT 2s must be back at camp by 12:00pm (noon) on Sunday, July 28.

## DAILY ROUTINE

7:45 Wake up  
8:00 Breakfast  
8:45 Cabin clean up / inspection  
9:15 Period 1  
10:30 Period 2  
11:35 Period 3  
12:30 Free time  
12:45 Lunch  
1:30 Rest hour  
2:40 Period 4  
3:45 Period 5  
4:40 Free time  
6:00 Dinner  
7:00 Evening activity

## LIGHTS OUT

Jincis (Ages 6 to 10)	9:00pm
Bantams (Ages 11 & 12)	9:15pm
Inters (Age 13)	9:30pm
Seniors (Age 14)	10:00pm
Super Seniors (Age 15)	10:00pm

## ACTIVITY SIGN UP AND ROTATION

Jinci campers (ages 6-10) visit activities on a rotation schedule. They go to three activities in the morning and two in the afternoon accompanied by their cabin group and an LIT 2 or counsellor. This allows them to visit every activity at least twice during a two week stay at camp, and at least four times during a month long stay. There are a few activities which are for campers ages 11 and older only: Giant Swing, High Ropes, Crossbow, Mountain Biking, Windsurfing, Stand Up Paddle Boarding and Yoga.

Our Bantams, Inters, Seniors and Super Seniors sign up for activities on a daily basis. Sign up is done at breakfast each day for the following three morning periods and at dinner for the two afternoon activity periods. Sign up is rotated to allow equal opportunity for activity sign up. Campers can find the activities they have signed up for posted on the kiosk outside of the dining hall and around camp. Campers go to activities with other campers from any of these sections; it is a great way for them to meet different campers every day!

## CANOE TRIPS

Age 9 & under (Jincis)

No Canoe trip

Age 10 (Jincis)

1 night on surrounding lakes (all 10 yr old campers participate with their cabin group)

Age 11 & 12 (Bantams)

3 day trip in Leslie Frost Centre (optional) **SIGN UP REQUIRED**

Age 13 (Inters)

4 day canoe trip in Algonquin Park (optional) **SIGN UP REQUIRED**

Ages 14 & 15 (Seniors, Super Seniors)

Two week campers: 4 day trip in Algonquin Park (optional) **SIGN UP REQUIRED**

Four week campers: 4 or 7 day trip in Algonquin Park (optional) **SIGN UP REQUIRED**

Canoe trip sign up was part of the registration process. If you have forgotten which option you selected you can login to your account to check or get in touch with the camp office by email (camp@onondagacamp.com) or phone (416.482.0782). Changes can be made to canoe trip sign up until June 1st, 2019 by contacting the camp office. Please note that canoe trips are not offered in 'C' session. 'Age' refers to the age that a camper will be by December 31, 2019. **All optional canoe trips must be signed up for before June 1, 2019.**

Please note that Onondaga Camp reserves the right to cancel canoe trips if the enrolment numbers are too low. This situation happens infrequently and parents will be notified right away if a trip is being cancelled.

**Important Note regarding Duke of Edinburgh Award.** Onondaga Camp is pleased to support campers in pursuit of Duke of Edinburgh awards. Please note that any paperwork required by the Camp must be provided before a camper's session so that the staff member leading the canoe trip can complete the necessary documentation. In instances where paperwork is received after a camper's session, the Camp will do its best to have it completed although it can be difficult to obtain staff signatures in these cases.

## PREPARING YOUR CHILD FOR CAMP

Onondaga Camp provides many activities for your child's enjoyment. However, it is quite normal for a first time camper, and sometimes a repeat camper, to miss home or to become "homesick". Our counsellors are trained to deal with this, but as parents you can help prepare your child for their stay at camp.

A camp experience may be intimidating for a first time camper. Quite often, children are unsure what the camp experience will be like. For instance, campers may not be sure if their cabin group will like them, if they will like their cabin group, or if they will like the camp activities.

It is only natural that a new camper may be apprehensive. It is important for campers to have as much information about camp before arriving as it helps them adjust quickly to camp life. If you live in the Toronto area we encourage you to attend one of our information nights; please see our website or call the office for details and dates.

