

SLC INFO GUIDE 2010



Sparrow Lake United Church Camp, www.sparrowlakecamp.com

Important Info

Please return all forms before April 24th, or within 2 weeks if registering after this date. Your child cannot attend camp unless we have your Camper Health information form and full payment.

Where to find info on...

| | |
|----------------------|---|
| Packing for Camp | 2 |
| Contacting Us | 3 |
| Info from the Clinic | 4 |
| Bus Info | 5 |

Welcome to Camp!

We hope your child will have an enjoyable and enriching summer camp experience. The staff at Sparrow Lake Camp maintains the highest level of care and is always conscious of safety first. Proper preparation for your child's stay at camp will greatly enhance

his/her enjoyment of the camping experience. This guide is updated every year. Please read the following information carefully and keep it for further reference.

Camper Information Forms

In order to provide your child with the most positive camp experience possible, it is essential that the Camp Director and counsellors be prepared to meet his/her individual needs. Sparrow Lake Camp aims to work with you in order to provide all necessary supports and resources. Please include detailed descriptions of your child on the enclosed forms, and attach additional information as required.

It is imperative that the Camp Registrar and Director be informed of any changes to these information forms before your child attends camp. Behavioural, emotional, and health concerns tend to intensify at camp. Completed Forms are required in order for your child to go to camp. Forms must be returned to the registration office before April 24th. If registration occurs after April 24th, forms are due

within 2 weeks of receipt of the registration package. Do not mail registration forms within 2 weeks of camp starting. Please arrange to fax or email them to our Registrar (slcregistrar@sparrowlakecamp.com). Sparrow Lake Camp respects your privacy and will keep all information confidential.



Packing for Camp

Clothing

- T-shirts _____
- Shorts _____
- Pants _____
- Long Sleeved Shirts _____
- Warm Sweater _____
- Socks, Underwear, Pajamas _____
- Rain suit, Rubber Boots _____
- Swim suit, Hat, Shoes (at least one pair of closed toe shoes), Sandals _____

Toiletries

- Toothbrush/paste _____
- Shampoo, Soap _____
- Insect Repellent _____
- Sunscreen _____
- Brush/Comb _____
- Pull-ups(if required) _____
- Feminine Hygiene (if required) _____

Other

- Sleeping Bag & Pillow _____
- Extra blanket (4th session) _____
- Towels (2-3) _____
- Water Bottle _____
- Paper & Pen _____
- Envelopes & Stamps _____
- Plastic Cup _____
- Flashlight _____

Optional Items

- Books _____
- Playing Cards or Travel Sized Activities _____
- Camera and Film _____
- Stuffed Animal _____
- Small Musical Instrument _____

Please pack all types of clothing in order to ensure that your child will be prepared for the varied weather at camp.

Campers will be outside for most of the day, so be sure to pack clothes that will give plenty of protection from the sun's rays.

It is very important for campers to stay hydrated.

Campers should not bring any more luggage than they can carry themselves (1 suitcase, 1 sport bag, and sleeping bag). Please do not send good clothing or any other articles that are of high sentimental value to camp. The Camp is not responsible for any lost articles.

Label all clothing, luggage and sleeping bags.

Please do not send snack food of any kind, or send care packages containing food to camp. Campers receive three nutritionally balanced meals per day, including desserts and bedtime snacks. Campers also receive "tuck" (which usually consists of chocolate bars or candies) during the camp session, so extra food is not needed. Food sent to camp will be collected by the Director and kept until the end of the session.

Please check your children's luggage to be sure they have everything on the list, and have not packed any prohibited items. For security and safety reasons, prohibited items will be handed in at the beginning of camp and kept in the camp office and will be returned at

the end of the camp session.

Items to leave at home include: snack food, money, knives, video games, or any electric appliances (incl. hairdryers), cell phones, pagers, mp3 players, stereos, and clothing or magazines with inappropriate images and slogans.

Laundry service is available for emergency situations only (eg. bedwetting).

This list to the left is a suggestion only. There may be some items that we have not listed please use your discretion when packing.

Lost and Found...

Many items are left at the camp every year. Involve your child in packing so they are aware of what they are bringing to camp. Provide them with a list of all items packed so they can check at the end of camp.

If your child has misplaced an item, please contact the camp during the summer months and ask for the office administrator. If the Camp is closed please contact the registrar at slcregistrar@sparrowlakecamp.com Lost and found will be kept at camp until the Thanksgiving Holiday, at which time anything that is not claimed will be given to charity. To avoid lost items, please label all clothing, luggage, and sleeping bags.

Contacting the Camp

3

Any general inquiries should be directed through the registration office via email slcregistar@sparrowlakecamp.com or 705 434-2113.

During the summer, for emergencies only, the camp can be contacted directly at 705.689.5031.

Please note campers are not permitted to make outgoing calls unless arranged through the Camp Director.

