



## Getting Ready For Camp Handbook

### Eagle Lake Ringette Camp 2023



Welcome to another year at Eagle Lake Ringette Camp (ELRC). We are thrilled to welcome your child(ren) to ELRC for their first time or back for another great camp experience. To help you prepare for the summer, we have put together this complete checklist and details 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 : SUNDAY AUGUST 27th - see **SEPARATE EMAIL** for check-in TIME**

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;
- Personal items not permitted at camp including cell phones, including smart watches, expensive electronic devices, food products with nuts, etc.  
(see Clothing and Equipment Checklist)
- Behaviour (The 3 R's - Respect Yourself, Respect Others, Respect your Environment)
- Although the following safety items will be discussed with campers upon arrival, talk about health and safety with your kids including, hand washing / sanitizing, sun and hydration protection and what to do in the case of bullying or homesickness (stress open communication with counselors).
- Label all personal belongings so they can be found when lost.**
- Pack camp gear and Ringette equipment. Ensure your child participates in this exercise so that 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 Ringette equipment fits correctly and that skates are sharpened. Please ensure all equipment (including sticks) are properly labeled with first and last name.

Campers will be screened for the following medical conditions (at 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 Directors 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>. Any camper with live lice or nits in their hair will need to be treated according to ELRC standards by the person dropping the child off at check-in. To avoid this situation, check your child's hair before you come!
  - 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 hand book).  
On Check-In day, meet the Camp Directors at the Jr. Recreation Hall (beside main parking lot) to begin the Check-In Process.

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

**[elringettecamp@gmail.com](mailto:elringettecamp@gmail.com)**

**Sheri - (519) 741-7918 Brea - (416) 795-3855**

## Check-IN

Check-In Day is a very busy day at camp.

Camper Check begins Sunday August 27th. You will receive an email with your camper's check in time. Times are determined by registration order and section, and are firmly adhered to. **If you are sending your daughter with someone else, or bringing someone else's daughter, the child with the latest registration time will be time that both can be registered.** Ex. You have sent your daughter with another adult. Your daughter's check in time is at 12:30pm, but her friend is at 2pm. Both girls can be checked in at 2pm. Should the adult arrive at 12:30pm to check in, only the camper with the 12:30 time will be checked in. **To avoid frustration and hurt feelings, please abide by your check in times, as we will not, under any circumstances allow check-in outside your assigned time. (\*unless it is LATER than your assigned time)**

The check in process has six points of contact. In order to get through this process efficiently, we ask that you pay close attention to the list below.

No camper will be considered checked-in until they have gone through the first 4 points and have a zero balance on their account.

When you arrive, please follow the instructions of our staff members who will show you where to park. There are A LOT of vehicles coming in on this day and proper parking is essential to a smooth check-in.

Once parked, **LEAVE ALL belongings IN YOUR VEHICLE** with the exception of medication. Please then line up at the Rec Hall doors.

### 1) Medical Checks (while waiting in line)

We WILL be checking every camper for head lice as well as their temperature. French braids may need to be taken out. Campers who have evidence of head lice will be escorted to the Infirmary to work out a treatment plan with parents. Campers with a high temperature/indications of an infection will not be allowed to stay at camp

### 2) Check-in with Camp Directors

-they will confirm your arrival and assign you your cabin number and Saturday morning game time. (Between 8:30am & 12:30pm) They will provide you with two bracelets. One bracelet will go on the campers wrist, the second bracelet will be strapped to their equipment bag in a highly visible place. We will ensure that you know your cabin and

counselor, and confirm any dietary restrictions. This is also the place to discreetly drop off snail mail.

### 3) **Check-in with our Nurses;**

To save time:

-have all medications on your person (medication is to be in ORIGINAL packaging and placed into a ziplock bag)

-ensure your Camper Health Form is filled out ONLINE BEFORE camp

-please DO NOT send over the counter meds, (unless they are a specific brand that you wish your child take) as we have plenty on site and can administer provided those permissions have been given on the health form

4) **Jerseys/Clothing** - all campers are to pick up their on-ice jersey and if camp clothing was ordered, will be picked up here.

