



**CAMP
HURONDA**

DIABETES CANADA

CAMP HURONDA OUTDOOR CENTRE INFORMATION GUIDE



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WELCOME TO CAMP HURONDA

Camp Huronda is located on the shores of Lake Waseosa in Huntsville, Ontario. It occupies 100 acres of land and includes gorgeous waterfront areas, a cool forest, and rugged hiking and mountain bike trails. Camp Huronda is owned and operated by Diabetes Canada, and runs full summer camp programming for children living with type I diabetes.

ABOUT THE CAMP HURONDA OUTDOOR CENTRE

General Information

Outside of the busy summer season, the Camp Huronda Outdoor Centre operates throughout the spring and fall for a variety of groups, including: school groups and clubs, family camps, corporate retreats, certification courses, and canoe trips. Unlike the summer sessions, Camp Huronda Outdoor Centre is open to all participants and groups, and is not exclusive to participants living with type I diabetes.

We strive to provide our groups and participants with opportunities and unique learning experiences to challenge themselves and connect with nature in a safe and inclusive outdoor environment. We work closely with each and every group to ensure their needs and group objectives are met during their time here.

Location and Directions

About 20 minutes outside of the Town of Huntsville, Camp Huronda is located at:

Camp Huronda
1252 South Waseosa Lake Road
Huntsville, ON
P1H 2N4

Directions can be found via Google Maps by searching the address or simply "Camp Huronda".

From GTA: Travel northbound on Highway 400. Keep left to continue on Highway 11, follow signs for Orillia/North Bay. Take exit 221/Muskoka Road 2/Huntsville/Ravenscliffe. Turn left and continue onto Muskoka District Road 2/Ravenscliffe. Make a slight right and continue onto South Waseosa Lake Road. At the fork, turn right to stay on South Waseosa Lake Road and Camp Huronda will be on your left.

From Oshawa: Head north on Highway 12. In Washago, turn right onto Simcoe County Road 169 N (signs for County Road 169/Gravenhurst/Simcoe). Turn left to merge onto Highway 11 toward North Bay/Gravenhurst. Take exit 221/Muskoka Road 2/Huntsville/Ravenscliffe. Turn left and continue onto Muskoka District Road 2/Ravenscliffe. Make a slight right and continue onto South Waseosa Lake Road. At the fork, turn right to stay on South Waseosa Lake Road and Camp Huronda will be on your left.

From Peterborough: Head west on Highway 7 and follow signs for Trans-Canada Highway/ON-7. Turn right and continue on Highway 12 North, signs for Orillia. In Washago, turn right onto Simcoe County Road 169 N (signs for County Road 169/Gravenhurst/Simcoe). Turn left to merge onto Highway 11 toward North Bay/Gravenhurst. Take exit 221/Muskoka Road 2/Huntsville/Ravenscliffe. Turn left and continue onto Muskoka District Road 2/Ravenscliffe.



Make a slight right and continue onto South Waseosa Lake Road. At the fork, turn right to stay on South Waseosa Lake Road and Camp Huronda will be on your left.

From North Bay: Head south on Highway 11 to Huntsville. Take exit 221/Muskoka Road 2/Huntsville/Ravenscliffe. Turn left and continue onto Muskoka District Road 2/Ravenscliffe. Make a slight right and continue onto South Waseosa Lake Road. At the fork, turn right to stay on South Waseosa Lake Road and Camp Huronda will be on your left.

Facilities and Features

During the fall and spring seasons, our program areas can engage up to 100 participants in a variety of activities at one time. For overnight programs, we have 15 cabins that can sleep up to 10 participants each, as well as 4 cottage-style cabins that can sleep 2-4 people each.

Our site facilities include:

- **Dining Hall:** a large dining hall and meeting space with a full-service industrial kitchen
- **Rec. Hall:** a large recreational hall with a full stage and a small adjacent classroom/lounge
- **Jamie's Place:** a large versatile meeting or recreation space suited for activities or a presentation with seating
- **Cabin Row:** 15 cabins that comfortably sleep up to 10 people
- **Royal York:** dorm-style housing with 8 rooms (2 participants each) and 2 shared washrooms and showers at the end of the hall
- **Cottages:** 4 cottage-style cabins including a kitchen, shared living room, shared washroom, and individual rooms that sleep up to 2-4 people.
- **Lion's Creative Centre:** small meeting/breakout space that houses our art and pottery programs
- Indoor flush toilets and shower houses with hot water
- A two-levelled static course, a four-sided climbing tower, a giant swing, multiple high ropes elements, and a low ropes course
- A large waterfront with a beach, swimming area, kayaks, and canoes
- A large outdoor multi-purpose court, including basketball and tennis nets
- Wireless internet and cell service