As parents you can help ensure that your child has a good time at camp by staying positive and excited about their upcoming experience. Even if you are feeling nervous it is important to provide encouraging support for your child. Consider involving your child in getting ready for camp (picking out and labeling their belongings, deciding on a few pictures to bring from home etc.). Talk to your child about what they can expect at camp; review the camper handbook with them and go over the website. If they have questions you cannot answer call or email the camp office together. Ask your child if there is anything they are nervous about and come up with strategies ahead of time to deal with them.

Please keep in mind that if you tell your camper that you will come and get them if they are unhappy you will be discouraging them from trying to deal with their feelings of missing home.

## **TELEPHONES & PARENT INFORMATION**

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### **TELEPHONES**

Campers are not permitted to place or receive personal phone calls except in emergencies. The camp phone number is 705.286.1030 and is answered during regular business hours. Should you require information on your child, we will be pleased to have their Section Head call you back as soon as possible.

Please note that campers are not permitted to have cell phones at camp. Being in constant communication with family and friends from home can detract from the opportunity to work on independence and develop a greater sense of self. Another important part of the camp experience is building resiliency. The chance to practice problem solving and decision making without speaking to those back home helps improve all of these skills. We greatly appreciate your cooperation!

### **PARENT COMMUNICATION**

We work very hard to balance communicating with families while leading activities and getting to know the campers. Here are the times that you can expect to hear from us. If you would like an update from your camper's Section Head at any other time please call and leave a message for them at the camp office (705.286.1030) and they will get in touch with you as soon as possible; usually within 12 hours or less.

COMMUNICATION TYPE	WHEN	WHO	INFORMATION BEING PROVIDED
Phone Call	A few days before your camper's session begins	Families with first time campers	A chance to answer any last minute questions
Phone Call	A few days after your camper's session starts	Families with first time campers	To provide you with an update about how your child is settling in
Phone Call	Before the end of the first week of a session	Families with returning campers	To provide you with an update about how your child is settling in
Email	Twice during your camper's session	Families with campers in the Jinci sections (ages 6 - 10)	A general update about life in the Jinci section, including a photo
Email	A few days before the end of your camper's session	All families	Last minute notes regarding departure day
Pictures <i>posted on Instagram and Facebook</i>	Periodically during the session	All families who follow our accounts	To show a very broad picture of activities happening at camp this session
Email	A few days after your camper's session ends	All families	Surveys for both campers and parents about their experience

It is important to note that highspeed internet is not available at Onondaga Camp. Please keep in mind that with over 350 campers attending our sessions, and limited internet capabilities, it is not possible to post pictures of every camper in every session. Every effort will be made to post pictures regularly.

## EMAIL

### EMAIL SERVICE

Emails may be sent to campers through our one-way email system. Emails will be printed off and delivered to campers within 48 hours. Please keep in mind that printed emails are not put in envelopes and may be viewed by staff in the course of their delivery, therefore messages should not include any sensitive or confidential information. Please note that campers do not have access to the internet and therefore cannot respond by email.

You will receive an email from us before camp with instructions and a link to our email system.



## MAIL

Campers do appreciate mail and parents are encouraged to write often when their child is at camp. In turn, we do our best to make sure your child writes home.

Please address mail to:     Camper's Name & Section  
  c/o Onondaga Camp  
  1120 Rackety Trail, R.R. #3  
  Minden, Ontario. K0M 2K0

As the camp is located on a rural route, the mail to and from camp tends to take significantly longer than in major mailing centres. We recommend sending mail at least a week in advance. If your child is taking the bus, please feel free to give letters to the staff on the bus, or you may wish to leave a letter, or two, with the camp office when you bring your child to camp.

Should you receive an 'upset' letter from your child, please do not be alarmed. Most often these letters are written before your child has settled in. Usually, by the time you get the letter, everything is fine. However, please call the camp office and we will have the Section Head call you with an update.

## CARE PACKAGES

Care packages are wonderful things to receive at camp, however, due to food allergies and animals, they must be comprised of articles other than food. Some suggestions include: books, magazines, games, toys or clothing. **Please note that all campers will be asked to open their packages in the camp office and any food items will be disposed of.** We appreciate your cooperation.

