

# Bear Creek Outdoor Centre

## *Active Challenge*

### Participant detail and emergency contact information

- Full Session July 1st to August 11<sup>th</sup>, 2012
- Half Session A (July 1st to July 21<sup>st</sup>)
- Half Session A (July 21st to August 11<sup>th</sup>)

#### **Please Print**

Camper's Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age on 1st day of camp: \_\_\_\_\_

Weight of Student/Camper: \_\_\_\_\_ Ontario Health Card#: \_\_\_\_\_

Name of Family Doctor: \_\_\_\_\_ Telephone: \_\_\_\_\_

Out of Province Health Card # (if applicable): \_\_\_\_\_

Policy #: \_\_\_\_\_ Company/ Phone Number: \_\_\_\_\_

Cabin mate request (if applicable): \_\_\_\_\_

**Parent/Guardian #1:** \_\_\_\_\_ Home Telephone: \_\_\_\_\_

Work Telephone: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City or Town: \_\_\_\_\_ Province/State: \_\_\_\_\_ Postal/Zip Code: \_\_\_\_\_

**Parent/Guardian #2:** \_\_\_\_\_ Home Telephone: \_\_\_\_\_

Work Telephone: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City or Town: \_\_\_\_\_ Province/State: \_\_\_\_\_ Postal/Zip Code: \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_ Home Telephone: \_\_\_\_\_

Work Telephone: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Please detail travel arrangements made for the participant (including flight numbers and arrival times and any special instructions if appropriate):

\_\_\_\_\_

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# Bear Creek Outdoor Centre

## *Active Challenge*

### 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)  
Min. (2) 1 litre water bottles (leak proof)  
Sun hat, sunglasses and sunscreen  
Rain jacket and pants  
2 pairs running/walking/trail running shoes (at least 1 good pair, backup pair may be older)  
1 pr. hiking boots  
1 pr (min) comfy shoes/sandals  
Lots of socks, underwear and sports bras  
PJ's  
T-shirts  
Shorts  
Athletic wear  
Bike shorts (optional but may be appreciated)  
1 pr. (min) long pants (more in August) lightweight quick drying kind is great.  
Long underwear top and bottoms (synthetic is best)  
Long shirts  
Fleece sweater (more in August)  
(Min) 2 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 including (but not limited to):  
Showering supplies  
Toothbrush and toothpaste  
Deodorant  
Hand cream and lip balm  
Pads and/or tampons  
Brush and comb and hair supplies  
Expedition pack (60 litres min)  
Stationary items and books

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  
Musical instrument  
Personal equipment that you prefer (pfd, paddle, mountain bike)  
Cards and games



## Camp Policies and Services

### Contact with Home

If this were going to be easy we would have called this program “Active Easy”. Getting settled into camp requires our campers to be where they are (here at camp) as opposed to where they are not (at home where things are easy). New surroundings, new schedules, new challenges and new people all combine to make the first week 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 daughter. 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

### Visits

There are no “visiting days” at Active Challenge. If family members wish to visit the camper while at camp, they must schedule the visit with the camp office. The camp schedule will not be altered to allow for visitation, there will be times when campers are on trips off camp property (canoe trips, rafting etc.) when visits would not be possible. If your child is attending the Full Session of Active Challenge you may arrange to visit during the changeover and may take your child out of camp for the night. Please arrange this with the camp.

### Laundry

A laundry service is offered to participants twice during the 3-week session and 5 times during the 6-week session. The equivalent of 2 towels, 4 shirts, 2 pairs of shorts, 1 pair of pants and unlimited underwear and socks are allowed per laundry session per participant.

### Showers

Participants are welcome to shower whenever time permits between camp activities or during scheduled personal time.

### Transportation

If a participant is arriving by air we can arrange to have the camper picked up at the Ottawa international airport upon her flight's arrival and returned for her homeward flight at the end of camp.

Photo and identification of camp escort will be sent to you prior to camp (especially important when flying as unaccompanied minor).

The cost for airport pick up (staff member sees that camper is met at her flight arrival and/or sees her to security check in for departures and waits at airport until flight is confirmed departed) is \$150 each way.

The camp office will make a phone call to the parents/guardians of the camper when the camper has arrived at camp and to confirm that the camper has been placed on the return flight home.

Arrangements may also be made for campers arriving by train (Fallowfield) or bus (Renfrew) if appropriate.

### Personal Electronics

If a participant chooses to bring personal electronics to camp they do so with the understanding that the camp cannot be responsible for these items. There are times when the use of these items is not appropriate and camp staff may ask participants to put such items away at such times. If personal electronics are brought to camp, extra batteries may be needed. We make sure to find a way to get ipods charged as it is always nice to have your own music at camp.

### **Additional Expenses**

The balance of all fees are payable before the Camper's scheduled arrival. A camp account (recommended \$50) is suggested to pay for expenses incurred during camp session. The camp keeps record of all expenses your daughter incurs (toothpaste, batteries, etc.) and a copy will be sent home with your daughter along with any unspent account funds. Any expenditures in excess of the camp account must be approved by parents and permission granted to invoice parents for the outstanding balance.

### **US and International Campers**

US and International Campers are required to submit a \$350.00 CAD medical deposit which will be refunded if it is not required for use while at camp. In the event that your daughter requires medical attention you will be invoiced for this expense (if it exceeds the deposit) and all documents will be forwarded to you so that you may be reimbursed by your insurance company.

### **Dismissal**

For the safety, welfare and proper maintenance of all the Campers, 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, purchasing food while off 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 Camper from following rules or appropriate behavior. Any of the above conduct may subject the Camper to dismissal. The parent or other notified party must pick up the Camper within 24 hours or the Camp has the right to have the Camper travel via public or private transportation, and it shall be the parent's responsibility to meet the Camper upon arrival. If the parents are not available, the same applies to emergency designee or relative. 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.