Outdoor Centre Staff

Led by the Outdoor Centre Director, with the support of the Camp Director, the Camp Huronda Outdoor Centre staff team is made up of dedicated and passionate individuals, many of whom attended Camp Huronda as participants themselves. With minimum requirements such as Standard First Aid with CPR-C and clear criminal background checks, our waterfront staff members are certified National Lifeguards and our climbing instructors certified Challenges Unlimited Ropes Course facilitators. Not only are our staff members selected for their qualifications, but also for their enthusiasm, experience in all camp programs, and commitment to the values of Camp Huronda.



Food Service

The Food Service team at Camp Huronda is experienced at providing planned, nutritious meals and snacks and works closely with a team of registered dietitians during the summer season. Our Food Service team works hard to accommodate the dietary needs of our participants. As part of the booking process, a form will be completed to communicate any allergies, dietary preferences, and food sensitivities, so we can best accommodate the group. Our Food Service team has experience working with the following dietary accommodations: vegetarian, vegan, lactose-free, gluten-free and celiac, kosher, and halal.

Camp Huronda is a peanut, nut, and shellfish-sensitive facility. Any ingredients served from our facility will not contain nuts and shellfish. For any group who chooses to bring a bagged lunch or snacks, we ask you avoid bringing any food products that contain any of these ingredients.

A sample menu can be found below. Specific meals can be accommodated by request; however, it may be at an additional charge. If you have any questions or concerns about food service, please do hesitate to contact the Outdoor Centre Director.

Sample Day Menu:

	Breakfast	Lunch	Dinner
Main Meal	<ul style="list-style-type: none"> Banana Pancakes Maple Syrup Breakfast Sausages Oatmeal Bar Milk 	<ul style="list-style-type: none"> Tomato Basil Soup Whole Wheat Grilled Cheese Baked Beans (GF/Vegan) 	<ul style="list-style-type: none"> Whole Wheat Tortillas Hard Taco Shells Ground Beef (GF) Salsa Sour Cream Lettuce, Cheese, Tomatoes
Gluten-Free	<ul style="list-style-type: none"> Gluten-Free Banana Pancakes 	<ul style="list-style-type: none"> Gluten-Free Grilled Cheese 	<ul style="list-style-type: none"> Gluten-Free Corn Tortillas
Vegetarian	<ul style="list-style-type: none"> Vegetarian Breakfast Sausages 	N/A	<ul style="list-style-type: none"> Refried Beans
Dairy-Free	<ul style="list-style-type: none"> Lactose-Free Milk Soy Milk 	<ul style="list-style-type: none"> Vegan Grilled Cheese 	N/A
Dessert	N/A	N/A	<ul style="list-style-type: none"> Lemon Tarts

PROGRAMMING

Meeting Your Program Goals

We believe that the strongest and most impactful programs are a result of close collaboration between visiting groups and our staff. For this reason, we will work closely with you during all steps of your groups visit to ensure the planning and execution of the program is effective and customized specifically for your group's intended objectives. Groups have the opportunity to outline their objectives and outcomes on the program request form, so they can be considered during the program planning process.

Program Options and Descriptions

We are happy to customize our program to fit your needs and group. Upon booking with us, you have to option of picking specific programs and activities from our listing below, or we will craft a schedule for you. The schedule is typically structured into multiple activity rotations, with each rotation group ranging from 10 to 15 participants. The ideal rotation is 1 to 1.5 hours in length, so there's sufficient time for instruction and reviewing safety policies, and so each participant has plenty of opportunity to try that activity.

LEADERSHIP AND GROUP DEVELOPMENT	
Team-Building Initiatives: The group must problem-solve and communicate as a team through various challenges tailored to your group's age, goals, and objectives.	All ages
Low Ropes Challenge Course: Our low ropes course provides campers with an opportunity to test their individual and teamwork skills in a supportive and controlled environment. Participants have the chance to develop trust, strengthen their communication and team building skills, feel a sense of self-accomplishment, and more.	All ages
Rock Climbing Wall: Our four-sided climbing tower provides participants with the opportunity to step outside of their comfort zones with the support of their group on the ground.	Grades 2 and up
High Ropes Course: Including a Dangle-A-Maze, Double Double, Leap of Faith, and Team Tower, our high ropes elements provide participants with a thrilling experience, while emphasizing the requirement of teamwork and communication.	Grades 2 and up
Static Course: Our two-tier static course boasts a variety of obstacles and challenges. Participants can develop their climbing techniques, all while building confidence in themselves. <i>**Static course requires at least two hours, and all participants must pass a ground test.</i>	Grades 2 and up
Giant Swing: While your teammates pull you up on a rope as high as 65 feet, up to two people can swing through the air, at the height of your choosing, for a very thrilling, one-of-a-kind experience.	Grades 2 and up