## CAMP CLOTHING

The camp does not have an official uniform for everyday use, but camp T-shirts, sweatshirts and other clothing are available from the camp Tuck Shop. Clothing ordered prior to camp will be sent to your home prior to the camp session. If you wish to purchase clothing for your child, please complete the clothing preorder form. **In order to assure availability of your child's size, we strongly recommend that you pre-order clothing, especially for those campers attending camp in August.** Clothing may also be purchased during camp from the Onondaga Camp Tuck Shop, but please note that the camp will not permit any camper to purchase clothing items unless we have a completed Tuck permission form with a parent's signature. The cost of the clothing will be charged to each camper's Tuck account.

## **BUNK LOTTERY** NEW FOR 2019!

Onondaga Camp now uses a Bunk Lottery system to assign campers to the beds in each cabin/tent. We tested this out last summer and it was a big success. We use the Bunk Lottery in order to make choosing a bed fair for all campers since not everyone arrives at camp at the same time (some campers fly long distances and arrive late in the evening). With the bunk lottery each camper, upon arrival at camp, will pick a number from a hat which corresponds to a specific bed in their assigned cabin/tent.

## **ARRIVAL AND DEPARTURE INFORMATION**

No matter how your camper(s) will be arriving at Onondaga Camp we ask that you respect the arrival and departure times below as they will help to ensure a smooth arrival/departure for you and our other families.

### **CAR**

Cost: N/A  
Location: Onondaga Camp. Please see map & directions on page 10.  
Arrival Day: Please arrive at camp between 2pm & 4pm.  
Departure Day: Please pick up campers between 9am & 10:30am.

### **BUS**

Cost: \$65.00 + HST (each way)  
Location: Loblaws: 11 Redway Road. East York, Ontario M4H 1P6  
(just off Millwood & Southvale in Leaside)  
Arrival Day: Please look for the white Onondaga Camp Tent. Buses will depart at 2pm sharp. Please have your camper at Loblaws by 1:30pm.  
Departure Day: Buses will arrive in Toronto between 12 and 12:30pm.

### **TRAIN**

Cost: \$75.00 + HST (each way)  
Location: Union Station  
Arrival Day: Trains must arrive in Toronto between 12pm & 4pm.  
Departure Day: Trains must depart from Toronto between 12pm & 4pm.

### **AIRPORT**

Cost: \$100.00 + HST (each way)  
Location: Pearson International Airport  
Arrival Day: Flights must arrive in Toronto between 11am & 7pm.  
Departure Day: Flights must depart from Toronto between 11am & 7pm.

## BUS PICK UP AND DROP OFF

Location of Loblaws Redway:

11 Redway Road

(just off Millwood & Southvale in Leaside)

East York, Ontario

M4H 1P6

Pick up in the Southwest corner of the parking lot.

Please look for the Onondaga Camp tent.



