

Bear Creek Outdoor Centre

Junior Adventure Camp 2011

Participant detail and emergency contact information

- Full Session August 14 to August 27 \$800.00 + HST
- Half Session A (August 14 to August 20) \$425.00 + HST
- Half Session A (August 21 to August 27) \$425.00 + HST

Please Print

Camper's Last Name: _____ First Name: _____

Date of Birth: _____ Age on 1st day of camp: _____

Ontario Health Card#: _____

Cabin mate request (if applicable): _____

Parent/Guardian #1: _____ Home Telephone: _____

Work/Cell Telephone: _____ E-mail address: _____

Mailing Address: _____

Parent/Guardian #2: _____ Home Telephone: _____

Work/Cell Telephone: _____ E-mail address: _____

Mailing Address: _____

Emergency Contact: _____ Home Telephone: _____

Work/Cell Telephone: _____ E-mail address: _____

Allergy Information

Does your child have any allergies? YES NO

If yes please specify (types, epipen? etc.)

Dietary Requirements – Please circle all that apply

Vegetarian Lactose Intolerant No Pork No Beef Peanut Allergy Gluten Allergy

Other Dietary Restrictions: _____

What other information would it help us to know about your child?

Bear Creek Outdoor Centre

Junior Adventure Camp

CONSENT FORM

Please Print

NOTE TO STUDENTS/CAMPERS AND GUARDIANS

This form must be read and signed by every student/camper who wishes to participate in any Bear Creek Outdoor Centre (BCOC) program, and by a parent or guardian of a participating student/camper.

ELEMENTS OF RISK

Educational activity programs that are being offered involve certain elements of risk. Accidents may occur while participating in these activities. By choosing to participate in the activity, the student/camper is assuming the risk of an accident occurring. The chances of an accident can be reduced by carefully following instructions at all times. If the student/camper chooses to participate in a BCOC program, the student/camper will bear the responsibility for any accident that might occur.

We have read the itinerary and are familiar with the nature of the program that the student/camper is proposing to take. We further agree that the student/camper shall be required to follow all rules and regulations as described to the student/camper by the staff in charge. In general, students/campers are expected to behave as they would in school and society. Failure to meet behavioral expectations could result in dismissal.

Student/Camper (print name and sign): _____

Guardian (print name and sign): _____ Date: _____

PARENT/GUARDIAN CONSENT

With knowledge that my child will be participating in outdoor activities that may bring him/her in contact with unknown allergens and at risk activities (canoeing, hiking, etc.) as a part of their program. I, _____, hereby give consent for the trained Bear Creek Outdoor Centre staff to provide emergency medical aid to, _____ if required. This may include:

- Administration of an EPI pen by a trained and qualified staff member for obvious systemic anaphylactic reactions (i.e. severe reactions to bee stings).
- Administration of antihistamines (i.e. Benadryl) for minor, local, allergic reactions (poison ivy, blackflies, etc)
- Administration of first aid and provision of access to medical aid if needed.
- Provision of over the counter medications that have been pre-identified by the guardian.

I further give permission to the physician or hospital selected by the Camp to hospitalize, secure proper treatment for, and to order injection, anesthesia, medicine, X-ray, surgery or any other medical treatment for my child and to use our health care coverage or insurance policy to pay for these services. If any health care expenses arise that are not covered by our health care provided, I will accept an invoice from the camp to cover the additional costs of care.

Permission is hereby granted to BCOC, Inc. to use any photograph, film, video or audio of the above Camper in any public release, publicity, TV program, advertisement, brochure or promotional videos. Names and addresses of campers and staff, camper inquiries and printed material and procedures are confidential property of BCOC.

Guardian Signature: _____ Date: _____

Equipment List

Flashlight and extra batteries
Daypack (should be comfortable, you will be taking this everywhere)
Water bottle
Sun hat, sunglasses and sunscreen
Rain jacket and pants
Closed-toe shoes
Older pair of shoes for the water, mud
Sandals
Rubber boots
Lots of socks, and underwear
PJ's
T-shirts
Shorts
2 pr. (min) long pants
Long shirts
Fleece sweater
bathing suits
Robe (optional)
2 beach towels
Sleeping bag and sleeping pad (for out trips)
Bedding for in camp (pillow, twin sheets, blanket or comforter etc.)
Personal toiletries
Stationary items and books
**Lifejacket (must be a government approved PFD)
Duffle bag, trunk or suitcase

You are welcome to bring along other things to camp. You may want more warm clothes for the August session, as it tends to be cooler in the morning and evening.

Some optional items may include:

Camera
Mountain Bike (if the child has their own please bring it to camp)
Musical instrument
Baseball glove, fishing rod and tackle, water gun
Paddle
Cards and games

***Please leave personal electronics (games, phones, ipods etc.) at home

Family Camp Weekend

To celebrate the end of the Junior Adventure camp program we are inviting families to join us at camp for the weekend of August 27th – 28th. This is an opportunity for your child to share with you all of the things they enjoyed about camp. Program areas will be staffed and open for use at various times throughout the day. Try out the climbing wall or go for a swim or paddle. Make a craft and enjoy the weekend at camp. Your weekend registration will include meals from Saturday lunch to Sunday lunch. Cabin accommodation may be tight for this weekend so you may want to bring your tent for the overnight. You may spend the entire time with your child or enjoy some adult time when we have staffed activity periods for your children. **Care of your children is turned over to you when you arrive at camp.**

Arrival and Departure

Campers will arrive at camp between 1pm and 2pm on Sunday August 14th (or August 21st) and picked up between 10am and 11am on Saturday August 20th (August 27th). Please let the camp know if other arrangements need to be made for your child's arrival or departure. We are always happy to help if you give us notice and let us know what we can do.

