

APRIL 2023

FINAL INSTRUCTIONS PACKAGE

FOR ARROWHEAD CAMPERS AND PARENTS

IN THIS PACKAGE YOU WILL FIND...

- Information for arrival and departure days
- Important health and safety policies
- Camper Bank information
- Information on communicating with your camper while at camp
- Suggested list of items to bring and not bring to camp
- Code of Conduct for Arrowhead Campers



THANK YOU

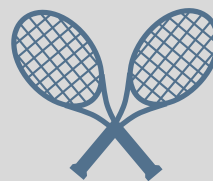
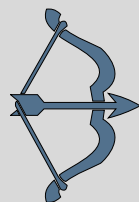
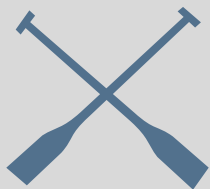
Thank you for choosing Arrowhead Camp for the summer ahead. We pledge to do everything in our power to ensure that your family will be pleased with this experience.

If you have any questions, please do not hesitate to get in touch with us at any time.

**MAIL: 1111 RONVILLE RD, DWIGHT, ON
POA 1H0**

**EMAIL: CAMP@ARROWHEAD.ON.CA
BECCA@ARROWHEAD.ON.CA**

CALL: 705-635-1600



ARRIVALS AND DEPARTURES

DROP OFF

In an effort to help with flow, we ask campers to arrive during their allotted time frame on the Sunday morning. If you have children in multiple age groups, please select the time frame that works best for you.

13-16 year olds arrive between 9:30-10:30
10-12 year olds arrive between 10:30-11:30
6-9 year olds arrive between 11:30-12:30

On check in day, only campers will be allowed on the camp premises. We ask that guardians say their goodbyes to their campers in the camp parking lot. Their counsellor will happily escort campers to their cabin and help them set up their space.

CHECKING IN

Please be sure to check your camper(s) in with our office staff. They will be set up in the parking lot. The Camp Nurse will take any medications you have and discuss any concerns you or she may have with you.

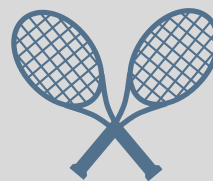
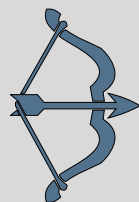
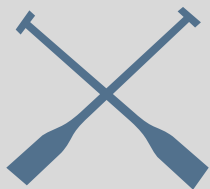


PICK UP

Pick up will occur between the hours of 9:30am and 12:00pm on the Saturday. Campers will have all their gear packed up and ready to go so they can meet you in the parking lot for a big hug! Guardians will be able to come on site on pick up day so your camper can take you on a tour and share highlights of their experience with you. Your camper's counsellor will be happy to chat with you about your camper's time with us upon checking out.

SIGNING OUT

Please be sure to check your camper(s) out with our office staff. They will be set up in the parking lot.



HEALTH AND SAFETY INFORMATION

HEALTH

Be sure to notify us if your child is in contact with a communicable disease within three weeks of coming to camp. If you do not live in Ontario, be sure to provide any other insurance information. Any medical costs paid on behalf of an out-of province camper are added to the Camper Bank. Parents are also given the paid receipt so they can be reimbursed. Out-of-country campers are covered by the camp insurance policy.

MEDICATION

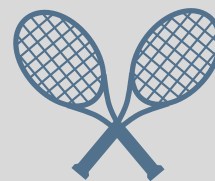
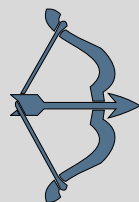
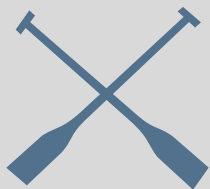
If your camper is on medication of any kind during camp it must be turned over to the Camp Nurse. The medications, including over the counter, **MUST** be in BLISTER PACKS. This can be done at your local drugstore. We request **NO ASPIRIN, TYLENOL or ADVIL** be brought to camp. They are available at camp if needed. Please check that your camper has not packed any medications to keep in their cabin.