5) After you leave the rec hall, head to your vehicle to get all **Ringette equipment** and sticks. These are to be taken to the correct bus OR to the garage. Please follow Section signs or ask any staff member.

6) And last, all **luggage** will be taken down to your assigned bunk to meet counselors and fellow bunkmates.

### **Reminders...**

- Campers are encouraged to have lunch prior to camp, as the first meal service for campers does not begin until 5pm.
- To avoid delays at the Health Care Station, please submit a completed health history form ahead of time.
- 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
- **Camp Clothing is NOT on sale during check-in or check-out. All clothing is pre-ordered.**
- **Tuck has already been paid in your registration fee.**

★ **Snacks:** Campers choose **one** item a day (M-F). Main snack options include chocolate bars, candy, ice cream, pop and potato chips. One of the five tuck days will be healthy snack options (i.e. milk, fruit bars, etc.). 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.

★ **Group Picture:** Colour photo calendar of 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.

★ **Ringette Jersey:** Souvenir Ringette jersey to be worn during all on-ice sessions

### **Section & Cabin Assignments**

The weeks prior to a camper’s arrival they will be assigned to one of six camper sections. These sections form the basis of our scheduling. Each section has 2 or 3 cabins each. A section shares meals and outdoor games together, as well as ice sessions. We do have evening programs where we meet as an All-Camp group and play large group games/activities together.

Cabins at camp are each assigned to 8-12 campers of the same gender and age (within one birth year with exceptions). Campers sleep in traditional wooden style bunk beds with wooden camp shelving access. Campers are expected to help maintain a clean and orderly cabin area and will participate in cabin clean-up daily.

Counselor rooms are separate but within the main camper cabin so that they are immediately available for any camper’s needs. Washrooms are a short walk away from each cabin.

ELRC accepts cabin requests and we do our best to honour all requests. Due to many factors in the assignment process, we cannot guarantee cabin requests. If we are unable to accommodate your request our Administrator will contact you in the days leading up to camp to discuss options. **Should you be concerned before arrival about where your daughter will be placed, please email us at [elringettecamp@gmail.com](mailto:elringettecamp@gmail.com) with the Subject line: CABIN PLACEMENT 2023**

### **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 and schedules or visit the [HOC web site](#).

## **Camper/LIT Phone (and IPod) Policy**

Due to the potential volume of calls and disruption to camp, phone calls to and from campers are not permitted. In the event of an emergency, please contact the office to make arrangements through the Camp Director. **In addition, cell phones and data capable devices (smart watches) are not permitted at camp.** If they are brought to camp they will be removed from camper possession, securely stored and returned upon departure. Campers who are found with devices during the week are subject to removal from camp.

## **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** - For a small fee, a third-party host, Bunk1 allows you to send daily printed notes (bunk notes) to your camper. Bunk notes sent prior to 3:00 pm will be printed off and given to campers during dinner time. Bunk notes can be a great way to let your camper know you're thinking about them, but can also exemplify homesickness. If the latter is the case, HOC Administrators will contact you to discuss alternate options. Note- campers cannot respond to bunk notes; consider bunk notes a one-way email.

Bunk1 information, including password will be handed out during check-in.

## **\*\*AGAIN for 2023\*\* NON-SNAIL MAIL MAIL!**

Bring your pre-written letters with you with which day you would like your camper to receive it, and we will ensure it gets to them on that specific day. There will be an inconspicuous mail drop off at the check-in desk with Sheri and Brea. Hand us your letters and go buy yourself a coffee with the savings in stamps:)

Letters MUST HAVE the following:

Camper NAME (first and last)

Camper SECTION

Camper CABIN # (we will write this on it for you)

**We ask that if you are dropping mail off with us that it be a reasonable size and amount**

## **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

## **Checkout Saturday**

At check-in you will be given a time in which your camper(s) will be playing their final game. Game times vary by section:

Green Section SATURDAY 9 am - 9:50 am

Blue Section SATURDAY 10 am - 10:50 am

Purple Section SATURDAY 11 am - 11:50 am

Red Section SATURDAY 12 pm - 12:50pm

Pink Section FRIDAY 4 pm - 4:40pm (do not check out until Saturday!)

