



# SUMMER HANDBOOK 2021



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## **LAND ACKNOWLEDGEMENT**

We are so fortunate to be able to play, explore, achieve and grow at Onondaga Camp and with this, we respectfully acknowledge that our camp site is located on the traditional territory of the Michi Saagiig Mississauga Anishinaabeg (Curve Lake First Nations). It is also important for us to acknowledge that our name, “Onondaga”, comes from one of the original nations of the Haudenosaunee Confederacy. As an organization, we at Onondaga Camp commit to deepening our understanding and acknowledge our responsibility to reconciliation.

## **DIVERSITY & INCLUSION**

Onondaga Camp’s mission is to provide an inclusive environment where young people can play, explore, achieve and grow. Racism and intolerance go against everything Onondaga Camp is about. With this we are committed to the work that we need to do to stay true to this mission statement.

Our first step must be to listen and seek to better understand the inequalities that Black, Indigenous and people of colour face in a summer camp setting. It is only from there that we will be able to put into place actionable plans to make positive changes.

Camp is a place where everyone should feel welcomed and celebrated for who they are and we continue to take the steps needed to ensure just that.

## **INTRODUCTION & PREPARING YOUR CHILD FOR CAMP**

This Handbook has been compiled to answer many of the questions asked by parents, campers and LITs in preparation for camp.

Due to the ongoing pandemic, Public Health is requiring certain policies and procedures to be in place in order for us to operate safely this summer due to COVID-19. Please take a few minutes to read this handbook. Talk to your child about what they can expect at camp; review this handbook with them and go over the website. If they have questions you cannot answer, call or e-mail 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. If you need extra support, we are here! Please don’t hesitate to reach out.

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 navigate and problem solve their feelings of missing home.

## **CAMP FORMS**

Please note that the following 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. Summer Policies & Expectation Form
5. COVID-19 Waiver
6. COVID-19 Vaccination Records
7. August 2021: Term & Conditions (Revised Refund Policy)

**Please complete all forms by July 12th.**

## **CAMP SECTIONS & ACCOMMODATIONS**

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.

Inters: Age 13 (born 2008)

Seniors: Age 14 (born 2007)

Super Seniors: Age 15 (born 2006)

LIT 1s: Age 16 (born 2005)

LIT 2s: Age 17 (born 2004)

Ages are based on year of birth. For example, a camper born in November of 2008 would be in the Inter Section even though they turn 13 after the summer.

All Inter Campers and LITs will be living in our cabins this summer. Most cabins will have eight campers/LITs in each cabin. The two counsellors for each cabin live in the cabin in a separate staff room. All camper cabins are equipped with electricity, sink and toilet.

All Senior and Super Senior Campers will be living in our newly built platform tents. There will be six campers in each tent. Counsellors will live in designated staff tents or in staff accommodations close by.



## SESSION DATES

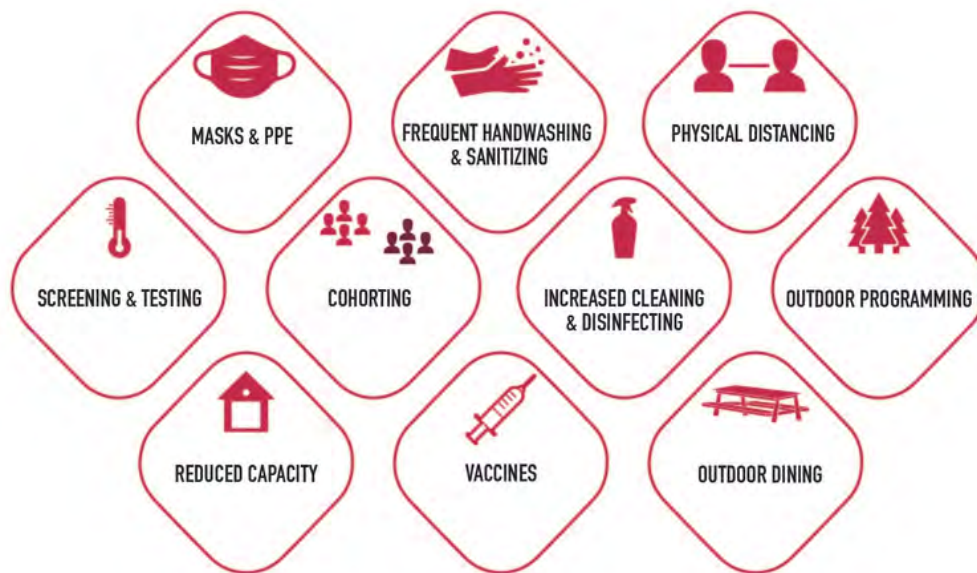
Camper Program: Sunday, August 1 to Friday, August 27

