

2010 Sparrow Lake Family Camp Info Guide

Welcome to Camp!

Thank you for joining us for Family Camp. We hope your family will have an enjoyable and enriching summer camp experience. The staff of Sparrow Lake Camp maintains the highest level of care and is always conscious of safety first. Proper preparation for your stay at camp will greatly enhance your enjoyment of the camping experience, please read the following information carefully.

FAMILY CAMP RULES

To ensure that everyone has an enjoyable and safe weekend we ask that campers abide by the following rules.

Adults are responsible for and must supervise all members of their group at all times.

Quiet after 11:30 p.m. please. This includes everyone in your camp party.

NO alcohol allowed on Camp Property.

Smoking will be allowed only in a designated area and away from children. There is no smoking in any building or on any trails.

Canoes and kayaks are available for your use. If using a canoe there must be at least 2 people (1 adult) in a canoe. While boating there should be a spotter on shore. PFDs must be worn.

Pets are welcome but must be on leashes. Pets are not allowed in the dining hall or kitchen areas.

FAMILY INFORMATION FORMS

Please complete the Family Information Form. The purpose of this form is to assist us with our planning for the weekend. Please include any health concerns, diet

restrictions or needs that you feel our staff should be aware of.

Forms must be returned to the registration office before May 1. If registration occurs after May 1, 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 them to our Registrar at 705 434-2113. Sparrow Lake Camp respects your privacy and will keep all information confidential.

CAMP FEE POLICY

A non-refundable registration fee of \$100.00 is required to register. If a post-dated cheque is received for the deposit, you 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 April 24, 2010 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 Family Camp, the Family Camp fee less registration fee will be refunded in full.

If a written cancellation is received less than 14 days prior to Family 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.

Any N.S.F Cheques received will incur an additional charge of \$25.00.

PACKING FOR CAMP

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

Participants 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 and a **Water Bottle** to keep hydrated.

Please do not bring good clothing or any other articles that are of high sentimental value to camp. The Camp is not responsible for any lost articles.

WHAT TO BRING

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)

Toiletries

- Toothbrush/paste _____
- Shampoo, Soap _____
- Insect Repellent _____
- Sunscreen _____
- Brush/Comb _____
- Feminine Hygiene products (if necessary) _____

Other

- Sleeping Bag & Pillow _____
- Towels _____
- Paper & Pen _____
- Water Bottle** & Plastic Cup _____
- Flashlight _____

Optional Items

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

INFORMATION FROM THE HEALTH CLINIC

Please inform us of any health concerns within your family.

It is imperative that you bring the Ontario Health Card for each member of your family to camp.

Please note that although our staff have first aid training, there will be no camp nurse on duty during the Family Camp weekend.

SPECIAL DIETARY NEEDS

Indicate any special dietary needs on the information form. We will do our best to accommodate any special dietary needs indicated on the form. 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 participants may be asked to provide some of their own foods to supplement our menu.

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.

ARRIVAL & DEPARTURE TIMES

The weekend begins Friday night any time after 6:00pm and ends by 3:00pm on Sunday afternoon.

DIRECTIONS

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 towards Port Stanton. Stay to the left whenever the road forks. Continue until you reach the Camp Gates, 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

SAFETY

Although members of our waterfront staff will be on duty during water activities, parents are responsible for the supervision of their children.

Any person using a canoe or kayak must be wearing a DOT approved Lifejacket or P.F.D at all times.

SLC WEAR

To order camp clothing, please see the link on our website.

www.sparrowlakecamp.com