

Parent Information

As you send your child to camp, you may have some questions. This information page has been developed to help answer many of those questions. We hope you will read and carefully consider all of the information contained on this page and share it with your camper prior to coming to camp.

Please feel free to contact to contact us if you have any questions or comments regarding the enclosed information or the summer camp season ahead.

Medical Information

In an effort to ensure that our staff provides the best possible care, it is extremely important that you follow the guidelines listed below to ensure your campers health and safety.

1. It is the policy at Ravencrest Camp that all medications (prescription or otherwise) are kept in the office. No camper may keep any medications in the bunkhouse. All prescription medications must be sent to Camp in the original container and a medication form must be filled out by the parent.
2. Our Office is well stocked with over the counter medications such as Tylenol, Gravol, Advil, and allergy medications. If there are any of these medications that you do not want us to administer to your child, please inform us in writing on the registration form.
3. **Epipens:** If your child has a potentially fatal allergy, you must send **2 Epipens** to camp. Also, please send a hip sack so your child can carry one epipen at all times. The backup will be kept in the office. Please note: Ravencrest Camp is **not** a peanut free facility.
4. **Inhalers:** If your child uses an inhaler “as needed” please ensure that **2 inhalers** are sent to Camp. Again, we recommend that you send a hip sack so that one inhaler will be with your child at all times and the second will remain in the office.
5. **First Aid:** If you child becomes ill or injured at camp, immediate care will be provided. If further medical attention is required, we are only 15 min away from the hospital in Strathroy. It is recommended that campers have an op to date Tetanus shot as they will be around animals and in the outdoors.
6. Please inform us of any medical concerns in advance of arrival so we may be fully prepared to care for your child.
7. **Sun protection:** To minimize the risks of exposure to the sun, please send your camper with a good sunhat and waterproof sunscreen with an spf rating of at least 30.
8. **Bug protection:** Exposure to mosquitos can be minimized by wearing light coloured, long sleeved shirts and pants. Please send your camper with a good supply of insect repellent.
9. **Emergency Contact Information:** If you will not be at your present address or telephone numbers during your child’s stay at camp, please leave an address and telephone number where you can be reached, or the name of a person we can contact in case of emergency. We will contact you in the case of any emergency or if your child has been taken to the hospital.

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Camp fees, Payment, and refunds

Outstanding balances on camp fees is due June 1st 2008 and is non-refundable after this date. Prior to June 1st, a \$25.00 administration fee will be levied on all cancellations. All cancellations must be received in writing. There are no refunds for early departures, late arrivals, days missed or in the event that a camper is asked to leave due to behavioural problems.

Riding Helmets

All staff and campers are required to wear a helmet while participating in our riding program. American Society of Testing and Materials (ASTM) approved helmets are mandatory for all riders under the age of 18 for horseback riding (Ontario Bill 12) at all riding establishments. **Please note that bicycle helmets are NOT approved for horseback riding.**

Arrival and Departure Days

Campers should arrive on the first day of camp, Sunday, **between 3:00 and 3:45 pm**. Please arrive on time as this allows parents an opportunity to meet your child's counsellor and to pass any other important information onto the Camp Director. **Please do not arrive before 3:00pm** without prior arrangements with the Camp Director!

Camp ends on the following Saturday at 10:00 am. Family and friends are invited to visit and have your camper show you around the program areas, introduce you to their horse and take pictures. Please do not arrive early on departure days without prior arrangements. For security reasons, if someone other than the persons(s) designated on the camp forms will be picking up the camper, please inform us in writing ahead of time.

Food Packages

Please do **NOT** send or arrange to send a food/care package for your camper. Meals and snacks at Ravencrest Camp are nutritious and well balanced and the campers have no need for extra food while they are here. Food packages could cause problems within the group and attract unwanted animals and insects to the program areas and bunkhouse.

Laundry

We do not offer regular laundry service. Laundry facilities are available in the event of an emergency or accident. Staff will discreetly wash and dry campers clothing and/or sleeping bags as required. Please ensure to pack enough clothing to last your campers entire stay at camp.

Clothing and Equipment

Lost clothing is a major concern at camp. Please label all clothing with your campers full name with iron on labels or a permanent marker. (including shoes and riding equipment). Please remember that camp clothes receive rough treatment, so don't send anything that might not stand up to the rigours of camp life! We also ask campers to wear clothing that is appropriate for the physical activity and informal atmosphere of camp.

Rubber boots are a good alternative for use as riding boots and are essential for rainy weather.

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If clothing is left at camp and is labelled, we will contact you to arrange its return. Unlabelled and unclaimed items will be donated to charity 1 month after the end of camp.

Things NOT to bring

Ravencrest Camp strives to create a simple and relaxed atmosphere, away from the hustle and bustle of everyday life. We believe that time away from video games, TV, the internet, and the electronic world helps to emphasize the importance of making friends, connecting to the natural world, and increased self awareness. For this reason, please do not bring the following items to camp:

- Cell phones, video cameras, pagers
- Stereos, MP3 players, electronics
- Curling irons, blow dryers
- Cigarettes, matches, lighters
- Money (we do not have a tuck shop)
- Food/candy packages

Staff

The staff at Ravencrest Camp are a dedicated group of young adults who are carefully selected for their skills and leadership abilities. Many of our staff have attended Ravencrest as campers and a majority have progressed throughout our leadership programs. All of our staff participate in an intensive training program prior to camp and many attend other related events and courses to enhance their training. Our staff to camper ratio is approximately 1:3.

Homesickness

It's natural for a child to experience slight homesickness, especially if it is her first time away from home. Our counsellors are trained to detect signs of homesickness and to deal with it sensitively and intelligently when it does arise. We recognise how very important the care and interaction provided by our staff is in ensuring that the atmosphere at camp is welcoming, nurturing, enjoyable and of course, busy and packed with fun and adventure!

What to Bring

Approved riding helmet

Riding boots or shoes with a heel (no greater than 1" high)

Rubber boots (may also be used for riding boots)

2 pairs long pants

2 pairs of shorts

5-6 Tee shirts

2 long sleeved shirts (for cool weather and mosquito protection)

Socks and underwear

Pyjamas

Pants for riding (jodhpurs or breeches are recommended but jeans or sweats are suitable)

Rain jacket

Bathing suit

Towel

Running shoes

Sandals

Sun hat

Sleeping bag or single bed sheets and blanket

Pillow

Sunscreen

Bug repellent

Toothbrush

Toothpaste

Hairbrush/comb

Flashlight

Camera

Horse treats!