Cell phones are not permitted at camp and will be stored with the Director and returned at the end of the session.

Contacting Campers

SLCAMPER@SPARROWLAKECAMP.COM

Due to popular demand, we have created a camper address for family members to send emails to campers (slcamper@sparrowlakecamp.com). This email address will be checked once a day (usually late at night), emails will be printed out and delivered to campers. Campers are unable to reply to emails. We cannot print greeting cards or digital photos, and no attachments will be opened. We also ask that you limit your emails to 2 per session. When sending an email, please put the camper's name in the subject line. While we won't read your emails, if we notice anything inappropriate we will delete them.

Please do not add our email address to any lists of forwards or mass emails.

MAIL

Mail service to the camp is very slow. Allow at least one week for mail delivery to ensure that your child receives mail during the camp session. Cheerful news from home adds much to the enjoyment of camp. Please avoid emphasizing how much your child is missed at home. While this is natural and well intentioned, it can aggravate or trigger feelings of homesickness.

Please address your child's mail:

**c/o Sparrow Lake Camp
1437 United Church Camp Lane
Severn Bridge, Ontario P0E 1N0**

Visiting the Camp – Open House July 4, 2010

There will not be a Visitor's Day during the camp period. Parents and campers are invited to an Open House at Sparrow Lake Camp on July 4th from 1pm to 4pm. Tours of the camp and a free will donation BBQ will be provided by our staff and Board members.

Driving Directions to Camp

If you are driving your child to camp travel North on Hwy 400 to Hwy 11. Follow Hwy 11 until approximately 13km north of Orillia. Exit at South Sparrow Lake Road and take your first right to go over the overpass. Turn left at the stop sign and continue West toward Port Stanton. Stay to the left whenever the road forks. Continue until you reach the Camp Gate, located on the right hand side of the road. You will see a white gate and the S.L.C. crest.
Download a map at www.sparrowlakecamp.com

Information from the Health Clinic



During each camp session there is a registered nurse on site.

If the nurse feels that a child needs to see a doctor, we will make arrangements for your child to be driven to

Orillia by a fully licensed staff member.

If the doctor issues a prescription, we will pay for it and send the information home with your child so that you can reimburse the camp.

All campers will be checked for head lice upon arrival at camp. If lice or nits (eggs) are found, the camper will be sent home to be treated by the parent/caregiver. Before returning to camp the camper must be free of both the live lice and nits. Caregivers should thoroughly check their child for lice at least one

week prior to and then again two days before camp. There will not be a refund of camp fees for days missed at camp. Symptoms of a lice infestation can be a tickling feeling of something moving in the hair, itching caused by an allergic reaction to the bites, or lice and nits attached to the hair. For further information about lice you can contact your local public health agency or visit http://www.toronto.ca/health/hl_index.htm

Law prohibits our nurses from administering allergy shots –please plan

your child's shots accordingly.

It is imperative that a completed Camper Health & Information form is submitted.

Sparrow Lake Camp is committed to sun safety, therefore campers are discouraged from sun bathing and are encouraged to wear bathing suits that are activity appropriate and protect from the sun.

Medication

1. Sparrow Lake Camp Health Clinic provides a limited range of non-prescription medications to treat minor conditions.
2. Only medication prescribed by a doctor is permitted at camp. Medication is to be:
 - ◇ in its **original container** as dispensed by the Pharmacist clearly
 - ◇ labelled with your child's name, the name of the medication, directions for administration, the date the medication was dispensed, and the name of the pharmacy
 - ◇ medication required for seasonal allergies may be brought to camp in their original sealed container with written consent of parent/guardian for the camp to administer
3. **All other medications (including vitamin supplements – unless prescribed by a doctor) will be not be dispensed at camp.** They will be placed in locked storage and returned to your child on the last day of camp.
4. All camper medication will be stored in the camp's clinic unless it is for asthma or severe allergies.

Special Dietary Needs

Sparrow Lake Camp cannot guarantee a peanut-free environment. We do not use or serve peanuts, peanut products, nuts, or products containing nuts. However, the foods we purchase and serve may contain traces of nut products.

Please indicate any special dietary needs on the information/health forms. Our Special Diets cook will accommodate and prepare any special dietary needs indicated on the forms. As we order our food ahead of time, we cannot accommodate any special dietary needs that are not indicated on the forms or brought to our attention prior to the camp session. With some extreme diet restrictions campers may be asked to provide some of their own foods to supplement our menu.

The bus pick up and drop off location is at **YORKDALE SHOPPING MALL** located at 3401 Dufferin Street, Toronto. If you require directions, please refer to our website

The bus stop is located, near The Bay, in the North West area of the Parking Lot at Pole #8.

| Session | Boarding bus to camp on the first day | Arrival at Yorkdale on the last day |
|----------------------------------------|---------------------------------------|-------------------------------------|
| Sessions 1-4, LIT A and B, CIT A and B | 9:30am | 11:30am - Noon |
| One Week A, B & C | 9:30am | 11:30am-Noon |
| Pee Wee A & B | 9:30am | 11:30am - Noon |

Campers who miss the bus must get to camp at their own expense. We suggest campers take the bus in order to feel part of the camping experience right away. It provides a valuable opportunity to start building long lasting bonds with their cabin-mates. Children will be seated on the bus according to their cabin groups. If you live north of Toronto or you feel it necessary to drive your child, our staff will make your child feel welcomed on arrival.