HEAD LICE

Please check your camper(s) for lice at least one week prior to arriving at camp. If you are unsure how to complete a proper lice check read the suggestions from the Canadian Paediatric Society at https://caringforkids.cps.ca/handouts/health-conditions-and-treatments/head_lice. This is the best way to identify lice in time so that it does not prevent your camper from attending camp. A lice check will also be completed by Camp Staff upon arrival. **If lice is found we will ask that your camper return home to complete the proper lice treatment and then return once finished the treatment and clear of lice.**

FAMILY SITUATIONS

Please let us know if there has been a change in your marital status or living arrangements over the past year. This helps us understand your child's behaviour and feelings. We would also appreciate knowing about any recent births, deaths or serious illnesses in the family. If there are custody issues, please be sure to discuss them directly with the Camp Director.



CAMPER BANK

Please be sure to fill out the “Camper Bank for Sleepover Campers” form on your online account. Tuck shop purchases, paraphernalia, and laundry may be charged to your camper bank. Any outstanding balances or credits are collected or refunded at the end of the camper’s stay at Camp. Note: All Camp purchases and services have appropriate HST added to the Camper Bank.

TUCK

The tuck shop is open at a specific time once a day for campers to purchase a beverage and/or snack. The camp imposes a limit of 2 tuck items from the tuck shop per day on all campers. The 2023 fee for Tuck Service/week is \$30 + HST. Please do not send money with your camper. The Tuck fee will come off your credit card or can be paid by e-transfer.



PARAPHERNALIA

We **STRONGLY** encourage families to **PRE-ORDER** Camp gear when the form is emailed out in April.

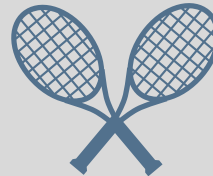
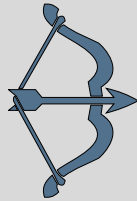
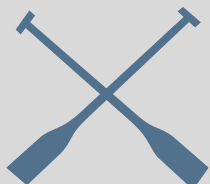
We will also be selling Camp gear on check in and check out days when guardians are present, however we keep a very limited stock on site and supply chain issues can occur. During the weekdays, we will only sell campers sundries, hats and water bottles if they have misplaced theirs, as these items are essential for a successful camp stay.

LAUNDRY SERVICES

Campers who stay longer than a week may choose to send their laundry out. The cost will be determined based on how many loads the laundry mat does. (See prices below). These campers are provided with numbered bags which must be returned when the campers leave. Laundry charges are added to the camper bank account. If this bag is not returned at the end of their stay a \$10 charge will be applied to the camper’s tuck account. Please be advised that all laundry sent out is dried in a dryer and not separated into light/dark.

- 1 Load = \$32.32 after HST
- 2 Loads = \$47.40 after HST
- 3 Loads = \$62.49 after HST
- 4 Loads = \$77.57 after HST

Please understand it is the laundry mat staff that determine the number of loads in each bag.



MAIL SERVICE

MAIL

Campers love to receive mail. We hope your child will write to you from camp and we will encourage campers to do so, but we do not censor what they write. Be assured that in the event of serious concern regarding your child, you will hear from us directly. PLEASE DO NOT SEND REGISTERED MAIL, as it is not delivered directly to your camper. To send mail to your camper please use the following address format:

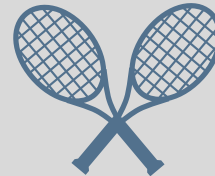
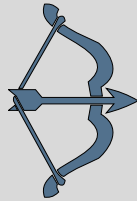
**YOUR CHILD
C/O ARROWHEAD CAMP
1111 RONVILLE RD, DWIGHT, ONTARIO
POA IHO**

CARE PACKAGES

Please do NOT send fruit, candy, gum, soft drinks or any food item to or with your child. Food in cabins attracts unwanted pests and animal life, and can also cause real problems with peer pressure within the cabin. Any food sent to camp will be taken and donated to the local food bank.

Our biggest concern are life threatening allergies by campers to certain food products. Therefore if you choose to send a "care package", please send only non-food items. For example, consider sending magazines and/or books.