LIT I Program: Saturday, July 31 to Friday, August 27

LIT II Program: Tuesday, July 27 to Friday, August 27

## MINIMIZING THE SPREAD OF COVID-19

The safety of everyone at camp is our first priority. The Ontario Camps Association and the Ministry of Health have directed us to implement a number of changes to our program to help minimize the spread of COVID-19 in our camp community.



## VACCINES

The safety of everyone at camp is our first priority. Moving to an August only session with campers 13 and up was in hopes that everyone at camp will have had the opportunity to have at least one dose of a COVID-19 vaccine. **Please ensure your camper and/or LIT will have received at least one dose, ideally two, of a COVID-19 vaccine by July 17.** Receiving it by July 17 will ensure it offers the most protection before camp begins. Vaccinations remain our strongest layer of protection for everyone at camp and our best chance of having a successful session.

To the extent that second shots are available, we expect that all campers and LITs will have had their second shots prior to their arrival at camp. We note that the Province of Ontario has now opened up second doses for residents aged 12-17. Should you have any questions with respect to this policy, please contact us.

As part of the required camper/LIT forms, there will be a section allowing you to upload your proof of vaccination.

## TESTING PRIOR TO CAMP

As required by Public Health, testing will be required of all campers, LITs and Staff this summer. The Government of Ontario has created a program to allow all overnight camp staff, campers and LITs to receive a PCR COVID-19 Test prior to their arrival at camp. Public Health requires all campers, LITs and Staff to show proof of a negative PCR COVID-19 test that was conducted 72 hours prior to arrival at camp.

For campers and LITs, we recommend booking your PCR COVID-19 two weeks prior to your test date. We recommend the following testing dates to help ensure results are available prior to your arrival at camp:

Camper PCR COVID-19 Test Dates: July 29th and July 30th

LIT 1 PCR COVID-19 Test Dates: July 28th and July 29th

LIT 2 PCR COVID-19 Test Dates: July 24th and July 25th

You can book a test at one of the participating pharmacies by using the following links:

<https://covid-19.shoppersdrugmart.ca/en/testing/public-asymptomatic/on>

<https://www.rexall.ca/covid19test>

You can also find an assessment centre near you by [clicking here](#).

In addition, while we don't anticipate any issues, [click here](#) to access the Executive Office Notice should your camper/LIT encounter difficulty getting lab-based PCR testing in Ontario.

## TESTING AT CAMP

To ensure the safety of campers at camp and with the recommendation from Public Health, during our camp session we will conduct PCR Testing onsite on Day One and Day Seven of your camper/LIT's session. There will be a fee of \$125.00 associated with each PCR test, which will be charged to your camper/LIT's tuck account.

## COHORTS

All campers/LITs will be placed in cohorts. For campers, a cohort will either consist of one cabin or two tents. Campers/LITs will be eating meals in their cohorts and will not have to be masked or distanced within their cohort.

Under Public Health's guidance, after 14 days a cohort is considered an 'established cohort'. Once a cohort is considered an 'established cohort' we plan to expand the size of each cohort.

## **MASKS**

When it comes to mask wearing, campers, LITs and Staff will be required to wear a mask when they are interacting with members from a different cohort and unable to keep a safe distance of 6 feet outdoors. Campers, LITs and Staff will be required to wear a mask when entering a common area, such as the dining hall and shared bathroom/shower facilities.

We will be using the ‘Two out of Three’ rule when it comes to mask wearing at camp.

When interacting with those outside of their cohort, campers, LITs and Staff will need to follow at least two of the following:

- 6-feet of distance
- Outside
- Masks

We are planning for a program that will limit the amount of mask wearing for campers and LITs during their camp stay.