Yellow Section FRIDAY 5 pm - 5:50 pm (do not check out until Saturday!)

These game times are booked months in advance and as such we are unable to accommodate any changes to game times.

**Parent of GREEN AND BLUE sections** are asked to meet your camper at the arena and then after their game, return to camp to gather belongings and medication if applicable. Ensure you stop by the Rec Hall to receive your Check-Out package from a Director.

**Parents of PURPLE AND RED sections**, are asked to arrive at camp 60 minutes BEFORE game time to gather luggage, and gather medication from Nurse. Parents are also asked to stop by the Rec Hall to receive your camper's Check-Out package. You will not be returning to camp after the game at the arena.

**Parents of PINK AND YELLOW sections**, are asked to arrive at camp at 10am Saturday morning to gather their camper(s), luggage, and medication from our Nurse. Parents are also asked to stop by the Rec Hall to receive your camper's Check-Out package.

**\*\*NEW\*\*** -Campers are now required to ride the bus from camp to the arena on Saturday, for safety and headcount reasons. (We haven't lost anyone! We just want to keep this process very streamlined)

## **Miscellaneous**

### **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. Tip: Have your child pack WITH you, so they can recognize their own belongings while at camp. When we find clothing around camp that has a name in it, we return it to that camper same day.
- **ELRC PHOTOS ONLINE:** We take and post daily pictures to our Facebook Group. Please understand that we do our best to capture as many campers as possible throughout the camp schedule. This does not guarantee that we capture photos of specific campers. **Therefore, we ask that you do not email or call the office regarding photo concerns.** Our first and foremost priority is to work hard to ensure the quality of programming for your camper during their time at camp. We certainly understand the importance of sharing photos with parents and will continue to provide them to the best of our abilities.





## Clothing and Equipment List

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 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 items including clothing, hats, video games, MP3 players and equipment not be brought to camp. Although every effort is made to locate lost items, ELRC is not responsible for returning any lost or stolen items while at camp. Fold up portable chairs are NOT permitted at camp.

**NOTE:** Although HOC/ELRC 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 and can identify them if they are misplaced.

### Ringette Equipment

- Helmet and Mask
- Neck Protector
- Shoulder Pads
- Elbow Pads
- Gloves
- Pants
- Mouthguard (optional)
- Girdle
- Shin Pads
- Jill
- Skates (sharpened)
- Ringette Sticks (name on sticks)
- Tape (Shin Pad / Stick) Blister (Second Skin) Bandages (optional)
- Water Bottle (for arena) clothing for under equipment incl. 5 pr. extra socks
- Goalie Equipment (if applicable)

- Goalies are responsible for their own goalie equipment. It may be possible to borrow from your association if required.

#### Miscellaneous Items

- Water Bottle (for camp)
- Sunscreen (SPF 30+)
- Insect Repellent (lotion)
- face paint (optional)

#### Clothing

- (5)T-Shirts
- (2)Sweatshirts (incl. Camp hoodie if purchased)
- (3)Long Pants
- (3)Shorts
- (6)Underwear
- (6)Pairs of Socks
- (2)Bathing Suits
- (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 (optional)
- (1) Pillow
- (1) Pillowcase
- (1) Bath Towel
- (1) Beach Towel

#### Toiletries

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

## **Eagle Lake Ringette Camp Driving Directions**

**Eagle Lake Ringette Camp** is located on the grounds of Hockey Opportunity Camp, and 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/ELRC:**

**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)

**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)

**\*Arena Address: 1 Lincoln Ave, South River, ON P0A 1X0\***

**Directions to Arena 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).

**Directions to Arena 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 onto 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 onto Lincoln Ave (behind the Shell Station).

# EAGLE LAKE

## RINGETTE CAMP

45.7°N  
-79.5°W

