



CAMP OCONTO

First Year Counsellor-In-Training Information Bulletin 2009

July QC Arrival Date:	Sunday, June 28 th between 3:00 and 5:00 p.m.
July QC Departure Date:	Sunday, July 26 th between 10:00 and 11:00 a.m.
August QC Arrival Date:	Wednesday, July 29 th between 3:00 and 5:00 p.m.
August QC Departure Date:	Wednesday, August 26 th between 10:00 and 11:00 a.m.
Visitor's Day for QC s *:	Sunday, July 12 th and Sunday, August 16 th .

ALLERGIES, HEALTH, ILLNESS

Accident and Illness: Your parents will be notified if you suffer an accident or if you become ill. We have a doctor and two nurses on staff at camp. No charge is made for routine services, but special medicines, X-rays, etc, in excess of \$2.00 will be charged to your tuck account. We do not carry extra accident or illness insurance for QCs. We consider appropriate insurance coverage to be the responsibility of the parent.

Asthma, Allergies and Food sensitivities: If you need to carry an inhaler or Epi-pen due to severe asthma or a life-threatening allergy, please bring a small fanny pack with necessary medication and your name clearly printed inside and out, and carry it with you at all times. If you require any special foods, i.e., wheat free bread or Lactaid please be sure to bring enough to last the duration of the month. *If the camp must purchase any special foods on your behalf, the cost will be added to your tuck account.*

Health Forms: The Q. C. Health History form is to be completed, online, by the parent or guardian of the Q. C. In order to provide full protection and the best possible health care while you are at camp, we require full disclosure of all details of your health history including; illnesses, medications, inoculations etc. If you do not have an immunization record, this information can be obtained from your physician without any fee being charged. You will not be allowed out of camp (i.e. overnights, canoe trips, Q. C. night out, etc.) if we do not have this form at camp. If you are exposed to any communicable disease after completing the Health History form, *please advise the Camp Directors immediately!*

Aerosol Sprays: Please do not bring any *spray* cans of bug repellent, deodorant etc.; choose roll-on, solids or lotions instead. Aerosols are environmentally dangerous and add to the destruction of the ozone.

Camp Paraphernalia: Every year the Q. C. s typically like to purchase an item of clothing to represent their group (ex. sweatpants, sweatshirt, hat etc.). Camp does not include this on a tuck bill, so if you think you might be interested please bring money with you (approximately \$60.00) to be on the safe side.

Costume Cupboard: If you have clothing that you no longer use and is suitable for costumes, we'd love to have them. Who knows, yours could be an award-winning outfit, so bring what you can!

Contact us: If you have any questions please call our office in Markham at 905.470.2030 before May 9th or after May 9th, please contact our camp office in Tichborne directly at 613.375.6678

Horseback riding: All riders must bring their own safety approved riding helmet with a plastic or leather chin strap (not elastic). A helmet must be worn while riding. The shoes or boots must have a hard-soled heel of at least 1.5 cm. There are two helmets on the market that are lightweight and less expensive. They are 'Pro Lite' and 'Lidlocker' both of which cost less than traditional helmets and are ASTM approved. Camp Oconto recommends the use of ASTM approved helmets. An additional fee of \$30.00 per lesson will be added to your final invoice.

Laundry: Laundry will be sent out once a week. All clothing must be labeled. All clothing sent to the camp laundry will be put in the washer and dryer. *Do not send clothes that need special care or dry cleaning.*

Mosquito Nets: These are loaned free of charge to anyone requiring one. Normal wear and tear is expected but extensive damage, destruction or loss will result in a charge of up to \$45.00 for repairs or replacement.

Mailing Address: Your Name, c/o Camp Oconto, Tichborne, Ontario K0H 2V0

Email: This year we will be allowing QCs to receive, but NOT send, emails. If you would like to send your daughter an email please send it to **mail@campoconto.com**. Your daughter's first and last name must be the subject of the email in order for it to get to her, please put it in the format of <last name>, <first name>. You will be charged \$1.00 per email and it will be added to your daughter's tuck bill. Please do not send emails for your daughter to our other camp email addresses. Email will be given out with the regular mail and will therefore not be given out on weekends.

Night out: Q.C. Night Out happens the day after Q.C. All Camp. The Q.C.s, along with Lisa and other senior staff members, go into Kingston for the evening. They use the 'buddy system' and are given a couple hours of unsupervised time to shop and explore downtown Kingston. After that they join Lisa for dinner and a movie. The Q.C.s return to camp by midnight. The girls need about \$50 for the dinner and movie, but the exact amount you give them is between you and your daughter. They should bring the money to camp in an envelope with their name on it and it will be put in the camp safe until Night Out.

Smoking, Drugs and/or Alcohol: The use and/or possession of alcohol and/or drugs and/or smoking are completely prohibited, unacceptable and have no place in or around Camp. Possession and/or use of such substances while in or away from Camp at any time or place during the employment period shall be cause for instant dismissal.