OUTDOOR SKILLS PROGRAMS	
Fire Building: After learning a few structures and techniques, participants will work in small groups to practice the different methods to build and ignite a campfire, with the option of cooking bannock or other campfire treats.	All ages
Shelter Building: Learn and practice building a shelter that can provide warmth and protection from the elements in a survival situation.	All ages

<p>Orienteering: Learn the features of a compass and how to properly use one. Test these skills by setting and following a bearing to navigate an orienteering course.</p>	All ages
<p>Archery: Participants will improve their concentration and perseverance skills at our covered archery course. A large selection of archery equipment for participants of all sizes provides the opportunity to learn and practice archery skills under the supervision of qualified staff.</p>	All ages
<p>Axe Throwing: Axe throwing is an exciting new challenge. After learning the appropriate techniques and how to safely throw an axe by an experienced staff member, participants can work on their aim through a variety of games.</p>	Grades 8 and up
<p>Canoeing: Learn basic or more advanced paddling skills to maneuver a canoe around the shores of Lake Waseosa. Once comfortable in a canoe, the group can demonstrate their canoeing skills through a variety of small games.</p>	All ages
<p>Kayaking: Learn basic or more advanced paddling skills to maneuver a kayak through a variety of kayak games and activities, or through a peaceful paddle around the lake.</p>	Grades 2 and up
<p>Mountain Biking: Whether exploring our extensive trail system or navigating our pump track, participants get to test and improve their biking skills. Our instructors ensure the participants use a bike that is the correct size and that they are always wearing CSA-approved helmets.</p>	Grades 5 and up
<p>Land Sports: Our land sports area lends itself to a variety of sporting programs, allowing for a wide skill development which can be transferred into different athletic programs. Both drills and full games of favourites like baseball, tennis, soccer, basketball, road hockey, and more!</p>	All ages
<p>Nature Hike: Hike along our extensive trail system within our 100 acres of wooded property, stopping along the way for nature-based activities selected for your particular group.</p>	All ages

CREATIVE PROGRAMS

<p>Nature Crafts: Incorporating a variety of fallen natural items into classic camp crafts, our nature crafts include bracelets, creative drawing, collages, printmaking, dreamcatchers, sun catchers, and more!</p>	All ages
<p>Pottery: Imagination is the limit with our pottery program. With a variety of specialized tools and molds and a wide assortment of glazes, our instructors can teach different techniques and creative elements involved in the pottery process. <i>**Pottery is only available for 3-day groups, to allow for each piece to fire in the kiln.</i></p>	All ages
<p>Music: Our music program is designed to allow participants to experience, learn, and develop their musical skills and abilities in a unique environment. This program will engage participants with the arts while developing self-confidence in their skills.</p>	All ages
<p>Drama: With a large stage and well-stocked costume cupboard, our drama program aims for participants to feel comfortable performing or presenting in front of an audience as well as</p>	All ages

learn and utilize basic improv acting techniques through a variety of activities catered specifically to your group in a supportive environment.

CAMP-WIDE PROGRAMS

Campfire:

A camp classic: spend an evening around a campfire with your group, performing skits or singing songs. You may choose to wrap up the day with s'mores or another campfire treat.

All ages

Night Hike:

Test your senses, explore nocturnal life in the woods, and enjoy a spectacular view of the night sky.

All ages

Iron Chef:

Put your cooking skills to the test. Work in small groups to impress a panel of judges on your culinary creations made with specified ingredients selected based on your groups age and experience.

Grades 2 and up

Minute to Win It:

A take on the classic gameshow, teams compete to complete a series of odd challenges within a one-minute time frame.

All ages

Large Group Games:

Split up into teams to participate in a camp-wide running program, such as Cardio Pictionary, Capture the Flag, or Paint-By-Numbers.

All ages

Team Challenges:

Choose from a variety of indoor or outdoor games requiring teamwork and problem solving, such as Action Auction, Stop the Bus, Skit in a Bag, or Incredible Machine.