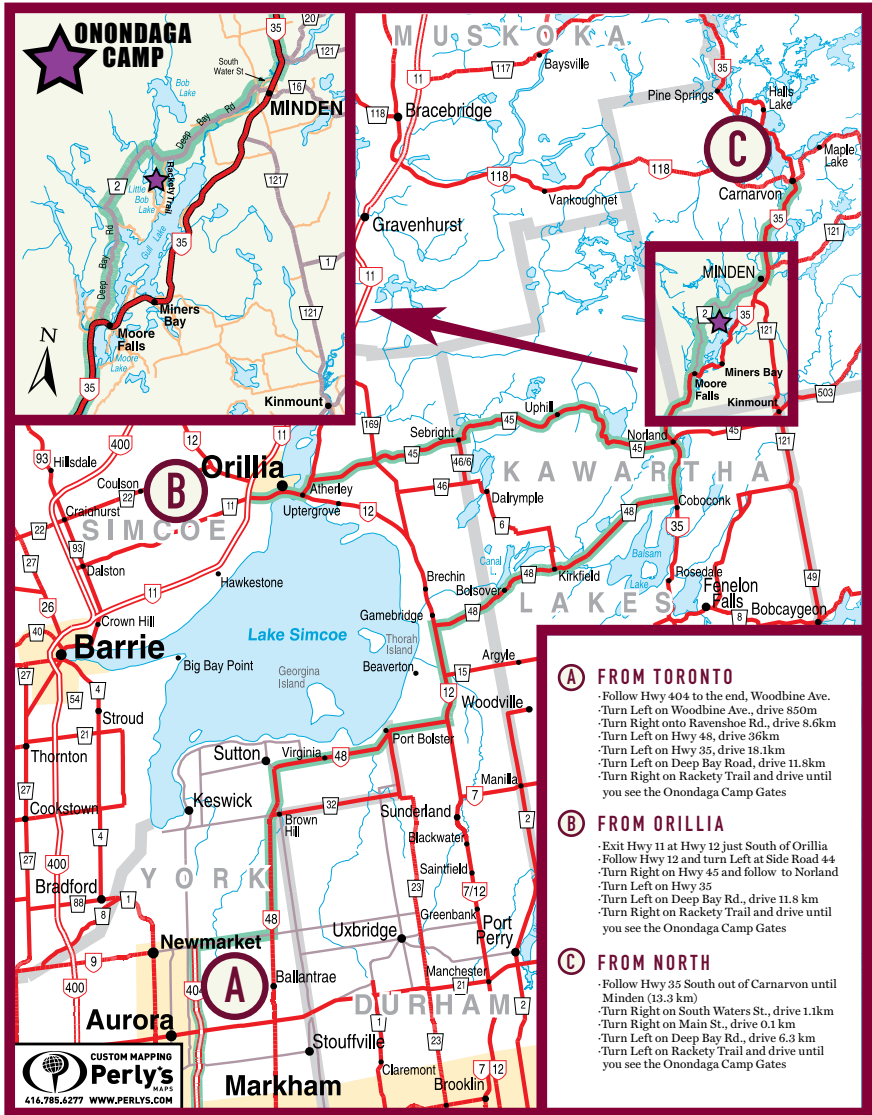
## TRAIN STATION AND AIRPORT PICK UP & DROP OFF

Campers arriving in Toronto by train or airplane will be met by an Onondaga Camp staff member wearing their red Onondaga Camp staff shirt. Campers will travel to camp, with a staff member, either on a chartered bus or in a camp van. On departure days, our staff will see to it that campers are checked in at the train station or airport. Any special arrangements must be made at least one month in advance.

For safety reasons in the airport, we would strongly encourage you to register all campers traveling without an adult as 'unaccompanied minor's' with the airlines.

**Copies of the train or plane tickets MUST be given to the camp office when arranging transportation. To prevent loss, campers must deposit their travel documents, identification and any money at the camp office upon their arrival in camp.**

# MAP TO ONONDAGA CAMP



## VISITING THE CAMP

### ONE & TWO WEEK CAMPERS

One and two week campers are not allowed visitors because of the short length of their session. Most campers take a bit of time to settle into the camp routine and a visit from parents during these shorter sessions may disrupt the camper's enjoyment of camp. We very much appreciate your cooperation with this.

### FOUR WEEK CAMPERS

As not all families are able to visit, we do not have a specific visitor's day, nor do we put on special programs for visiting parents. You are welcome to come and visit your camper during their stay. We would ask that visits take place between 12:30 pm and 2:30 pm. Campers should be back to participate in activities starting at 2:40 pm. Please call prior to your visit so we may ensure that your child will be in camp and not on a canoe trip.

If you wish to take your child out of camp while visiting, please check out and in with the camp office. Parents wishing to take other campers out of camp with their child may do so only if Onondaga Camp has written authorization from the other camper's parents.

## "CAMP TIME"

Please note that Onondaga Camp is on 'Camp Time' (one hour ahead) for 'C' session. If you are visiting a camper during this time the visit should take place between 11:30 am and 1:30 pm 'Real Time' (Eastern Standard Time).

## PLACES TO STAY IN THE AREA

If you are looking to stay in the area while visiting the camp, the following are some resorts in the area and their phone numbers.

### **Sunny Rock Bed & Breakfast**

1.888.786.6976 / 705.286.4922

[www.sunnyrock.on.ca](http://www.sunnyrock.on.ca)

Located on Scott's Dam Road in Minden

### **Minden House**

705.286.4450

[www.mindenhousebb.com](http://www.mindenhousebb.com)

Located in Minden

### **Pinestone Golf and Conference Resort**

705.457.1800

[www.pinestone-resort.com](http://www.pinestone-resort.com)

Located near Haliburton off Highway 121

## TUCK SHOP

Campers are able to visit the Tuck Shop, our camp store, a couple times a week and are given a limit to the amount of candy they can buy. General toiletry items such as toothpaste and soap are also available and can be purchased at any time.

