circle R ranch

Where Friends Meet

Parent Information Package
Trailblazers 2018

Welcome to Circle R Ranch Summer Camp!

As a camp that has been operating since 1966, we are delighted that you have chosen to be part of our summer camp family! We hope that you and your camper are excited about the coming summer camp season, and we understand that you may have some questions about preparing for camp. Our commitment is to make the entire camp experience enjoyable as well as a successful venture into personal growth and development.

This package is designed to answer your questions, and to share other information that is important for you to know. Please share this information with your camper. Children who come to camp prepared for the experience are able to get the most from their time at camp!

We sincerely appreciate the confidence that you have placed in us by selecting Circle R Ranch for your camper. Our entire staff is enthusiastic about the coming summer and we will do everything possible to ensure that your camper has a safe, happy and enriching experience with us.

Please do not hesitate to contact us if you have any questions or comments regarding the enclosed information package and/or the summer ahead.

Warm regards,

Leah	*Joan*	*Nigel*	*Ian*	*Cassandra*
Co-Camp Director	Co-Camp Director	Business Manager	Program Manager	Riding Director

Summer Camp Open House

Date: Sunday, May 6th 2018

10am - 4pm

You are invited to our annual Open House for the opportunity to meet our staff, tour the camp and facilities, meet the horses and have your questions answered in person! If you are unable attend on this date, we would be pleased to arrange an alternate date to meet and tour with you!

Join us for FREE activities! Horses, Pony Rides, Archery, Hay Rides, Crafts

Overnight Camp Information

Arrival & Departure Days

Campers should arrive on the first day of camp, **Tuesday, between 3:00pm and 3:30pm.** The first day of camp is very important in helping campers become comfortable with their peers and counselors, and the full camp program begins at 3:45pm! Arriving during the designated move-in period provides parents with the opportunity to meet their child's counselors and to provide us with important information, including instructions for medications. **Please do not arrive before 3pm without prior arrangements with the Camp Director!**

Camp ends on the **Saturday at 10:30am**. This is a wonderful day for family and friends to visit and have your camper show you around camp, meet his/her horse(s), and see the current MeowTown residents! A slideshow from the session will be running in the main lodge, refreshments will be provided, and camp merchandise will be on sale. **Touring will end at 11:30am.** For safety reasons, please notify the camp office if someone other than the person designated on the camp forms will be picking up your child(ren). **Please do not arrive before 10:30am without prior arrangements with the Camp Director!**

NOTE: *Campers who require accommodation over the Saturday night between two concurrent sessions may be accommodated. Please contact the camp office as soon as possible to register for this service. Please note that a fee for each changeover will be applied.*

Letters/Faxes/Email

Campers always love to receive mail from home! Mail is delivered to Circle R every business day, and will be distributed to campers once daily. You may also fax or email (info@circlerranch.ca) messages to your camper. Campers will be able to send their letters home through regular mail service.

Food Packages

Please do not send any food to camp! This can attract animals or insects, and some foods (i.e. peanuts) can be harmful to some campers simply by being exposed to the particular ingredient. Nutritious meals and snacks are provided each day, and meal alternatives are always available. Please contact the camp office with any questions regarding food packages or food services at Circle R Ranch.

Laundry

Circle R Ranch does not provide regular laundry services. However, if campers require laundry services because of unforeseen conditions, facilities are available and our staff will provide this service. We understand that some campers may 'wet-the-bed' during their stay at camp. Our staff discuss this situation with all campers on the first night of camp, and we will discreetly wash and dry clothing and/or sleeping bags. Please remember to pack enough clothing to last for your child's entire stay at camp!

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Medical Information

It is extremely important that you follow the guidelines listed below in order to ensure your campers' health and safety.

1. It is the policy of Circle R Ranch that all camper medications (prescription or otherwise) are kept in the Health Centre. No camper may keep any medications (including alternative supplements) in the camper tents (except as noted below).

2. **Epi-Pens:** If your child has a potentially fatal allergy, please send **TWO Epi-Pens** to camp. Anaphylaxis Canada suggests that at least two doses of epinephrine be available at all times because a second dose could be required 10-20 minutes after the first dose if the reaction continues. Also, please send a hip pack so your child can carry one Epi-Pen at all times. The back up will be kept in the camp Health Centre.