Sparrow Lake Camp is committed to providing a safe camping experience. We meet all standards of the Ontario Camping Association and the United Church of Canada.

Sparrow Lake Camp's greatest strength is its staff. Although we take great pride in our facilities; it is the staff that make a child's summer. Staff is

screened, references are taken and personal interviews are conducted to ensure we hire staff who are dedicated, caring and nurturing individuals. Each staff member is also required to provide a Police Reference Check. All our staff must participate in an intensive pre-camp training program of approximately 100 hours.

Camp Dates 2010

| | | |
|------------|---------------------|-------------------|
| Session 1 | Monday, July 5 | Friday, July 16 |
| Session 2 | Monday, July 19 | Friday, July 30 |
| Session 3 | Monday, August 2 | Friday, August 13 |
| Session 4 | Monday, August 16 | Friday, August 27 |
| Pee Wee A | Monday, July 5 | Friday, July 9 |
| Pee Wee B | Monday, August 16 | Friday, August 20 |
| One Week A | Saturday, July 10 | Friday, July 16 |
| One Week B | Saturday, August 7 | Friday, August 13 |
| One Week C | Saturday, August 21 | Friday, August 27 |

Dropping off or picking up your child at camp...

If your child is not using the bus transportation, please indicate this on the Information/Health Form. If a change occurs in your plans while your child is at camp, please contact the Registrar and we will notify the camp of your changes. There is no reduction in the Camp Fee if your child is driven to or from camp.

If you are dropping off/picking up your child at camp please arrive at the camp at the following times. **Please do not arrive before the times listed below as the staff are not available and the main gate will be closed.** At the end of camp, any child not picked up by the time the buses leave will be sent to Toronto on the camp bus.

This arrangement is necessary because, once the buses depart, there will be no staff on site to care for your child.

| Camp Session | Drop off at camp | Pick-up from camp | Camp Session | Drop off at camp | Pick-up from camp |
|------------------------------------|------------------|-------------------|---------------|------------------|-------------------|
| Sessions 1-4, LIT A & B, CIT A & B | 11:00am-11:30am | 8:30am-9:30am | Pee Wee A & B | 11:00am-11:30am | 8:30am-9:30am |
| One Week A, B & C | 11:00am-11:30am | 8:30am-9:30am | | | |

Camp Fee Policy

A non-refundable registration fee of \$100.00 is required to register your child. If a post-dated cheque is received for the deposit, your child will not be registered for the camp until the date listed on the cheque.

A post-dated cheque for the balance of the total camp fees dated April 24, 2010 is also requested at the time of registration. Please note that registrations after May 1st must be accompanied by a full payment.

Payment of camp fees can be made by personal cheque (before June 1 only), certified cheque or money order, to Sparrow Lake United

Church Camp. Payments may also be made by Visa and Mastercard.

If a written cancellation request is received at the registration office 14 days or more prior to your child's departure for camp, the camper fee less registration fee will be refunded in full.

If a written cancellation is received less than 14 days prior to your child's departure for camp, a partial refund may be given at the discretion of the Sparrow Lake Camp Board of Directors. Further documentation may be required and a refund (if applicable) may not be issued until the fall.

If a camper is sent home from camp for displaying inappropriate behaviour, or has not complied with the rules of camp, or is found to have a pre-existing communicable disease/condition, no refund will be offered.

Any N.S.F Cheques received will incur an additional charge of \$25.00, and may affect your child's chances of attending the camp period of his/her choice.

We always want to hear from you.

How can we make Sparrow Lake

Camp better? Contact us at

program@sparrowlakecamp.com

Cabin-mate Selection

Please read the cabin-mate selection process carefully.

We do not consider requests unless two campers have requested each other and are no more than one year apart in age. Cabin-mate requests are not guaranteed as many factors are considered in the selection process. Cabin-mate requests can be indicated on the last page of the Camper Health and Information form.

Sparrow Lake Camp
PO Box 10039
Alliston On L9R 0B7

Phone
(705) 434-2113

Fax
(416) 283-7975

E-mail
slcregistrar
@sparrowlakecamp.com

Cabin Group Photo 5" x 7" \$10 Order from

slcregistrar@sparrowlakecamp.com

This year we will be offering camp gear for campers to purchase via a third party link on our website.

Sparrow Lake will again offer for \$10 a 5" x 7" cabin photo of your child and their cabin mates. Please include your order

with your registration or contact the camp registrar