## TUCK SHOP POLICY

A signed copy of the ‘Tuck Permission’ form must be on file in order for a camper to purchase clothing in the Tuck Shop (all food items are included in camp fees). A credit card number must be supplied on this form for it to be considered valid. All Tuck Shop purchases will be charged to the credit card on file in September. A Statement of Account detailing all Tuck Shop purchases will be emailed out in the fall.

Money is not required at camp and cannot be spent. Parents should not give their children spending money for camp. Parents wishing to give their children traveling money should make sure that the child deposits it with the camp office when they arrive at Onondaga Camp, to be picked up prior to departure. This will avoid any possible loss.

## LAUNDRY AND LOST & FOUND

Campers’ clothes are laundered once every two weeks at a commercial laundry facility. It is important that parents affix name tags on all clothing to help ensure no mix ups take place. The cost of this laundry service is included in the camp fee. Our laundry is not equipped to do any hand washing. Therefore, clothing that might require hand washing should not be brought to camp.

Every effort will be made to return lost & found items to campers. Please ensure that your camper’s belongings are labeled with both their first and last name. Please note that any items which are not claimed by October 15th will be donated.

## IMPETIGO

Impetigo is a contagious skin infection that usually produces blisters or sores on the face, neck, hands, and groin area. It is one of the most common skin infections among children. It is often associated with insect bites and cuts. Our staff are trained to help prevent impetigo by promoting good hygiene practices and by making sure that campers are seen in our health centre if any health issues arise during their stay.

Please be aware that impetigo can spread and worsen quite quickly (by scratching and touching other parts of the body or by coming into contact with infected skin or items that have been touched by infected skin eg. towels, clothing). With an

incubation period of 1 to 3 days it is possible that if a camper were to contract it at the end of their stay we may be unaware of the infection when they return home. Should you discover any symptoms in the first few days of your camper's return please be sure to see your family physician right away. Impetigo can usually be treated with antibiotic ointment (when it just affects a small area of the skin). If the infection has spread to other areas of the body, or the ointment isn't working, the doctor may prescribe an antibiotic pill or liquid.

## SUN AT CAMP

At Onondaga Camp, the safety of our campers is our first priority. As part of its ongoing risk management program, Onondaga Camp has a sun safety policy to help protect our campers while enjoying time outside. Onondaga Camp has also received the "Sun Aware Certification" from the Melanoma Network of Canada in recognition for our efforts and success in Sun Safety.

We encourage parents to talk to campers about the risks of overexposure to sun and the importance of wearing sunscreen, hats and sunglasses.

Our staff will participate in training regarding sun safety before campers arrive. Announcements will be made after breakfast and lunch each day reminding campers to wear hats, apply sunscreen and drink water. Sunscreen (SPF 30) will be available at all of our activities and campers will be reminded to reapply throughout the day. Hats are required at activities taking place on the water.

## TICKS AT CAMP

Onondaga Camp is located in an area that is currently at low risk for ticks. We work closely with the local health unit to understand the current risk each summer. As Lyme Disease continues to become prevalent in Ontario our staff members are educated about how to minimize the risk of ticks, to recognize ticks and how to remove them safely. Staff are also educated about Lyme Disease signs and symptoms. On their first night of camp, campers are taught how to recognize ticks, where ticks are most commonly found on a person, how to check themselves and what to do if they think they have a tick. For a copy of our full Tick Policy please contact the camp office ([camp@onondagacamp.com](mailto:camp@onondagacamp.com) or 416-482-0782).

## MOSQUITOES AT CAMP

Onondaga Camp has an integrated mosquito management program to help reduce mosquito bites.