All ages

Canoe to Beaver Dam:

The group takes a peaceful 20 minute paddle across Lake Waseosa to a small campsite property for a cookout, before returning to camp. **Requires at least two hours and there's an additional charge for food supplies.*

Grades 5 and up



Sample Day Program Schedule

Wednesday	
	9:00am Arrival & Community Greeting Big Group Games
Notes: <ul style="list-style-type: none"> • 4 groups of 10 students • 5 chaperones 	9:45 Rotation #1
	10:45 Rotation #2
	11:45 Nature Hike
	12:15 Bagged Lunch
	1:00 Rotation #3
	2:00 Rotation #4
	3:00 Departure

	Rotation #1	Rotation #2	Rotation #3	Rotation #4
Group 1	Low Ropes	Canoeing	Climbing Tower	Fire Building
Group 2	Fire Building	Low Ropes	Canoeing	Climbing Tower
Group 3	Climbing Tower	Fire Building	Low Ropes	Canoeing
Group 4	Canoeing	Climbing Tower	Fire Building	Low Ropes



Sample Overnight Program Schedule

Monday	Tuesday
10:00am Arrival & Community Meeting Move into Cabins Swim Test Big Group Games	7:15am Polar Dip
	8:00 Breakfast
	9:00 Rotation #4
	10:00 Rotation #5
11:00 Rotation #1	11:00 Rotation #6
12:30 Bagged Lunch	12:30 Lunch
1:15 Free Swim	1:15 Running Pictionary
2:30 Rotation #2	2:15 Departure
3:45 Rotation #3	
5:15 First Meal Meeting	
5:30 Dinner	Cabins:
6:30 Capture the Flag	<ul style="list-style-type: none"> • Otters • Puffins • Beavers • Falcons
7:30 Iron Chef	Notes:
8:30 Campfire	<ul style="list-style-type: none"> • 3 groups of 15 students
9:30 Bed	

	Group 1	Group 2	Group 3
Rotation #1	Dangle-A-Maze	Initiatives	Orienteering
Rotation #2	Axe-Throwing	Dangle-A-Maze	Initiatives
Rotation #3	Initiatives	Archery	Dangle-A-Maze
Rotation #4	Mountain Biking	Canoeing	Archery
Rotation #5	Orienteering	Mountain Biking	Canoeing
Rotation #6	Canoeing	Orienteering	Mountain Biking

Waterfront Policies

It is a requirement that all participants at the Camp Huronda Outdoor Centre wear a personal floatation device (PFD) while boating or outside of the designated swimming area, regardless of age or ability. Camp Huronda Outdoor Centre provides PFDs for all participants.

To swim without a PFD within the designated swimming area requires a participant to pass a swim assessment. Due to the time requirement of a swim test, it may be scheduled as a rotation on the schedule. Swim tests can be completed off-site, prior to the visit to Camp Huronda, in which case, documentation of the swim test must be provided to the Outdoor Centre



Director. All activities that take place at the waterfront will be under the supervision of Camp Huronda lifeguards.

In the case that there are multiple participants who do not pass the swim test or do not want to participate in waterfront activities, a “dry” land program option can be arranged. If your organization must follow the guidelines set out by the Ontario Physical and Health Education Association (OPHEA), please read the section below, as those guidelines change the requirements needed for any waterfront activities with your group.

Ontario Physical and Health Education Association (OPHEA)

The Ontario Physical Education Safety Guidelines represent the minimum standards for risk management practice for school boards. They focus the attention of teachers, intramural supervisors and coaches on safe practices, in every activity, in order to minimize the element of risk. -OPHEA website

Camp Huronda always strives to meet, if not exceed, various best industry practices regarding our facilitation and program safety. The OPHEA guidelines, as well as other risk management standards from various organizations, are embedded in our Outdoor Centre Risk Management policies and day-to-day program practices. We are happy to provide a copy of these policies upon request, or to discuss any questions or concerns.

The OPHEA guidelines should be made available to all school groups through their school boards. We understand that some school boards require each group to comply to OPHEA standards, while others do not. We suggest each school group reads the OPHEA guidelines and confirm with their school and school board if OPHEA-compliance is required. Through our experience, we have come to learn that although the OPHEA guidelines provide advice and suggestions regarding outdoor safety, they are just that; guidelines. Teachers and principals will see a space on our program request sheet to indicate if their group is OPHEA-compliant.

