



Shine On



# Camp Otonabee Overnight Camp

2024 Family and Camper Information

[ymcaottawa.ca](http://ymcaottawa.ca)

# Welcome to the Camp Otonabee Overnight Camp Program!

Summer is on its way and soon you will be helping your child prepare for camp.

We have put this booklet together to help you and your child get the most from the camp experience. Please take a few moments to read through this information carefully. This will be an important first step in helping your child prepare for their camp experience.

## CAMP VIRTUAL TOUR

Can't make it to the Open House but curious about what camp is like? Join us for a virtual tour of Camp Otonabee! This short video explores all the areas of our site, introduces you to some of our amazing camp staff, and shows you some of the fun activities you can enjoy this summer.

[VIEW OUR VIDEO TOUR HERE](#) 

## OUR STAFF

Our staff includes full time camping professionals and university, college and senior high school students who have been carefully selected for their leadership abilities, competencies, enthusiasm, and experience. Each staff member is Standard First Aid and CPR certified and trained in all areas of their camp program.

Our counsellor to camper ratios for Overnight Campers is 1:8.

Cabin Age Groups
<b>Mini Overnight</b> (July 2-5 only)   Ages: 6Y-8Y Girls, Boys, All Genders
<b>Junior Overnight</b>   Ages: 8Y-10Y Girls, Boys, All Genders
<b>Senior Overnight</b>   Ages: 11Y-14Y Girls, Boys, All Genders

## CAMP OTONABEE VIRTUAL FAMILY INFORMATION NIGHTS

Camp Otonabee will be hosting family information nights virtually this year. These sessions will provide an opportunity for campers and families to learn more about Camp Otonabee and the programs that are offered. There will be a presentation about the various camp programs and an opportunity to ask questions and meet with camp staff.

**Camp Otonabee day camp information sessions** will be held on Thursday, May 2 and Thursday, June 4.

**An out trip information session** will be held on Thursday, May 16.

**An overnight camp information session** will be held on Thursday, May 30.

All sessions will take place on Zoom and will begin at 7PM. Please call or email the camp office for details at 613-832-1234 or [day.camps@ymcaottawa.ca](mailto:day.camps@ymcaottawa.ca).

## CAMP OTONABEE OPEN HOUSE

We will be hosting an Open House on Thursday, June 6 from 4:30-7:30PM at Camp Otonabee. This will be a drop-in event where families can take a tour of where the Camp Otonabee magic comes to life! Tours will be led by some of our amazing summer camp staff and will run approximately every 20 minutes. Bring your whole family and enjoy an evening exploring our site and getting to know a few of the many staff that help make Otonabee awesome!

# Camp Protocol

## Y CORE VALUES

The following core values guide all the interactions at camp:

- **Caring** is accepting others. It is being compassionate, generous, sensitive and thoughtful.
- **Honesty** is shown through integrity, fairness and sincerity in words and deeds. It is being trustworthy and trustful.
- **Respect** is acknowledging the inherent worth in oneself and others. It is treating others fairly and justly.
- **Responsibility** is being accountable for your own actions.
- **Inclusiveness** is being welcoming and fostering a sense of belonging for all.

## ONLINE CAMPER ACCOUNT – SETTING UP YOUR ACCOUNT ON CAMPBRAIN

This year Y Camps Ottawa is working with a new registration system, in the hopes of providing a more user friendly and efficient registration experience for camper families! Camper information from previous years will not transfer over, so all families will be required to create a new account prior to registration.

Visit our website and follow the links to set up an account with your household and camper information. Once your account is created and registration opens, you will be able to register campers in applicable camp programs. Full payment can be made at the time of registration, or payment plans are available to be set up upon registration. Please note that an initial payment will be required in order to activate a payment plan.

## BEAUTIFUL SILVER DAYS

All programs, except swimming, boating and high ropes, are continued on a regular basis during inclement weather conditions. Camp is a great opportunity to enjoy this type of weather, so proper dress for such days is essential! Please remember to bring rainwear, sweaters, rubber boots and an extra set of dry clothes.

## EXTREME HEAT & AIR QUALITY PROTOCOLS

The health and safety of our campers are our first priority. In the event of extreme heat or air quality warnings during camp, our extreme heat and smoke & smog practices will be adopted by all camp programs. For more information on these protocols, please visit our website.