MAIL SERVICE CONTINUED

EMAIL

You may send occasional emails to your campers using this address

admin@arrowhead.on.ca

With 150 people in camp at any given time, the volume of e-mail can be overwhelming. High speed service is not available in our region. We will print emails from parents and family members only. Please limit pictures to low size i.e. not over 1MB and ensure there is content to fill a good portion of the page. For example an email that only contains, “Hi Billy. Hope all is well. TTYL xoxo,” is not worth killing a tree to print. Campers are not able to send email or faxes.

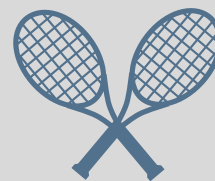
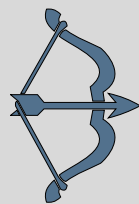
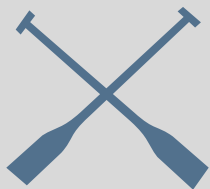


TELEPHONE

Campers are not allowed to use the telephone. We encourage campers to write letters. In the case of an emergency, call the camp at (705) 635-1600. If you have a concern or question, you are welcome to call the camp. Typically, an Arrowhead Staff member answers the phone during office hours (9:30 am –12:00 and 2:00—5:00pm). At other times you may call and leave a message on the camp answering service.

**CAMPERS ARE STRONGLY ENCOURAGED TO LEAVE THEIR
CELL PHONES AT HOME.**

**IF A CAMPER NEEDS TO BRING THEIR PHONE,
THEY MUST FOLLOW THE CELL
PHONE POLICY STATED ON PAGE 9.**



WHAT TO PACK FOR CAMP

- Bike Helmet
- Lifejacket
- Masks, if desired
- *Sleeping bag
- Cotton fitted sheet for single mattress
- Extra blanket
- Pillow/pillowcase
- T-shirts (great to include 1 of each of the following colours for all camp programs: red, blue, black & white)
- Sweatshirts
- Bathing suits and swim shirts
- Rain Jacket
- Long pants
- Shorts
- Underwear
- Pajamas
- Socks
- Rain boots
- Sturdy running shoes
- Extra shoes
- Laundry bag
- Toothbrush/toothpaste
- Towels/facecloth
- Comb/brush
- Hair dryers/straighteners (only if needed, use with care)
- Shampoo/soap - Please bring only biodegradable & phosphate free soaps & shampoos to camp
- Flashlight - we strongly recommend using a rechargeable or wind-up flashlight to avoid adding batteries to our landfills
- Reading materials
- Writing materials
- ***Outfit for banquet
- **Sun hat
- **Sunglasses
- **Sunscreen
- **Water Bottle



**See next page for notes about
* items*



WHAT TO PACK FOR CAMP

*If your child is troubled with enuresis (bed wetting), please send 2 (preferably washable) sleeping bags. Soiled sleeping bags will be laundered or sent out for dry cleaning. (Any cost is added to the camper bank account.)

**SUN PROTECTION IS ABSOLUTELY NECESSARY

Please provide your camper with a waterproof sunscreen of at least 30 SPF and waterproof lip balm. Our counsellors will be instructed to check their campers for sunscreen, hats, and sunglasses. If your child(ren) does not come to Camp with a hat or water bottle, or if it is lost, we will provide one for them and charge it to their Camper Bank.



***The last evening of a session is banquet and presentation of awards. For these occasions, most campers like to "dress up" a little.

OPTIONAL ITEMS

Many campers like to bring musical instruments, cameras, binoculars, fishing gear and tennis racquets. Valuable articles may be left in the office for safe keeping, but we cannot be responsible for damage or loss.



PLEASE DO NOT BRING

Firecrackers, cigarettes, vapes, matches, lighters, slingshots, pocket knives, electronics, laser pointers or food/candy/gum. Parents are requested to co-operate in ensuring that these items do not come to camp. If these items are found at camp, they will be disposed of and not returned.

CELL PHONES

We strongly encourage campers to leave their cell phones at home. Camp is a chance to 'unplug' and get away from our screens! However, if your child wishes to bring their cell phone to use as a camera, or to listen to music as an aid in falling asleep, this is permitted. Campers will not be allowed to watch videos or play games on their phones.

SIM cards MUST be removed prior to arriving at Camp, and kept at HOME with the child's guardian.