3. **Inhalers:** Inhalers that are used regularly can be kept by our Health Care Staff who will make sure that your child takes it on a regular schedule as specified on your health form. If your child uses an inhaler "as needed", please send along two—one to be kept in the camp Health Centre and the other to be carried by your child. Again, we recommend sending a hip pack for easy carrying.

4. All **prescription medications** must be sent to Camp in the original container, with dispensing instructions written in English.

5. Our Health Centre contains over-the-counter medications such as Tylenol, Gravol, Advil, Allergy Medications, etc. If there are any of these "over the counter" medications that you do not want us to administer to your child, please inform us in writing on the camp medical form.

6. In recent years, campers have arrived at Camp with a variety of non-prescription, complimentary supplements such as: homeopathic supplements, vitamin and mineral supplements or herbal supplements. Our policy for these products is as follows:
    - These supplements must be stored at the Health Centre
    - Campers must visit the Health Centre and administer these medications themselves, while in the presence of a Circle R senior staff member

First Aid Treatment

If your child becomes ill or injured while at camp, immediate care will be provided. If further medical attention is required, we are only minutes away from the SW Middlesex Health Clinic and only 15 minutes away from hospitals in both London and Strathroy. It is highly recommended that campers have an up to date tetanus shot as they will be around animals and in the outdoors. If there are any medical changes between the time you send in the medical form to us and when your child comes to camp, please inform us in writing.

Communicable Diseases

If your child has been in contact with anyone suffering from a communicable disease immediately prior to attending camp, please notify us and consider keeping them at home until you have obtained advice from a medical professional. The impact of a contagious outbreak at camp could be significant.

Drinking Water

All of our water systems are approved by and registered with the Ministry of the Environment, and are in compliance with Regulation 170/03. Our drinking water is tested regularly in accordance with Reg. 170.

Sun Protection

With continued concern and awareness of the health risks resulting from time spent outside under the sun, there are a few things that can be done to minimize the risks of exposure while at camp. Please send the following items to camp with your child:

- A good sun hat (to cover the ears and the back of the head and neck)
- Waterproof sunscreen with an SPF rating of at least 30
- Refillable Water Bottle

Nutrition

Circle R takes great pride in our home cooked, nutritious meals and snacks. We are constantly striving to find the right balance between healthy foods that children like to eat and that are nutritionally appropriate. We serve lots of fresh vegetables and fruit, and milk, water and juice are available at all times.

Riding Helmets

All staff and campers are required to wear a helmet while participating in our horseback riding program. American Society of Testing and Materials-Safety Equipment Institute (ASTM-SEI) approved helmets are mandatory for all riders under 18 years of age for horseback riding (Ontario Bill 12) at all riding establishments. You may choose to send your own properly fitted and ASTM-SEI approved riding helmet with your child, however Circle R does provide ASTM-SEI approved riding helmets for all campers and staff. **Please note that bicycle helmets are NOT approved for horseback riding.**

Riding Attire

All riders need to wear long pants, to protect their legs and boots or shoes with a 1.5 cm. heel. Rubber boots are great to pack for use as riding boots and work well for rainy weather as the corral area can get muddy.

Clothing and Equipment

We have developed separate equipment lists for overnight camp, day camp, and the leadership programs. Please refer to the appropriate list as a guide in preparing for camp.

- Label all clothing with your camper's full name, with a permanent marker (including footwear).
- To help your camper recognize clothing that has been lost or misplaced, it is often helpful to have him/her help with packing for camp.
- Camp clothes receive rough treatment—don't send anything that might not stand up to the rigours of camp life!
- Bring clothing that is appropriate for physical activity and the informal atmosphere of camp. Given potential health concerns, we discourage sun tanning and therefore recommend bathing suits that cover more and expose less!
- Rubber boots are a good alternative for use as riding boots and are essential for rainy weather as the corral area can get muddy.
- If clothing or equipment is left at camp, and it is labelled, we will contact you to arrange its return. One month after camp, all unlabelled and unclaimed clothing and equipment will be donated to local charities in need of such items.