## IDENTIFICATION POLICY

All parents/guardians picking campers up from camp will be required to show government issued photo identification. The person picking up the camper must be included on the authorized pick up list that you submitted on the camp registration form and must have appropriate identification. Please note that only the person listed as "Main Contact" on the camper's account can make changes to the authorized pick up list, and must do so in writing.

## POSSIBLE CAMP ACTIVITIES

*(Activities will vary based on the program that your camper is registered for)*

- Outdoor living skills (fire building, orienteering, and shelter building)
- High/Low ropes
- Climbing wall
- Kayaking instruction
- Canoeing instruction
- Stand up paddleboarding
- Recreational swim
- Arts and crafts
- Archery (for campers 8Y+)
- Nature activities
- Cooperative group games



# What to Bring to Camp

At Camp Otonabee, we pride ourselves on the fact that 90% of our time is spent exploring and playing outdoors – rain or shine. Packing the proper clothing and equipment is an important part of preparing for camp. **A well-prepared camper is a happy camper!**

## RAIN GEAR

Camp continues rain or shine, so good rain gear is a must. Make sure your raincoat, pants, and boots are waterproof – test them in the shower!

## SUNSCREEN

Sunscreen with sun protection factor (SPF) of 30 or more is strongly recommended (please check to make sure the sunscreen has not expired). Sun hats and sunscreen will be worn by everyone and counsellors will ensure campers are applying sunscreen regularly. Water bottles are also required for those hot days and for out trips.

## LABEL BELONGINGS

Please use a permanent marker and print first and last names on everything, including clothing. This will help us make sure any “found” items can be returned to your camper. If your child is missing an item, call or email the camp office where arrangements can be made to find the item and return it.

## LOST AND FOUND

Lost and Found items will be posted on the Y Camps Ottawa Facebook Page at the end of the summer. We encourage you to reference this page if you lost an item. Additionally, you can always email the camp office at [day.camps@ymcaottawa.ca](mailto:day.camps@ymcaottawa.ca) if you are missing something.

## PACKING LIST

This list is a good guideline to follow when packing for camp. Parents with more questions about what to pack should contact the camp office directly at 613-832-1234.

- 4 t-shirts
- 1 pair of long pants
- 5 pairs of underwear
- 1 pair of pyjamas
- 1 sweater/sweatshirt
- 3 pairs of shorts
- 5 pairs of socks
- 1 raincoat
- 2 bathing suits
- 2 towels
- 1 pair of sandals (with back strap)
- 1 pair of running shoes
- 1 hat
- Toothbrush and toothpaste
- Soap
- Shampoo
- Hygiene products
- Sunscreen
- Sleeping bag
- Pillow
- Flashlight
- Reusable water bottle
- Sunglasses
- Bug repellent

## WHAT NOT TO BRING

- Money
- Pocket knives
- Matches/lighter
- Electronic toys or devices (iPods, iPads, video games)
- Peanuts (we are a nut-aware facility)
- Expensive cameras
- Electronics
- Curling irons/hair dryers
- Cell phones
- Radios, stereos, CDs
- Any other valuables

# Preparing Your Child for Camp

## **MISSING HOME**

Missing home is a very natural response to being away from home, especially if it is for the first time. With some assistance and support from camp staff - and a bit of time - most campers are able to overcome their nervousness and feelings of homesickness and really enjoy their independence at camp. We suggest allowing your child some time to work through their homesickness before resorting to picking them up early.

### **Some helpful hints to help with missing home:**

- Go through the camp decision process together; allow them to see what camp they are being signed up for, and what their schedule will look like while they are at camp.
- Talk about the possibility of being homesick. It's a very common thing for children to go through.
- Send your child to camp with a favourite photo, a stuffed animal, or something special that is comforting and has a nice memory of home.
- Attending camp with a relative or trusted friend can also help campers feel more comfortable transitioning into the camp environment. Be sure to make a group request on your camper's registration form if this is the case.
- Come to the Camp Otonabee Overnight Virtual Family Information Night. This session will be held over Zoom on Thursday, May 30 and will begin at 7PM. Please call or email the camp office for details at 613-832-1234 or [day.camps@ymcaottawa.ca](mailto:day.camps@ymcaottawa.ca).