Homesickness

Camp is wonderful, but it doesn't always feel that way instantly. Many children go through several days of homesickness until they adjust to camp. Homesickness is natural. It happens to young children and older ones too, and not only to first-time campers. It's important for children that we acknowledge the reality of those feelings, and take positive steps to help them get through that stage. Camp leaders are trained to deal with homesickness by giving children close personal attention, helping them make new friends and get engaged in fun new activities.

Before Camp

- Homesickness can happen to anyone. If your child knows that, it causes less anxiety.
- Don't say: "If you don't like camp you can come home." Children who are having difficulty adjusting to camp will then compound the problem by not giving it a fair chance and focus instead on going home, since you offered that option.
- Do say: "If you feel homesick, tell your leader. Don't hide it." Help your camper to know that we want to support him/her, and we can't do that as well if we don't know when he/she is having a hard time.
- Before your child goes to camp, explain that getting the big people's assistance is different from at home. At home, we may tell our children to never to talk to strangers. It's different at camp, and they need to know that well in advance, in order to feel safe and emotionally comfortable with these different circumstances. Discuss how camp is a safe place where they go by themselves, and why it's ok at camp to interact with "strangers" who will soon become their friends.
- Avoid statements like: "I'm going to miss you terribly." You don't want to make your children feel awful about leaving you. They need to feel loved, but not to fear you'll be desolate in their absence.
- Be sure to mention the not so great realities of camp too. There should be no surprises when your child discovers outhouses, mosquitoes, and that you have to make your own bed at camp.
- Give your child lots of information. If you need more information from us, just get in touch! Explain that there won't be any phone calls to or from home. Boost your camper's "emotional readiness" for camp by explaining that at camp, the best strategy is to turn to those new friends, your leaders, and the camp director.
- Write letters to arrive before he/she does.
- Involve your child closely in every step of getting ready to go (the planning and the packing).
- Take a deep breath and accept that "Kidsickness" happens to all parents. Call me if you need to. I have been there.

Once Your Child is at Camp ...

If you get an "I hate camp" letter, don't panic. It's common for campers (especially new ones) to write a letter saying: "The food sucks! Camp sucks!" This is normal. Complaining to parents empowers children. They often do reveal more to their parents. If you get a very negative letter, please call and alert us, but also be aware that matters have most likely improved dramatically since the letter was written.

Cancellation Policy

Bear Creek Outdoor Centre reserves the right to change programs for any reason deemed necessary to Camp Directors. In such cases, we attempt to accommodate campers in other existing programs. If we cancel a program and are unable to provide a viable program alternative, we will refund your money in full.

Trip Evacuation Policy

In the event that a camper needs to be evacuated from a canoe trip (or camp), costs of travel as well as medical costs are incurred by the camper family. Camp directors endeavor to include parents/guardians in all evacuation and medical decisions. In the event that parents/guardians are not available or are not in agreement, BCOC directors or agents are authorized to make emergency medical and safety decisions for the welfare of campers.

Code of Conduct

We strongly believe that every person has the right to feel safe, both physically and emotionally at camp. BCOC reserves the unrestricted right to dismiss a Camper whose conduct or influence is inimical to the best interest of the Camp in the considered opinion of the directors. Such conduct or influence includes, but is not limited to: any observation or discovery (Camp reserves the right to search personal property) of the use or possession of weapons, drugs or drug-related implements, stimulants or intoxicating beverages, bringing food on to Camp, leaving Camp grounds, Camp activities or off-Camp activities at any time without official approval and supervision, damaging or defacing of Camp property, smoking, possession of cigarettes, refusing to participate in camp activities, not complying with camp rules or procedures, inappropriate behavior, inappropriate intimate behavior, and omission or misrepresentation regarding the medical or mental history of the Camper. We do not assume a legal obligation to administer prescription medicine and failure to do so does not excuse the Camper from following rules or appropriate behavior. Any of the above conduct may subject the Camper to dismissal. In such event, there will be no refund or adjustment of any part of the Camp fee. The Camp is not responsible for Campers when traveling to and from Camp.

Camp Photos and other postings on the Web

We are concerned about the Bear Creek Outdoor Centre public image when it comes to postings and images on the Internet. We ask that all campers screen their own photos and their postings to ensure appropriateness before putting them on the web. We look forward to parental support with this! Additionally, we will be taking photos at camp and also posting photos taken by others on our own website. Please notify us if you don't want your child's image on our website.

Contact with Home

Getting settled into camp requires our campers to be where they are (here at camp) as opposed to where they are not (at home). New surroundings, new schedules, new challenges and new people all combine to make the first few days of camp difficult for some campers. Camp is a time of independence and personal growth. We believe this is best achieved unplugged. Please do not send cell phones to camp with your child. We strongly encourage campers and families to write letters to each other. The camp mailing address is:

Bear Creek Outdoor Centre
RR#3 Campbell's Bay QC
J0X 1K0

Camp Phone 819-453-2127 (messages are checked twice a day during camp session)

Jill's Cell Phone 613-889-7262 (email Jill@bearcreekoutdoor.com) I often carry this with me. It gets decent reception at camp. I try to make sure it is NOT in my pocket when I swim.

Registration and Payment

Please send the Registration and Consent forms with a \$100 deposit to:

Bear Creek Outdoor Centre
3828 Burnstown Rd.
Renfrew ON K7V 3Z4

The balance of camp tuition is to be received by the camp no later than July 1st, 2011.