### PREPARING YOUR CHILD FOR CAMP

We encourage parents to take the following steps to help reduce the risk of West Nile infection:

- Pack long sleeved t-shirts and long pants for early morning and evening.
- Send your camper with a proper mosquito repellent (for campers under the age of 12 a repellent with less than 10% deet is recommended, for campers over the age of 12 a repellent with less than 30% deet is recommended).
- Discuss with your camper(s) the proper application of repellent and times when they should wear long-sleeved shirts and pants.
- Mosquito netting is recommended for those campers (aged 12 and older) who will be staying in a tent. It is available at Mountain Equipment Co-op, Canadian Tire and other Outfitting stores.

### PROTECTING YOUR CHILD AT CAMP

- Our staff will receive training regarding appropriate clothing & repellent.
- Insect repellent will be readily available at activities, and on canoe trips and will also be sold in our Tuck Shop.
- The integrity of screens in cabins will be monitored.
- We will also be selling Mosquito Nets in the Tuck Shop.
- To reduce potential mosquito breeding areas we will reduce and/or eliminate, where appropriate, standing water locations.

## HEALTH HISTORY

The camp office must receive a completed health history form for every camper at least one month prior to the arrival of the camper. The health history tells us how to contact you in the event of an emergency or accident and what medications your child may need to take or what allergic reactions they suffer from. It is essential that we are informed of any food allergies as early as possible. If your child has an allergy, a special form needs to be filled out so please contact the Toronto Office as soon as possible if you have not already received one.

Please note that a medical examination specifically for camp with a doctor's certification is not mandatory. However, the name and telephone number of your family doctor is required information on the medical form and we do recommend that you try to schedule your child's annual medical check-up as close to camp as possible.



Please be careful to ensure that the health history is completely filled out in detail and submitted. If you wish to send any additional information regarding your child's health, please do not hesitate to send a letter/email along with your child's health history. If there are any changes in your child's health, please be sure to notify the camp office in writing as soon as possible.

## MEDICATION

All medication (including vitamins and supplements) that campers are required to take during their stay must be listed on the health history form. **Medication must be in its original container and clearly labeled with your camper's first and last name in order for our Health Centre team to administer.** All medication except asthma inhalers, epi-pens and Allerjects, must be kept in the health centre and will be dispensed at the required times by our health centre staff.

If you are driving your camper to camp, please take the medication directly to our health centre and give it to our health centre staff. If your camper is taking the camp bus please make sure the medication is labeled and give it to one of our Assistant Directors and they will ensure it is given to the health centre. Campers arriving by plane or train should give their medication to the staff member meeting them at the airport or train station.

## HEAD LICE

It is the responsibility of the parents to ensure that campers do not come to camp with head lice. The campers are checked for head lice within the first 24 hours of their arrival. Please note that a professional company will be used to treat any campers found to have lice/nits at a cost to be charged to the camper's account (average cost is \$300). Onondaga Camp reserves the right to send a child home if they have head lice.

## CAMP POLICIES

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Please be sure to review these policies with your camper before they go to camp.

## ALCOHOL AND DRUGS

No camper or LIT may possess or consume any alcoholic beverages on the camp property or while in the camp's charge. No camper or LIT may possess or use non-medicinal drugs, including cannabis, on the camp property or while in the camp's charge. Any camper or LIT found breaking these regulations will be dismissed. Any portion of unused camp fees will not be refunded.

## **SMOKING, VAPING AND TOBACCO PRODUCTS**

Any camper found using vaporizers, tobacco products or nicotine products in a cabin or tent will be dismissed from camp. Campers found using vaporizers, tobacco products or nicotine products elsewhere will have their parents notified and may, at the discretion of the Director, be dismissed from camp. Any portion of unused camp fees will not be refunded.

## **KNIVES**

Knives, including Swiss Army knives, are not permitted at camp.

## **TENTS AND CABINS**

Campers and LITs are not allowed in a tent or cabin of the opposite gender. Any situations that arise will be dealt with appropriately, including dismissal from camp.

Campers and LITs are to stay in their cabin or tent after lights out, except to use the washroom facilities. Any camper or LIT found out of their cabin or tent after lights out will be dealt with appropriately, which may include dismissal from camp.

## **CANCELLATIONS/WITHDRAWALS**

If your child can no longer attend camp it is important to let the office know as soon as possible. Notice must be made in writing prior to the child arriving at camp. The balance of camp fees are due and payable before April 1, 2019. No refund of camp fees will be made under any circumstance after April 1, 2019.