## **CAMP OTONABEE OVERNIGHT CAMP EXPERIENCE**

We teach and ask that campers embrace three main areas of respect:

### **1. Respect the Environment**

We are lucky enough to be on the beautiful Ottawa River, tucked in a lush forest. We want to foster the idea of being responsible for taking care of this area that campers spend their time at. We try to create as little garbage as possible and introduce ideas of low impact camping or leave no trace camping.

### **2. Respect Each Other**

A large part of camp is working and living with people in tight quarters. We try to teach campers how to interact with each other, despite and in celebration of their differences. If a problem between campers arises, our staff will work through it with the campers in a safe and productive way. We believe that every participant has the right to a safe environment and to be treated as equal, without discrimination. Please read our Camper Code of Conduct in the Family Resource section of our website for more information regarding our camper expectations and bullying policy.

### **3. Respect Yourself**

With camp being the busy place that it is, it's important to listen to yourself. Each camper is responsible for knowing when they need to slow down, sleep more, drink more water, or put on sunscreen. Our counsellors spend time on personal hygiene and check-ins throughout the week to ensure each camper is properly taking care of themselves.

# Camp Programs

Each day campers are given the opportunity to participate in a wide range of activities. Campers may have the opportunity to participate in the following programs, depending on the program that they're registered for:

**Archery** – Campers channel their inner Robin Hood while participating in target practice and learning about the different skills required to get a bullseye!

**Arts and Crafts** – Campers get crafty using sparkles, feathers, and googly eyes to create a masterpiece. A different craft each session. And don't forget bracelet making, a timeless camp staple!

**Canoeing** – Practice draws, prys, C-stroke and J-stroke on the beautiful Ottawa River with experienced lifeguards who can teach campers how to manoeuvre a canoe.



**High Ropes** – We offer a variety of high ropes elements that will build on teamwork and personal challenge. Campers can climb our rock wall, try our vertical playground or get their whole team to the top of our Dangle-A-Maze.

**Kayaking** – Campers see the Ottawa River in their own individual boat and practice their C-stroke. Lessons led by experienced lifeguards.

**Stand Up Paddle Boarding** – Using a surf style board and a long paddle, you will propel yourself through the water and learn some new strokes.

**Wilderness Craft** – This is a chance for campers to learn some new wilderness skills. Each period will vary and includes activities like learning how to build fires safely, taking an interpretive nature hike through our forest, learning how to cook on an outdoor stove, leave no trace camping practices, and how to build an effective emergency shelter with what you find in the forest.

**ZAP** – ZAP or Zero Activity Period is a time for campers to decompress from their busy camp schedule to talk quietly with cabinmates, play cards, read, colour, or nap. Camp counsellors will ensure active supervision is maintained throughout this time, and will engage with campers in whichever activity they choose, whether it be playing cards or writing a letter home.

## THEME DAYS

Every Wednesday everyone at camp will get to participate in special themed activities! Some examples of theme days are: fairy-tale, Olympics, and outer space!

# Camp Programs

## WHAT YOUR CHILD WILL EXPERIENCE DURING A TYPICAL WEEK AT CAMP:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7AM - 8AM	–	Polar Bear Swim / Wake up / Table Setters			
8AM - 9AM	–	<b>Breakfast</b>			
9AM - 9:30AM	Campers Arrive	Cabin Clean Up			Pack up/ Move out of cabins
9:30AM - 10:45AM	Move into cabins/ Full Value Contract/ Medical Checks	Cabin Rotation			
10:45AM - 12PM	Camp Tour/ GTKY Games	Personal Choice Activity			
12PM - 12:45PM	<b>Lunch</b>				
12:45PM - 2PM	Skills				Group Activity
2PM - 3:30PM	Community Meeting / Large Group Games	Large Group Activity			Skills and Awards
3:30PM - 3:45PM	<b>Snack</b>				Depart from Camp
3:45PM - 5PM	Swim (Test)	Swim			–
5PM - 5:30PM	Change for Dinner / Table Setters				–
5:30PM - 6:30PM	<b>Dinner</b>				–
6:30PM - 7PM	Prepare for Evening Program				–
7PM - 8:30PM	Opening Campfire	Personal Choice Activities		Closing Campfire, Otonabee's Got Talent	–
8:30PM - 9PM	<b>Snack</b>				–
9PM - 10PM	Get Ready for Bed / Lanterns / Lights Out				–

# Keeping in Touch with Your Camper

## (Communication, cell phones, e-mails)

We understand that most people have cell phones and are always a text message or phone call away, but at camp we are trying to foster independence as well as a balance of tradition and technology. We ask that you please do not send cell phones with your children to camp. If campers do bring a cell phone to camp, the camp director team will ask the camper to leave their cell phone in the camp office, as we consider having personal cell phones in the cabins a child protection concern.

