



Getting Ready For Camp Handbook

Eagle Lake Ringette Camp 2025



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 24th - 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, 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 <https://www.cdc.gov/lice/about/head-lice.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

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 24th. You will receive an email with your camper's check in time. Times are determined by section, and are firmly adhered to. Be aware of this if you are bringing someone else's camper with you, as you will need to wait until their assigned time to check in.

All campers in the YELLOW and PINK sections must be checked in at their assigned times in order to make it to their ice-time Sunday night.

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

-Any camper with an allergy that requires an epi-pen, will be given a colour-coded band to wear for the duration of camp. This band identifies the camper to our staff and allows more eyes to be aware and ready if anything were to happen. All epi-pen users are required to carry an epi-pen in a fanny pack on their body at all times at camp. At ice, this fanny pack will be readily available should it be needed. We also stock epi-pens in four locations around camp and the arena.

4) **Jerseys** - all campers are to pick up their on-ice jersey at the Jersey Table - should there be sizing issues, we will take note of the camper name and size, and do our best to find a jersey that fits before the camper goes onto their first ice.

5) **Equipment:** 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.

*****New for 2025*** LATE CHECK-IN**

If a camper is unable to make their Sunday afternoon check-in time, there are two opportunities to arrive as a late camper.

Late campers will be given the choice of:

Sunday August 24th between 8-8:30pm (no later, no exceptions)

Monday August 25th between 9-10am

Please inform us via email if you will be arriving later, and let us know which time works for you.

All **Camp Clothing** will be pre-delivered to your campers cabin where the counselor will hand it out to campers who have completed all check-in points. If your pre-ordered clothing does not fit, DO NOT WRITE CAMPERS NAME ON IT.

All cabins will have a sharpie available to write camper names (first and last) on clothing that fits. **We STRONGLY** encourage you to do this. It makes getting it back to you almost a guarantee!

If it does not fit, please bring the garment back to the rec hall jersey table and we will note your campers name, size ordered and size requested.

Sunday evening we will use this list to connect with those who need a different size and do our best to make switches. There is no guarantee this works out, but we will try and let you know via email how we made out:)

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 was pre-ordered during registration.**
- **Tuck has already been paid in your registration fee.**

★ **Snacks/Tuck:**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

★ **Lights Out:** Our days are long and sleep is important to maintain the busy schedule of activities we provide. All campers will be in bed by 10pm each evening. Our two oldest sections will have lights out at 10:30pm.

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 to 4 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.

Camp is a wonderful experience that your camper may be excited to share with friends/teammates or may be more comfortable being away from home if they know they can enjoy camp with other familiar faces.

It is for those reasons that we accept bunk requests. Equally as important is the understanding by parents and campers that camp is also a wonderful place to meet new friends and be open to new experiences outside of the group dynamics. This understanding also ensures that any camper who does not register with bunk mates (but as a single camper) also feels just as secure and comfortable attending camp.

Due to many factors in the assignment process, we cannot guarantee cabin requests. **NEW IN 2025:** Players coming with a large group of friends (more than 4) will not share the same cabin, but will be within the same section.

Example: Eleven teammates come to camp together, 3 will be in one cabin, and four will be in another, and the last four will be in another cabin. All three cabins eat meals together, are on the ice together, and do camp activities together.

If we are unable to accommodate your request, a camp director 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 with the Subject line: CABIN PLACEMENT 2025 In the safety and interest of all campers, ELRC Directors reserve all rights to change cabin placements at any time.

Communication with Campers & Homesickness

Understanding Communication with Campers:

While separated from home and family, children have the opportunity to develop important independence and communication skills. Camp is an immersion experience! Please explain to your camper that she won't be talking to you on the phone (and why), and that there are good, reliable people at camp, whom they can talk to - Counsellors, Section Heads, Directors.

Experience has taught us to advise parents to refrain from giving their camper the option to "come home if they are homesick" as this will often result in the camper "tapping out" at the first bump in the road. Parents should understand that children are not homesick 24 hours a day, but that they tend to have bouts of missing home, often during downtime, or at night. If you are concerned that your child may miss home, please send a "happy letter" properly timed to arrive during the first few days of camp, or, leave it with our staff when you check-in on Sunday.

We want children to be able to communicate properly when they are facing situations not familiar and maybe just need clarification/guidance. Or maybe they are facing a difficult situation that they would normally only be able to express to their parents and now parents are not available to help them through it. We consider these circumstances to be wonderful developmental opportunities for your camper. Tell your camper that camp is a great place to practice those communication skills, and that the "big people" at camp really like to listen to kids.

Please understand that a child who is prone to homesickness and who is working hard to make the adjustment to camp by developing new independence skills may find it difficult to hear a parent's voice. All the hard work of separating at Check-In Day becomes undone and the camper ends up feeling a renewed sense of separation anxiety and vulnerability. It is for this reason that we don't allow campers to call home. If there is an instance where we need to look to a parent for guidance to help their camper through their homesickness, then a call by our staff will occur with the parents first.