## **DAILY SCREENING**

All individuals onsite this summer will complete a daily screening. Campers and LITs will complete the COVID-19 screening checklist with their counsellors or LIT Directors prior to leaving their cabin/tent in the morning.

If a camper/LIT answers ‘yes’ to any of the screening questions, they will be taken to see our Health Care Team for further assessment. We anticipate this happening as we see COVID-19 symptoms (e.g. runny nose, upset stomach, headache) in any regular summer.

## **WHAT IF SOMEONE DEVELOPS SYMPTOMS OF COVID-19?**

In any regular summer, our Health Care Team treats many campers, staff and LITs who exhibit symptoms similar to COVID-19.

This summer, if someone answers ‘yes’ to any of the screening questions or starts to develop symptoms of COVID-19, they will be brought to the Health Care Team to be further assessed. The Health Care Team will decide if a COVID-19 test is required (i.e symptoms are not from a pre-existing condition or allergy).

If a COVID-19 test is not required the person may return to their cohort once they have been given medical clearance from a Health Care Team member.

If a COVID-19 test is required, the person will receive a COVID-19 test and will continue to be monitored and stay in part of the Health Centre until the results are received. We have expanded our Health Centre this summer to include cabins with access to a private washroom to ensure that those who are waiting for their COVID-19 test result are comfortable.

We will notify families if their camper/LIT does require a COVID-19 test.

## **WHAT IF SOMEONE IN YOUR CAMPER/LIT'S COHORT DEVELOPS SYMPTOMS OF COVID-19?**

If someone in your camper/LIT's cohort develops symptoms, the person will be assessed by our Health Care Team and the cohort will continue with camp programming while limiting their exposure even further to other cohorts.

**IMPORTANT:** We will not be notifying families if a person in their camper/LIT's cohort is having to isolate due to suspected symptoms of COVID-19.

## **WHAT IF SOMEONE TESTS POSITIVE FOR COVID-19 AT CAMP?**

If the results of a PCR COVID-19 test are positive, the person will have to go home. The actions, following a positive COVID-19 test at camp, will be mandated by Public Health. It will be up to the discretion of Public Health as to whether the whole cohort will also have to leave camp.

We will notify families as soon as possible if their camper/LIT tests positive for COVID-19 OR if their camper/LIT is considered a close contact by Public Health.

## **CAMPER ACTIVITY SIGN-UP**

Onondaga Camp's program has always been about choice and we are going to do our best to create that this summer. Campers will participate in daytime activities with those in their cohort and will be given options during activity periods. Activity options may be reduced for each day. We continue to work hard on our program schedule to ensure campers will be able to experience their favourite activities this summer.

## **MEAL TIMES**

We offer lots of variety with each meal. We always have delicious, kid friendly meals. In addition to the main dish at each meal, there are also staff-served "food bars" that everyone can enjoy. At breakfast, you can find hard boiled eggs, bread, jam, soy butter, oatmeal, yogurt and fruit at the breakfast bar. During lunch and dinner, you will be able to find all kinds of different salad options and at lunch there is often a soup option as well.

One of the big changes to this summer is our outdoor dining area. In addition to our Dining Hall, we have extended our eating area to include a large marquee tent. We will also be having two meal seatings for each meal to ensure cohorts can enjoy their meals safely at a distance this summer.



## **CABIN AND TENT ASSIGNMENTS**

While at camp, your camper/LIT will have the opportunity to meet new people from their cabin/tent, their section and the rest of camp. Their counsellors, Section Head and LIT Directors will be there to support them and to make sure that they are making friendships and connections with as many new people as possible.

Onondaga Camp is a very inclusive place. We want everyone to feel like they belong and have a place in the Onondaga Camp family. This is one of the main goals that we set for our staff.

If your camper knows someone who will be coming to camp and is born the same year as them, they are welcome to contact the office to make a cabin/tent request. We do our best to meet at least one cabin/tent request for each camper. In the event that no requests are able to be met, we will contact the family prior to camp. We do not release cabin and tent groups prior to campers' arrivals at camp.