We invite you to follow our Y Camps Ottawa Facebook page to see photos of campers in action, and you are always welcome to call our office for updates on how your children are doing. You may also send your child

an e-mail to [overnight.camps@ymcaottawa.ca](mailto:overnight.camps@ymcaottawa.ca), however we ask that you please do not tell your children that you will pick them up if necessary, as this can create an expectation they will be "rescued," and may affect their ability and willingness to participate fully. Another option is to send your camper with envelopes that are pre-stamped and addressed so they can send you letters from their time at camp!

We do not typically let campers use the telephone. If there is an issue with missing home, we will arrange a plan with parents that will allow the camper to remain at camp to the best of their abilities, in order to build their confidence and independence while still enjoying their time.

## Medical Information

### IN CASE OF INJURY OR ILLNESS

All camp staff are Standard First Aid and CPR certified. If any child needs of minor first aid, the staff are fully trained and equipped to care for the child. If a child becomes overtired, or just needs some TLC, we have a quiet rest area supervised by our camp staff. If a child takes ill or has a serious problem, they may be required to be picked up from camp before the end of the day. We will ensure the best possible care until you arrive.

In the event a child requires immediate medical treatment, apart from injuries of a minor or routine nature, senior camp staff will ensure immediate transportation to a local hospital. We will make every effort to contact you as soon as possible. A camp staff member will stay with the child until the emergency is over and you arrive.

### MEDICATIONS

If your child is bringing medication (prescription or non-prescription) to camp it must be in its original container and clearly labeled with the child's name and instructions for use. Please give the medication to camp staff and they will give the medication to senior camp staff. The senior staff will oversee the administration of all medication at camp. Please send enough medication for the entire time your child is at camp.

If your child requires a Ventolin inhaler, an Ana kit, EpiPen or other special medication which must be kept with them at all times, we suggest you bring two to camp. This will allow us to have the camper carry one at all times and a second safely stored in the event the other is lost.

Should you have any specific instructions, please do not hesitate to call the camp office. Please note that you are responsible for providing us with written notification of any changes to the child's health after you have submitted a registration form to our office and prior to the start of camp.

### HEAD LICE

We try our best to maintain a lice free camp, but unfortunately some children come to camp with lice. We ask that parents check their campers for head lice before sending them to camp. When they arrive at camp they will partake in a health check that will examine campers for head lice. If any lice, nits, and/or eggs, are found during the health check or throughout the week, we will ask that parents pick up their children, and return 24 hours after a treatment has been completed. We do not process refunds for lice. All the same refund policies apply.



# Camp Refund and Transfer Policy

Request for refund **16+ business days** before session start date → **100% refund** of program fees

Request for refund **15-6 business days** before session start date → **75% refund** of program fees

Request for refund **5-1 business days** before session start date → **50% refund** of program fees

Request for refund once program has begun → **No refund** of program fees

Transfer requests must be made in writing by emailing [day.camps@ymcaottawa.ca](mailto:day.camps@ymcaottawa.ca). Please include your camper's name, your name, and the weeks they are both unregistering from and transferring to in your request. All transfers must be completed 10 business days prior to the session start date, provided there is space in the program.

All refunds must be requested in writing by emailing [day.camps@ymcaottawa.ca](mailto:day.camps@ymcaottawa.ca). Please include your camper's name, your name, and the week they are unregistering for in your request. There are no refunds from children who are asked to leave the camp due to behavioural and/or safety issues.

# Camp Location and Contact Information



## Camp Otonabee

1620 Sixth Line Road, RR#1  
Dunrobin, ON K0A 1T0

## Office Hours

Monday to Friday  
8AM - 4PM (September - June)  
8AM - 5:30PM (July - August)

613-832-1234  
[day.camps@ymcaottawa.ca](mailto:day.camps@ymcaottawa.ca)