Things NOT to Bring to Camp

Circle R Ranch strives to create a simple and relaxed lifestyle, away from the hustle and bustle of the city. We believe

- Cell Phones, Video Cameras or Pagers
- Stereos, MP3 Players, electronics, etc.
- Curling Irons, Blow Dryers
- Cigarettes, Matches or Lighters
- Money (we do not have a Tuck Shop)
- Food Packages
- Knives or Firearms

***PLEASE NOTE:** If these items are brought to camp, your camper(s) will be asked to safely store them in the camp office until they can be brought home.*

Camp Merchandise

Circle R offers a variety of camp related merchandise for sale, including t-shirts, hats, beanie horses and more. Merchandise will be for sale at the Open House event on May 6th, and will also be available to order during the camper's session.

Photographs

Photographs and videos are taken by Circle R staff throughout each session of camp for use in camp slide shows, and may be used for marketing purposes. These photographs and videos will become the property of Circle R Ranch and will not be sold to any external parties. Please contact the camp office with any questions or privacy issues.

Staff

Circle R Ranch staff are a very dedicated group of young adults (teachers, university, college and high school students) who are carefully selected for their skills, leadership abilities and sincere interest in the growth and development of children. There are program specialists in the areas of horses, aquatics, canoeing, arts and crafts, environment and other land based programs. Many of our staff have attended Circle R as campers and often are graduates of our Leadership Training programs. All of our staff participate in an intensive training program prior to camp and many attend other related training events and workshops to enhance their preparation for working at camp. Our overall camper to staff ratio is approximately 1:2 in Overnight Camp and 1:3 in Day Camp.

Home-Loneliness

The well known term "Homesickness" is being replaced in camp literature with "Home-Loneliness." This change reflects that it is quite natural for a child to experience minor pangs of loneliness (as opposed to being 'sick'), especially if it is his or her first time away from home. This change of perspective also helps us to train our staff to be empathetic, nurturing and supportive with campers that have these feelings. Our counsellors are trained to detect signs of home-loneliness in campers and to approach the situation with sensitivity, and to effectively help the camper work through these feelings. Campers feel a great sense of accomplishment when they learn how to be away from home. In fact, early camp experiences have been linked to greater success in post-secondary education because of the ability to live in a community setting that is away from home!

There are a variety of reasons that kids experience home-loneliness. Campers with little experience being away from the comforts and the familiarity of home, and children who have been dealing with major changes at home often experience these feelings. Additionally, children who generally have trouble with new situations, are very attached to their parents, and/or thrive on the predictability of their home routines may also have more difficulty adjusting to camp life. On the other hand, sometimes it is the least likely child who becomes home-lonely. We recognize how very important the care and interaction provided by our counsellors and staff is in ensuring that the atmosphere at camp is welcoming, nurturing, enjoyable, and of course, busy and packed with fun, action and adventure!

How you can help your camper prepare for being away from home:

- Be positive and enthusiastic when discussing your child's stay at camp. Be confident she/he they will have a great time and meet new friends. If you have serious concerns or issues, please discuss them with us, not your child.

- Keep stress at home to a minimum before the beginning of camp, so your child arrives relaxed and happy, rather than harried and stressed with last minute packing and organizing.

- Discuss potential home-loneliness with your child. Assure him/her that it's perfectly normal to miss home a bit while away! Discuss ways of coping: get involved in games with friends, write a story, or spend some time with a counsellor or other staff member.

- Finally, express confidence in your child's ability to deal with all types of situations! Recall other instances during which he/she successfully overcame a difficult problem. Camp provides an excellent venue to develop problem-solving skills, and your confidence in your camper's ability to make it through the session is important!

Parent Visits and Phone Calls

A valuable outcome of a camp session is gaining a sense of independence. In our experience, parental visits or contact during camp can be very disruptive to this process. Sometimes, it takes time for campers to feel at home with their group and the new way of life at camp. In some cases, a visit or call from home can cause a camper to become home-lonely or inadvertently cause another camper to become home-lonely because they didn't receive a visit or a call. For these reasons, we do not offer a visitor's day, and we ask that parents not plan a visit or tell their campers that they will call or visit during camp so that false expectations are not created.

If you have important information that needs to be relayed to your camper while they are at camp, please call the camp office and we will arrange to convey the information to them. Due to the number of campers attending Circle R Ranch, campers are not permitted to use the camp phone unless there is no alternative method of conveying important information. On those occasions, the call will be initiated by a Circle R senior staff member.