## **TELEPHONES, PARENT COMMUNICATION AND E-MAIL**

### 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 have a camper joining us for the first time this summer, you can expect a call from us in the first few days of the session to provide you with an update on how your child is settling in.
- If you have a camper who is returning to Onondaga Camp, you can expect a call from us before the end of the first week of the session to provide you with an update on how your child is settling in.
- All camper families can expect to receive three emails from us during their campers' stay with a general update about camp life and some photos.
- We encourage our families to follow the Onondaga Camp Account on both Instagram and Facebook. We do our best to post photos regularly throughout the session on both platforms.

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. In addition, we do not have scheduled communication for our LIT families, but you are welcome to contact us for an update throughout the session.

It is important to note that highspeed internet is not available at Onondaga Camp. Please keep in mind that with over 200 campers attending our 4-week Session this summer, and limited internet capabilities, it is not possible to post pictures of every camper. Every effort will be made to post pictures regularly.

### E-MAIL

Emails may be sent to campers and LITs 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 and LITs 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/LIT'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.

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 consist 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.

## **CAMPER/LIT BUNK LOTTERY**

Onondaga Camp uses a bunk lottery system to assign campers to the beds in each cabin/tent. We use the bunk lottery in order to make choosing a bed fair for all campers/LIT since not everyone arrives at camp at the same time. With the bunk lottery each camper/LIT, upon arrival at camp, will pick a number from a hat which corresponds to a specific bed in their assigned cabin/tent.

## **ARRIVAL, DEPARTURE AND VISITING THE CAMP**

A few things will look different when it comes to Arrival Day this summer.

All families will be required to fill out the screening app provided on the morning of their camper/LIT's Arrival Day. As required by the Ministry of Health, campers and LITs are to limit their exposures (i.e. reduce the chances of becoming infected by limiting contact with individuals outside of their immediate household) to the greatest extent possible 14 days prior to arrival to camp and provide the camp with a written attestation indicating they have taken all reasonable measures to limit their exposures for the 14 days prior to their arrival.

Arrival will only be done by car as we are not offering a bus service. We also ask that families avoid car pooling outside of their household. Different from previous years, we will be asking families to sign up a week prior to arrival day for an "Arrival Time Slot". We ask that families arrive on time for their Time Slot as this will allow for a smooth and staggered arrival of all campers/LITs. Each family will have 20 minutes to drop off their camper/LIT at a designated parking spot. Parents will have the opportunity to meet their camper's Section Head or their LIT's Director. We will also have someone from our Health Care Team readily available if you do have health information or medication to pass along.

Unfortunately, parents will not be able to tour the camp or go to their camper/LIT's cabin upon arrival.

As for Departure Day, we are still trying to assess if we can offer bussing to Toronto. We hope to have more information on this prior to camp, but we ask families to prepare to pick up their camper/LIT at the end of the session.

In regards to family visits, due to COVID-19 and the safety of our camp community, we will not be able to welcome any visitors throughout the August Session. We appreciate your cooperation and understanding!

## **TUCK SHOP & CAMP CLOTHING**

The Tuck Shop has everything your camper/LIT needs! It sells clothing, batteries, stamps, flashlights, tooth brushes, candy and more. Campers/LITs can go to the tuck shop if they need a necessity like soap, shampoo, a toothbrush, etc.. Campers/LITs will have the chance to go to the Tuck Shop a couple times a week to get candy or pop. Campers will be able to get two items; such as, a Ring Pop, bag of chips, Kit Kat, Aero, Sour Cherry Blasters, Skittles, Ginger Ale or Coca Cola.

The camp does not have an official uniform for everyday use, but camp hats, sweatshirts and other clothing are available from the Tuck Shop. Clothing can be purchased during camp from the Onondaga Camp Tuck Shop, but please note that the camp will not permit any camper/LIT 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/LIT's Tuck account.

Money is not required at camp and cannot be spent. Parents should not give their campers spending money for camp.

## **LAUNDRY AND LOST & FOUND**

Campers'/LITs' clothes are laundered three times throughout the month at a commercial laundry facility. It is important that families 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 September 30th 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 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/LIT prior to the arrival of the camper/LIT. 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 online.

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.

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/LIT'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.