## **ONLINE SOCIAL NETWORKING**

It is getting easier for campers to stay in touch outside of camp by using things such as Facebook, Twitter, YouTube, Snapchat and Instagram. Please be aware that the groups formed other than the official Onondaga Camp pages are done so without the consent or supervision of Onondaga Camp. Therefore we ask parents to be vigilant about what social media their campers use.

The use of the camp logo or photographs is not allowed on any social networking websites without written permission from Onondaga Camp.

## **FOOD POLICY**

In recent years, because of their attraction to food, we have witnessed an increased incidence of raccoons and other small animals entering cabins and tents at Onondaga Camp. Although these animals do not represent an immediate threat to the safety of

campers, they are disruptive and can cause quite a mess. A number of our campers also have food allergies and it is for this reason that we request that parents do not send any food with their children to camp or send any food to them during their stay at camp. If campers do possess food in their tents or cabins, unfortunately, counsellors will be placed in the difficult, and unfair position of having to remove it.

We do hope to receive full support from our parents with this policy. Parents are reminded that campers receive three meals a day and a snack before bed each day. There is also a bowl of fruit out all day for campers to eat. In addition, they have the opportunity to visit the Tuck Shop a couple of times a week where they can obtain treats such as pop, chips, and chocolate.

## **NUT ALLERGIES**

Please be advised that Onondaga Camp is not a nut free environment. While we do not serve peanut products in the dining hall, we are unable to ensure that all food served in the dining hall, items sold in the tuck shop or items brought into the camp do not contain nuts. If your camper has a nut allergy, please contact the camp office. Campers with nut allergies attending camp do so at their own risk.

## **CELLPHONES, DIGITAL CAMERAS AND ELECTRONICS**

Camp is one of the last places in the world where children can experience life “unplugged.” At Onondaga Camp we want campers to enjoy the outdoors and nature without the distraction of electronics. Camp provides an opportunity for campers to leave those items behind and focus on having fun through making connections with new friends and experiencing new things in an active environment.

One of the greatest impacts that camp can have on your child is an increased self confidence and self dependence. A large part of this comes from campers being away from home for a short period. Having a cell phone at camp greatly detracts from this.

With the above comments in mind, we ask that you support us with regards to our Electronics and Cell Phone Policies listed below. Campers are not to bring any cell phones, tablets, hair straighteners or other items requiring electrical power to camp.

- We recommend disposable cameras or an inexpensive digital camera.
- Cell phones and other electronics are not permitted. These items will be confiscated if brought to camp by any camper.

Onondaga Camp regrets that it cannot be responsible for any money not in its safekeeping or for any personal clothing or equipment lost, stolen, damaged or misplaced while at camp.

# HARASSMENT POLICY

Bullying is not accepted in our environment. Onondaga Camp has been training its staff for years on how to recognize and deal with bullying in a camp setting. It has however, in our opinion, become necessary to detail an official Harassment Policy. Please review the following with your child and make them aware of the expectations Onondaga Camp has of them with regards to this issue. Onondaga Camp is fully committed to respecting and protecting the personal dignity and human rights of our campers, LITs and staff members. Campers, LITs and staff members have the right to enjoy the camping experience and work in an atmosphere that is free of any form of harassment or intimidation. The camp, staff members, LITs and the campers all share a responsibility for ensuring that such an environment exists at all times.

Harassment includes words, acts or gestures of a malicious, hateful, abusive or irritating nature, or the like, with regard to a person or group of persons that is known or ought reasonably to be known to be unwelcome. Harassment also includes, without limitation, what is commonly referred to as bullying and vexatious words, acts and gestures against a person or group of persons on the basis of any of the following:

Academic Ability	Disability/Handicap
Language	Religion
Civil Status	Sex
Physical Appearance	Political Convictions
Sexual Orientation	Colour
Gender Identity	Place of Origin
Citizenship	Race
Family Status	Age

Harassment can be a single incident or a series of incidents.

Campers, LITs or staff members found in violation of any of the above will be liable for:

- (i) a formal apology;
- (ii) a re-affirmation of the commitment to the camp (suspension); or
- (iii) expulsion; at the Director's discretion depending on the nature of the harassment.