Homesickness

While every child has different tolerances and experiences being away from home, we encourage parents to determine if their child is ready for an entire week away from home. Sometimes, an extra year of waiting can be the difference between “I never want to go back”, to “I had the best week of my life”.

Setting Your Camper Up for Success at Camp

Leaving home for the first time can be scary - for both campers and parents. We're here to support both of you in this big developmental journey.

Here's some tips on how you can set your camper up for success at camp;

- Listen to their worries and remind them that feelings of homesickness are completely normal.
- Reassure them that you're excited, and happy for them and that you have full confidence in them
- Brainstorm strategies for them to use if they feel homesick.
- Talk to a counsellor or staff member
- Write letters home (send envelopes and stamps for them to use) Keep a nightly journal (write down the best part of the day)
- Involve them as much as possible in getting ready for camp. Shopping, labelling gear and packing
- Practising new routines (showering instead of baths, sleeping without a nightlight on or sleeping in a sleeping bag, cutting up own food, etc)

Keep your own worries private. They need to hear that you're ok with this big step. Talk to other parents who have survived the camp transition, you will too!

Tackling Homesickness

Children of all ages can experience homesickness regardless of whether or not they have ever been away from home before. Homesickness can be affected differently for each camper. One camper may express their homesickness by being quiet and retreating from participating in activities. Another could be fixated on wanting to talk to parents. While another could manifest their homesickness into what they believe to be a physical illness (i.e stomach ache).

It is our job as camp staff to be able to determine if a camper is homesick and then utilize all our resources to help them get through it. We empathize with the camper, help them understand that what they are feeling is normal and keep them busy by encouraging participation in activities and the fostering of new friendships. A staff member will keep an extra close eye on

your camper, making sure the camper eats, keeps busy and involved. In addition, our healthcare team is always alerted to any instances when campers homesickness may manifest into a possible medical concern (i.e panic attack).

One of the goals of the summer camp experience is to foster a child's sense of independence, to teach each camper to learn to live happily while away from home, to make friends, and have fun in a new setting. We need both parent and camper co-operation in order to achieve these goals.

To set your camper up for success and try to avoid your camper getting homesick, we encourage all conversations leading up to camp to be positive and encouraging. Focus on all the FUN and new FRIENDS they will meet at Camp. We recommend avoiding asking them questions like "do you think you'll be homesick?" or "are you going to miss me?" as these are seeds of homesickness being planted. Instead, we encourage you to focus on conversations like "I heard they have great food!" "I'm so excited for you!" and "what activities are you looking forward to the most?"

Transportation

Campers are responsible for getting to/from camp.

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. Please do NOT tell your camper you will call them, this can lead to camper anxiety. **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. Please ensure your camper understands this policy, and ensure the device is with you when you leave.

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

A note to parents and guardians regarding mail. In past years we have seen a surge in large parcels, whole cabin gifts and an over-abundance of mail for single campers. While you are no doubt missing your child, sending multiple packages



and gifts actually detracts from the camp experience, and can bring about feelings of guilt and homesickness. A camper often feels like their parents are missing them so much that they feel guilty being away and having fun without them. While you are welcome to send whatever you want, we recommend two to three letters throughout the week, that are lighthearted and fun.

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 bring on 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. **PLEASE DO NOT USE HOC BUNK1 accounts from past years. We will not have access to that account. Please ensure you are going through the new ELRC Bunk1 Account.**

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 - ELRC and HOC take no responsibility for mail that does not arrive TO THE CAMP by Friday evening.

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

NOTE: While sending large packages to whole cabins and teams is a lovely gesture, it can actually have a negative impact on social dynamics and the camp experience. Please think twice about sending these types of items, as they rarely make it to camp on time anyway.

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:

Betty Fly Blue Section SATURDAY 8:30 am - 9:20 am

Ring Jet Red Section SATURDAY 9:30 am - 10:20 am

Sarge Kelly Green SATURDAY 10:30 am - 11:20 am

Quanahar Pink Quartz SATURDAY 11:30 am - 12:20 pm

Agnes Jacks Orange FRIDAY 4 pm - 4:40pm (do not check out until Saturday!)

United **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 Betty Fly AND Ring Jet 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 Sarge Kelly AND Quanahar 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 Agnes Jacks AND United 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 on it, we return it to that camper same day.
- **ELRC PHOTOS ONLINE:** We take and post daily pictures to our BUNK1 Group. This is different from past years. We will not be posting pictures on Facebook. 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.** Subscribing to the Bunk1 picture service does not entitle families to request or demand photos. Email requests of this nature will not be responded to.
- 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
- ☐ Insect Repellent
- ☐ 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 (optional)
- ☐ (1) Hat
- ☐ (1) Pr of Running Shoes (necessary)
- ☐ (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

What NOT to pack:

- ☐ Personal devices including smart watches or phones
- ☐ **Money - campers do not require any money whatsoever while at camp**
- ☐ **Food or snacks**
- ☐ Weapons of any kind

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