## HEAD LICE

It is the responsibility of the parents to ensure that campers and LITs do not come to camp with head lice. Please note that a professional company may be used to treat any campers found to have lice/nits at a cost to be charged to the camper/LIT's account (average cost is \$300).

Onondaga Camp reserves the right to send a child home if they have head lice.

## CAMP POLICIES

Please be sure to review these policies with your camper/LIT before camp.

### TENTS AND CABINS

Due to Public Health mandates, Campers and LITs are not allowed in a tent or cabin that is not their own.

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. Final camp fees were due as of June 21, 2021. Please read our 2021 Refund Policy:

- For the period from June 21, 2021 to July 31, 2021 – if the camp program is cancelled for any reason, including due to COVID-19, or if a camper withdraws for any reason, a family will receive a refund of the amounts paid less \$750 per camper. The amount so deducted will be non-refundable.
- From the day on which your camper's session starts, if the camp session gets cut short for any reason, or if a camper needs to leave early, solely due to COVID-19, a family will receive a refund for the number of full days actually missed at a rate of \$125 per day.
- If a camper leaves early for any reason other than COVID-19 or the camp session being cut short, there will be no refund.

## ALCOHOL & 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, TOBACCO PRODUCTS

Any camper/LIT found using vaporizers, tobacco products or nicotine products in a cabin or tent will be dismissed from camp. Campers/LITs 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.

## 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, Tik Tok. 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/LITs, they are disruptive and can cause quite a mess.

A number of our campers, LITs and staff 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/LITs 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.

### CELL PHONES & 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.

## **FINAL NOTE**

We hope that this booklet has been useful. If there are still any unanswered questions, please e-mail the camp office at [camp@onondagacamp.com](mailto:camp@onondagacamp.com). We look forward to having your child join us this summer for a great camping experience!

## 2021 SUGGESTED CLOTHING AND EQUIPMENT LIST

The enclosed clothing list is merely a guideline; 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). 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 your child's first & last name.**

The final dinner of the session is the Awards Banquet. Regular camp clothing is worn and welcome at this meal however many campers/LITs will choose to bring a special summer outfit to wear (eg. a skirt, dress, or collared shirt).

**EACH CAMPER/LIT MUST COME TO CAMP WITH A GOVERNMENT APPROVED LIFE JACKET.**

### CLOTHING

- 10 T-Shirts
- 4 Warm Sweatshirts/Sweaters
- 4 Long-sleeved Shirts
- 4 Pairs of Shorts
- 4 Pairs of Pants
- 10 Pairs of Underwear
- 3 Pairs of Pajamas
- 4 Bathing Suits
- 1 Pair of Rubber Boots
- 2 Pairs of Running Shoes  
(including an old pair for wet use)
- 2 Pairs of Sandals or Flip Flops
- 2 Sun Hats
- 1 Rain Suit or Rain Jacket

### BEDDING & TOWELS

- 2 Pillow Cases
- 1 Pillow
- 1 Sleeping Bag or Comforter/Duvet
- 1 Blanket
- 1 Fitted Sheet (single)
- 4 Bath Towels

### MANDATORY ITEMS FOR 2021

- 20-25 Reusable Masks or 80 Disposable Masks (approx. 3 per day)
- Small Daypack/Backpack (can be used to carry waterbottle and masks)
- Zippered Mesh Bag (for masks to be laundered in)

### TOILETRIES

- 1 Toiletry Bag or Case
- 1 Toothbrush & Toothpaste
- 1 Bar of Soap/Body Wash
- 1 Bottle of Shampoo
- 1 Comb or Brush
- 1 Box of Tissues
- 1 Bottle of Sunscreen
- 1 Mosquito Repellent

### OTHER ARTICLES

- 1 Laundry Bag
- 1 Flashlight
- 1 Pair of Sunglasses
- 1 Water Bottle (durable)
- 1 Government Approved Life Jacket with a Whistle Attached
- 2 Pens or Pencils
- Writing Paper
- Stamped and Addressed Envelopes

### OPTIONAL ITEMS

- Mosquito Netting (for campers living in tents)
- Books & Games
- Disposable Camera
- Plain White T-shirt for Tie-Dye

### ITEMS NOT TO BRING

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