Please do not send an extra 'secret' SIM card with your camper.

If a staff member finds that a camper still has their SIM card, the SIM card will be removed and sent home WITH the cell phone via Canada Post. This cost will be \$30 + HST which will be added to your account.

We will not store SIM cards at camp.

Please do not bring video games and/or other electronics to camp.

VALUABLES

Campers should not bring valuable items, such as jewelry, expensive watches and fancy cameras to camp with them. There is no reason to bring cash to camp. If a camper arrives with cash, it must be turned into the Camp Office for safekeeping and will be returned at the end of the camper's stay.

When packing for camp ensure your child is familiar with all items. Have your camper assist you with the packing so they know what is being sent with them.





LOST AND FOUND

Each summer an incredible amount of clothing is left behind at camp. A "Lost and Found" is maintained throughout the session and the items are presented daily to campers.

PLEASE PACK FOR CAMP WITH YOUR CAMPER(S) TO ENSURE THEY ARE AWARE OF WHAT IS THEIRS AND WHAT THEY HAVE BROUGHT.

Within 5 days of the end of a session, any unclaimed items will be donated to a local charity.

LABEL EVERYTHING

All items brought to camp must be labelled!

Use a permanent marker to put your camper's first AND last name on the tags of all the items they are bringing to camp.

OR

If you would like to purchase labels, Oliver's Labels provides this service for our camp. These can be ordered directly through your camper's Arrowhead account.

Scroll to the bottom of 'My Great Summer 2023 Details' page.

<https://arrowheadcampon.campbrainregistration.com>



oliver's labels

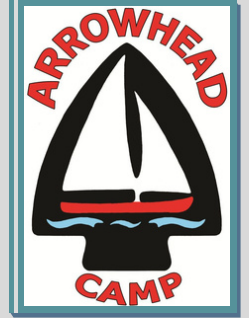


CODE OF CONDUCT FOR ARROWHEAD CAMPERS

At Arrowhead Camp, we do not have a lot of extraneous rules for our campers. All of the rules that we do have are in keeping with our need to keep all campers safe and happy.

ARROWHEAD CAMPERS ARE NOT ALLOWED TO SMOKE OR VAPE.

Aside from the obvious health considerations, our biggest concern in this regard is fire. Campers who smoke will be sent home immediately.



ARROWHEAD CAMPERS ARE NOT ALLOWED TO DRINK ALCOHOL, CONSUME CANNABIS BASED EDIBLES, SMOKE MARIJUANA or USE NON-PRESCRIPTION DRUGS. If a camper is in possession of alcohol or drugs, they will be sent home immediately.

THERE IS NO FINANCIAL COMPENSATION FOR CAMPERS SENT HOME FOR EITHER OF THESE REASONS.

ALL CAMPERS AND STAFF MUST WEAR PFD'S (lifejackets) AT ALL TIMES IN CANOES AND SAILBOATS AND WHILE WATER SKIING & KAYAKING. PFD'S can be provided by the camp if the camper did not bring one.

CAMPERS ARE NOT ALLOWED ON THE WATERFRONT WHEN THE WATERFRONT IS CLOSED. Campers can only be on the waterfront when the lifeguards are present and on duty.

ALL MEDICATIONS MUST BE GIVEN TO THE CAMP NURSE. As stated earlier we must know what medications campers are taking.

All campers will be well informed of our EMERGENCY PROCEDURES on the day of their arrival at camp and will cooperate with them. Emergency procedures are posted in every building to help remind everyone of the proper protocol.



CODE OF CONDUCT FOR ARROWHEAD CAMPERS CONTINUED

ARROWHEAD CAMPERS ARE EXPECTED TO TREAT FELLOW CAMPERS WITH RESPECT.

BULLYING AND HARASSMENT IS TREATED WITH ZERO TOLERANCE.

ARROWHEAD CAMPERS ARE EXPECTED TO TREAT THE PROPERTY OF THE CAMP AND OF FELLOW CAMPERS WITH RESPECT AND CARE.

AT ARROWHEAD CAMP, CAMPERS COME FIRST.
WE WANT CAMPERS TO BE SAFE, HEALTHY AND HAPPY!