Camp Oconto strives to be free of weapons and violence, discriminatory behavior, theft, bullying and other emotional abuse, vulgar language, drugs, alcohol and pornography/sex, pets and smoking. Rules and regulations, policies and procedures, customs and ideals have been established to ensure that Oconto remains true to its character and ideals. I understand that all members of the Camp Oconto community (campers, staff and volunteers) are expected to learn, abide by and encourage others to follow the rules, regulations, policies, procedures, customs and ideals of the Camp. I further acknowledge that if I/my child is involved in any conduct which, in the opinion of the Directors, is in breach of the Camp rules, regulations, policies, procedures, customs or ideals or otherwise endangers the well-being of campers and/or staff or the efficient and safe operation of the Camp, she will be dismissed from camp immediately. If any member of the staff or any camper is dismissed from camp for any reason or at any time, there will be no refund of fees for campers or payment of wages/salary for staff and the staff or camper is responsible for all costs associated with the dismissal, including travel expenses. The decision to dismiss a staff member or camper from camp is within the exclusive discretion of the Camp Directors, or his/her delegate, in the event of an emergency.

Telephone: The camp phone number is 613.375.6678 however, this is our business line. If a parent wishes to relay an urgent message to their daughter, we will ensure that it happens as quickly as possible. Please call between the hours of 9:00 a.m.-12:00 noon or 3:00-5:00 p.m. otherwise, the telephone is out of bounds to Q.C.s.

Tuck shop: You can buy toothpaste, shampoo, paper, pens, staff clothing, etc, as well as candy, chips and pop. Your tuck bill will be totaled at the end of the summer and mailed to you. **DO NOT BRING FOOD** (candy, snacks etc.)

Uniform: Now that you are in the counsellor-in-training program, you will be wearing a purple Q.C. t-shirt and purple or navy blue shorts as your uniform! The t-shirts are purple with an outline of a carton on the back. The front says 'Oconto Q.C.' Please order your QC t-shirt directly from our website

Visitor's Day – SUNDAY, JULY 12TH AND SUNDAY, AUGUST 16TH

Most Q.C.s like to go out of camp on Q.C. Visitors' day. It is a busy day around Oconto, as the new two week campers arrive that day. We suggest that you take your daughter out of camp from about 10:00am to 5:00pm. Please **DO NOT** plan on taking your daughter out of camp on the Saturday or the Sunday night, or any other night. This would be **VERY** disruptive to your daughter and the other Q.C.s!

TRANSPORTATION

As a first year C.I.T. you are expected to provide your own transportation to and from camp on the days indicated above. Car pools are helpful but good public bus service is available as well.

LOCATION: Camp Oconto is located 60 kms. north of Kingston, a half km. west of Highway # 38. Highway

38 runs north from Highway # 401 and is just west of Kingston. The Oconto road is located 3 kms. north of Tichborne (if you reach Sharbot Lake you've gone too far).

CAR: If you are travelling by car, take Highway # 401 to Kingston, and Highway # 38 north from there, for approximately 60 kms. Camp Oconto is about three kms. north of Tichborne, on the left-hand side (if you reach Sharbot Lake, you've gone too far). Follow the camp road and continue through the gates to the camp office, which is the first building on your right. Here you will be greeted and taken to your tent.

Please note: For the safety of all staff and campers, unloading cars at the beginning of the summer and loading at the end of the summer are the only times that cars are allowed beyond the parking lot.

OTHER TRAVEL ARRANGEMENTS: If you are making other travel arrangements, i.e. planes, trains etc. please notify the camp office of your schedule and to arrange for someone to meet you. If it is possible for you to arrange other transportation to and from the airport or train station, please do so. It would help us a lot.

PUBLIC BUS TO CAMP: If you plan to take the bus, follow these directions and be sure to let us know 24 hours in advance of when you will be arriving to arrange for pick-up.

From Toronto: Take the Voyageur bus that goes to Ottawa along Hwy. # 7 and get off at the Sharbot Lake Junction. DO NOT the bus that goes through Kingston! Make sure you buy a ticket that is good only to Sharbot Lake and not to Ottawa.

From Montreal or Ottawa: Take the Voyageur bus to Ottawa and then a bus to Toronto along Hwy. # 7. Get off at the Sharbot Lake Junction. Make sure you are paying to go to Sharbot Lake only and not to Toronto. Take the camp phone number (613-375-6678) with you. We will do our best to be there on time. The people in the gas station where you get dropped off are very friendly and will help you.

OCONTO CHARTERED BUS/VAN RETURNING HOME: Q.C.s can use the Oconto chartered bus/van for campers for the trip home. Please indicate your travel plans on the enclosed Q. C. Information form. *The approximate arrival times of the return buses and their locations are as follows:*

Toronto Bus - 1:00 p.m. Crescent School, 2365 Bayview Ave. (east side of Bayview Ave., south of Lawrence)

Ottawa (van) - 11:00 a.m. at Pinecrest Shopping Centre, 2685 Iris Street, in the overflow parking lot on the north side of the building at the far west end of the parking lot.

Montreal (van) - 1:00 p.m. at Fairview Pointe Claire Shopping Centre (Post # 31), 6801 Trans Canada Highway (behind Reno Depot).

Bus Fares: (One way) Toronto \$80.00 Ottawa \$40.00 Montreal \$60.00

Bus fares will be charged to your tuck bill at the end of your session.

Trunks: Do not bring trunks that are more than 14" high. At this height the trunk will slide easily under the bed making room for other things. A duffle or hockey bag is recommended to carry sleeping bags, lifejacket and pillow. If you like to play tennis, bring you racquet too!