Behavioural Guidance Policy

Before camp, parents and caregivers should discuss behavioural expectations for camp. Camp offers an excellent venue for learning problem-solving skills, and subsequently, campers are involved in each step of the resolution process when problems occur. If behavioural problems arise, we follow this procedure:

- The camper works out a solution with his/her counsellor and other group members
- If further intervention is required, a senior staff member will be involved in the problem-solving process. The camp director may also become involved at this stage.
- If behaviour problems persist, the camper's parent or guardian may be contacted to ask for guidance, and be involved in the resolution process
- If behaviour issues continue, and are negatively impacting the camp experience of other campers (including, but not limited to, violent conduct), a camper may be sent home.

Campers may be sent home without warning for certain behaviours that include, but are not limited to: possession of alcohol or non-prescription drugs, smoking, or violence/aggression toward another camper or staff member. These decisions are made at the discretion of the camp director. Fees for a camper sent home for behavioural reasons will not be refunded.

At Circle R Ranch, we are aware of the severe negative emotional consequences associated with bullying. Our camp's philosophy is based on cooperation, learning new skills, taking responsibility and developing respect for self and others. Unfortunately, persons who are bullied may not have the same potential to get the most out of their camp experience. Circle R addresses all issues of bullying seriously and trains staff to promote communication with their campers so both staff and campers will be comfortable alerting us to any problems during their camp experience. We believe every person has the right to have the best possible experience at camp!

Final Thoughts

Thank you for reviewing this important information package! Circle R Ranch remains committed to ensuring the best possible experience for all campers. Please do not hesitate to contact the camp office if you have additional questions, or would like to further discuss any information contained within this package.

Happy Trails!

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Directions to Circle R Ranch

3017 Carriage Road, Delaware ON, N0L 1E0

From West London

- Follow Oxford St. west past Hunt Club (over new bridge).
- 1 ½ kms past bridge turn left towards Delaware onto Gideon Dr.
- Go 4 kms and turn left onto **Carriage Rd**. at **The Oaks Golf Course**.
- Go 1.6 kms and Circle R entrance is on the right.

From South London via Lambeth

- From Lambeth intersection of Highways #4 and #2 (Longwoods Rd and Colonel Talbot Rd), head west on Hwy #2/ Longwoods Rd *(from London heading towards Lambeth, Wharncliffe Rd. turns into Hwy #2/Longwoods Rd.)*
- 8 kms west of Lambeth turn right onto Carriage Rd. at Twin Streams Golf Course.
- Go 2 kms and Circle R entrance is on the left.

