

2018 OSCA Camping Camp Code of Conduct

To ensure that every camper has a positive experience at camp this summer, please read and sign the *Camper Code of Conduct*. Campers and parents are required to sign the camper contract, agreeing to follow the guidelines developed for Camping Camp. Parents/guardians and the camper must realize that any behavior deemed by the Camp Coordinator (and/or Preschool, Child, and Youth Program Director) to be inappropriate and/or unmanageable will result in the camper being dismissed from the camp program and parents will be required to pick up their child from Lac Philippe immediately.

The rules of Camping Camp are as follows:

I Will...

- Stay safe while having fun
- Always follow directions of the Firehall staff
- Be with my counsellor, activity group or "buddy" at all times
- Tell my counsellors when and where I am going, when I have returned, and will not go anywhere else.
- Respect other campers at all times, make an effort to include everyone and refrain from behaviour that may hurt another camper or counsellor's feelings
- Respect the property of others
- Respect the environment by refraining from littering and abusing/vandalizing camp property or equipment
- Wear shoes at all times. Exceptions will be approved by the counsellor
- Remain in my tent (unless using the bathroom), after lights out (10:30-11PM) and until a counsellor has woken up.
- Be respectful of other campers and staff who may be more tired than I am
- Participate in scheduled activities. If ill, I will inform my counsellor
- Let my counsellor know if I am not having a good time or if another camper is affecting my stay at camp
- Let counsellors know if I spot wildlife, especially bears
- Follow the Food Policy (see attached)
- Have lots of FUN and a GREAT time!

I Will Not...

- Use or be near the waterfront unless a counsellor is with me and I have permission
- Bring any candy or food to camp (animals will find them in your back pack/tent and tear them apart) except for the allowed "snack bag" which contains peanut- free snacks and must be given to a counsellor to be stored in the shed
- Use foul language or gestures
- Leave camp boundaries unless on a supervised trip
- Fight (using words or hands) and I will ask my counsellor for assistance if I need help to resolve a problem

- Hit people with pillows or towels
- Enter any tent except my own
- Use derogatory terms or offensive language when talking to or about any other person
- Threaten any other person in any way
- Bully anyone and I will report teasing/bullying to my counsellors or another staff member
- Lie to my counsellors, other staff, or other campers regarding my behaviour or someone else's
- Use any form of tobacco product, controlled substance, illegal substance or alcoholic beverage. I will inform my counsellor if I become aware of anyone engaged in these activities
- Bring a cell phone, laptop, electronic games, Ipad, etc.
- Bring any kind of weapon to camp

OSCA Camping Camp Wildlife Safety Policy

Given that we're headed to Lac Philippe for outdoor camping, we may encounter outdoor critters. We may see birds, skunks, raccoons, or even bears.

Because we won't be the only living beings at the park while we stay there, it is incredibly important that you go over the following guidelines with your child to ensure critter free tents and that the children are being safe if they encounter an animal:

- Absolutely NO food, gum, snacks/candy, etc. should be stored in tents/camper belongings. There are no exceptions to this rule. Animals have a very keen sense of smell and you won't fool them.
- Critters who are hungry can rip tents and bags to find food, so it is very important we follow these rules to help keep our campers and counsellors safe during their stay.
- NO food will be eaten in tents.
- No empty food containers will be stored in tents.
- Make sure snacks are packed in a lunch bag that zips up and is labelled. Counsellors will store bags in the on-site cabin.
- All food that is dropped on the campsite will be picked up immediately and thrown out
- There is an apple tree near the campsite. Campers are not to pick the apples and throw them.
 - If a camper or staff sees an animal (e.g., raccoon, skunk, or bear), make sure everyone is aware by telling them calmly
 - If you do see a bear, do not to turn your back on the bear and walk slowly to the cabin that's onsite. If possible, form a group.
 - While moving away, make normal sounding noise (talking and laughing).
 - Never run away from a bear.
 - If animals have been spotted who are known to be aggressive, once lights are out, there is absolutely NO leaving the tents.

Park staff will be notified by staff if animals are spotted, especially bears. Further, there is an emergency button in the cabin at the campsite that links to the park staff if an urgent situation arises.

OSCA Camp Tick Protocol

Issue

The Ottawa area is seeing an increase abundance of ticks being found in identified risk areas. In addition, the percentage of blacklegged ticks infected with the Lyme disease pathogen has increased. Ottawa and the surrounding area is considered an at-risk area for Lyme disease.

Background

Lyme disease is an infection caused by a bacteria transmitted through the bite of an infected tick. Not all ticks carry Lyme disease. In Ontario, Lyme disease is spread by the bite of an infected **blacklegged tick**, commonly known as the deer tick.

Adult ticks are about the size of a sesame seed, while the immature nymphs can be as small as a poppy seed. Both adults and nymphs can carry the bacteria that cause Lyme disease. The risk of getting Lyme disease increases with the length of time the tick remains attached to your body. A tick must be attached for at least 24 to 36 hours before a human can contract Lyme disease.

Symptoms of Lyme disease usually begin within three days to one month after being bitten by an infected tick and are as follows:

- Circular, red rash (often, but not always, looks like a 'bull's-eye'), which slowly expands around the tick bite area
- Fatigue (tiredness)
- Fever or chills
- Headache
- Muscle and joint aches
- Swollen lymph nodes
- Numbness or tingling
- Spasms or weakness

Procedure to Follow When a Tick is Found on a Camper

All OSCA Staff MUST follow this procedure if a camper is found to have a tick

1. Notify full time staff that a tick has been located on a participant.
2. Inform the emergency contact (guardian, parent) of the participant (if under 18 years of age) of the presence of the tick. **Staff should not remove the tick.** If the parent/guardian has any questions, please refer them to the Ottawa Public Health website for more information regarding ticks and Lyme disease.

<http://www.ottawapublichealth.ca/en/public-health-topics/lyme-disease.aspx>

3. Confirm pick up time of participant with the emergency contact (guardian, parent).
4. Complete all necessary internal and/or applicable report forms / incident reports.
5. Follow-up with the participant or parent/guardian the following day and document any action taken by them.



Rules and guidelines will also be reviewed with all Campers on the Monday of camp.

I agree to follow the aforementioned rules and policies and understand the consequences if I do not follow them.

Camper Signature: _____

Print Name: _____

I have reviewed these rules and consequences with my child.

Parent Signature: _____

Print Name: _____

Please note: The Ottawa South Community Association, City of Ottawa, all staff and agents are not responsible for lost, stolen, or damaged items.