In addition to any sanction imposed by the camp, staff members who engage in harassment could face sanctions imposed under the Ontario Human Rights Code.

## **PERSONAL PROPERTY**

It is very important, when living with others, that campers respect each other's property. We do our best to make sure campers look after their property. Parents must label all their children's clothing and equipment. Please do not send campers to camp with expensive or inappropriate items.

## **SPECIAL DATES TO REMEMBER**

### **ONONDAGA CAMP REUNION**

Every year, around the December holidays (date and location will be announced in the fall), we host a reunion for our campers in Toronto. This is a great opportunity to visit with your camp friends in the winter, view our slideshow presentation of the summer and receive your much treasured yearbook (don't worry, if you are unable to attend, we will mail your yearbook to you).

### **NEXT YEAR'S SUMMER**

Each year Onondaga Camp's popularity grows and grows. We always have our dates decided by September and this is when we begin to accept campers into our camp. If you would like to have the session of your choice it is always best to register early, some sessions fill in the fall! Priority is given to returning families until November 1st. Don't wait because you may miss out on the session that is best for you. We are glad to have you back!

## **FINAL NOTE**

We hope that this booklet has been useful. If you have any suggestions for its improvement for future years, please help by letting us know. If there are still any unanswered questions, please call the Toronto Office at 416.482.0782. We look forward to having your child join us this summer for a great camping experience!

# SUGGESTED CLOTHING AND EQUIPMENT LIST

The enclosed clothing list is merely a guideline and is not a mandatory list; parents should use their discretion for substitutions. Please remember that you are sending your child to a camp and clothes will get well used. Therefore, old clothes are best. Most campers will pack for camp in a duffle bag (trunks, plastic storage bins and suitcases are fine too). Cabins have storage shelves for each camper. Tents do not have shelving. There is approximately 13" under the bed to store items. This is a list to be used as a guide only and is based on the needs of two week campers. Please label everything with the camper's first & last name.

The final dinner of each 4-week session is a camper banquet. Regular camp clothing is worn and welcome at this meal however many campers will choose to bring a special outfit to wear (eg. a skirt/ sundress or a pair of shorts and collared shirt).

EACH CAMPER MUST COME TO CAMP WITH A GOVERNMENT APPROVED LIFE JACKET. CAMPER TRAVELING BY AIR: LIFE JACKETS WILL BE PROVIDED.

## CLOTHING

- 8 shirts or t-shirts
- 2 heavy warm sweatshirts/sweaters
- 2 long sleeve shirts
- 4 pairs of shorts
- 3 pairs of pants
- 8 pairs of underpants
- 8 pairs of socks (2 pairs of heavy socks for rubber boots)
- 2 pairs of pajamas
- 2 bathing suits
- 1 pair of rubber boots (with heels for riding)
- 2 pairs of running shoes (including an old pair for wet use)
- 1 pair of sandals or flip flops
- 2 hats (1 for sun & 1 for rain)
- 1 rain suit or rain jacket
- 1 laundry bag

## BEDDING & TOWELS

- 2 pillow cases
- 1 pillow
- 1 sleeping bag
- 1 old blanket
- 1 fitted sheet (single)
- 3 bath towels
- 2 wash cloths

## TOILET KIT

- 1 toilet bag or case
- 1 toothbrush & toothpaste
- 1 bar of soap
- 1 bottle of shampoo
- 1 comb & brush
- 1 box of tissues
- 1 bottle of sunscreen
- 1 mosquito repellent

## OTHER ARTICLES

- 1 flashlight
- 1 pair of sunglasses
- 1 water bottle (durable)
- 1 Government approved life jacket with a whistle attached
- 1 pen or pencil
- writing paper
- stamped and addressed envelopes

## OPTIONAL ITEMS

- 1 dry sack: 30-40 Litre (for canoe trip) (available at outfitter stores)
- mosquito netting (for campers living in tents)
- books & games
- disposable camera

## ITEMS NOT TO BRING

Please be sure to review these policies with your camper before they go to camp. The following items take away from the overall camp experience and are not permitted at Onondaga Camp. **Any camper found with the following items will have them confiscated: ELECTRONICS, CELL PHONES, FOOD, KNIVES**

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.....

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