Via 401 from Toronto

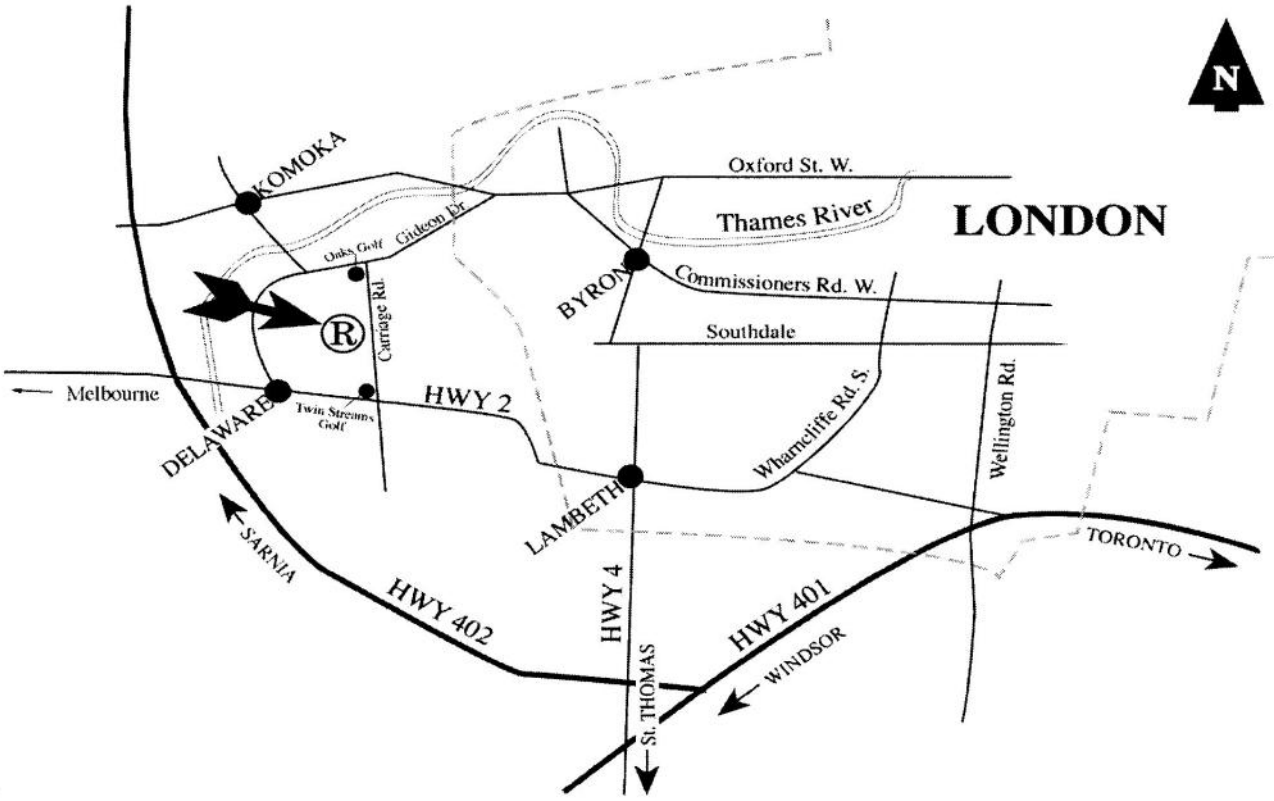
- Traveling west on 401, pass all London exits and take 402 exit to Sarnia.
- Take the Delaware/Melbourne exit #86 east to Delaware.
- Go east on Hwy #2 to Carriage Rd., turn left at Twin Streams Golf Course.
- Go 2 kms and Circle R entrance is on the left.

From Sarnia

- Take 402 to Delaware /Melbourne exit #86 and turn east to Delaware.
- Go east on Hwy #2 to Carriage Rd., turn left at Twins Streams Golf Course.
- Go 2 kms and Circle R entrance is on the left.

From Chatham/Windsor-East 401

- Take the 401 East to Melbourne exit #157 North on #14 to Hwy #2.
- At Hwy #2 turn east (right) and follow through Delaware to Carriage Rd.
- Turn left onto Carriage Rd. at Twin Streams Golf Course. Go 2 kms and Circle R entrance is on the left.



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Summer Overnight Camp Equipment List

PLEASE MARK CAMPER'S NAME ON ALL BELONGINGS WITH A PERMANENT MARKER, LAUNDRY PEN, OR SEW IN NAME TAGS

*This list is for **one week** of camp—please adjust quantities for longer stays!*

THINGS TO BRING	PACKED FOR CAMP	HOME FROM CAMP
Sleeping bag , pillow and blanket, stuffed animal (optional)		
Camp cot (recommended) or air mattress or foam pad		
3 Pairs of loose fitting jeans or riding pants		
2 or 3 pairs of shorts		
4 or 5 t-shirts		
2 long sleeved shirts (for cold weather or protection from Mosquitoes)		
Light Spring jacket or sweater		
5 pairs of underwear		
5 pairs of socks		
Pyjamas		
Bathing suit and 2 towels		
Rain coat & pants or rain poncho		
Rubber boots (can be worn as riding boots)		
Boots or shoes with a heel for riding (duckies, work boots or rubber boots all work)		
Running shoes		
Flashlight and extra batteries and bulb		
Wash kit (toothbrush, toothpaste, shampoo, etc)		
Insect Repellent - no aerosol spray cans please!		
Sun screen (at least SPF 30, waterproof is better) & Sun Hat		
Refillable Water bottle		
Day pack or knapsack (for overnight or day trips)		
Optional things to bring		
Riding Helmet (must be ASTM-SEI Approved)		
Bandana (to wear under riding helmet if desired)		
Musical instrument		
Books to read during quiet times		
Writing paper, pen, stamps, envelopes		
Camera, film and batteries		
Sport sandals or flip flops		

See you at camp!