The reason we ask for confirmation of OPHEA-compliance is that it can drastically change program requirements for the challenge course and climbing elements, as well as waterfront activities. For example, if a group is OPHEA-compliant, it is then a requirement that all participants undergo a swim test before any boating activity (while they must still wear a PFD), which can be challenging if a group wants to go canoeing, but did not prepare for getting wet and doing a swim test. If you would like to discuss the OPHEA guidelines and how they are applied during your time at Camp Huronda, please do not hesitate to contact the Outdoor Centre Director.

You can find more information at the OPHEA website: www.safety.ophea.net.

BOOKING PROCESS

General Information

When contacting Camp Huronda Outdoor Centre to book a trip, please provide the following information:

- The name of your school or organization
- The approximate number of participants attending
- The date range in which you are interested (i.e. first two weeks of June)
- Any dates in particular that will not work
- The length of the trip you are looking for (one day, extended day, two day, three day, etc.)

To book a trip or inquire further about our programs, please email camphuronda@diabetes.ca.

The minimum number of participants for a trip to Camp Huronda Outdoor Centre is 15 people.

Please note, we cannot guarantee site exclusivity for each group at camp. We will always work to ensure that all groups receive individual care to meet that group's needs and provide a unique experience. If your group requires the entire site, please specify this at the time of booking and we will do our best to accommodate. During our peak seasons (May-June and September-October), this may require additional costs.

Types of Bookings

There are two different types of bookings at the Camp Huronda Outdoor Centre. Your booking can be for a *facilitated group* or a *conference rental*.

Facilitated Groups:

A facilitated group rental is a trip that includes support and facilitation from Camp Huronda staff for most or all activities of the day. Each activity rotation will be led and facilitated by a Huronda staff member and we will provide all required supplies and equipment. Examples of this type of rental include school groups, family camps, and canoe trips.

Conference Rental:

A conference rental is a trip wherein the group or organization booking the trip is responsible to staff, supervise, and facilitate the trip. A conference rental includes use of our spaces and buildings as well as presentation equipment. All other equipment and supplies must be brought by the organizing group or can be provided by the Camp Huronda Outdoor Centre for additional charges. Certain adventure programming (challenge course, waterfront, target sports, etc.) can be scheduled; however, these include additional charges, as they may only be facilitated by Camp Huronda staff. Aside from booking any adventure programming, conference rentals will not have access to our program facilities, such as the challenge course or waterfront. Examples of this type of rental include: leadership or work retreats, certification courses, and conferences.

During a conference rental, there will always be a Camp Huronda staff member on site to provide support and manage the overall facilities, as well as act as an emergency contact for the group.

Rates

Day Group Fees (Bringing own lunch)	Per Person
Youth	\$30.00
Adult (18+)	\$35.00

Day Group Fees (Camp providing lunch)	Per Person
Youth	\$40.00
Adult (18+)	\$45.00

Extended Day Group (Bringing own lunch, camp providing dinner)	Per Person
Youth	\$45.00
Adult (18+)	\$50.00

Extended Day Group (Camp providing lunch and dinner)	Per Person
Youth	\$55.00
Adult (18+)	\$60.00

Overnight Group Arrival: between 10:00 am and 11:30 am Departure: prior to dinner on day two	Per Person Includes: lunch, dinner (day one); breakfast, lunch (day two)
Youth	\$90.00
Adult (18+)	\$95.00

Two Night Group Arrival: between 10:00 am and 11:30 am Departure: prior to dinner on day three	Per Person Includes: lunch, dinner (day one); breakfast, lunch, dinner (day two); breakfast, lunch (day three)
Youth	\$140.00
Adult (18+)	\$150.00

Chaperone Rates (beyond the 1 free chaperone per 10 participant ratio)	Per Person
Day Group (bagged lunch)	\$0.00
Day Group (camp providing lunch)	\$0.00 + \$12.00 per person/per meal
Overnight programs	Half of listed participant price

Conference Rentals	
Accommodation, No Meals Provided	\$20.00 per person/per day
One Day Accommodation and Meals	\$44.00 per person
Two Day Accommodation and Meals	\$76.00 per person
Three Day Accommodation and Meals	\$120 per person
Adventure Programming (optional)	\$70.00 per hour

Deposit and Payment Information

Once you have booked your program dates, you will receive a contract with a non-refundable deposit of 25% of your total invoice amount. The deposit must be paid within 30 days of the contract being issued (unless otherwise specified) in order to secure your program dates. This is applicable to all Huronda Outdoor Centre bookings. A final invoice will be issued after the trip and full payment will be due within 30 days. All payments can be paid by cheque or credit card. Cheques must be made out to "Diabetes Canada".

We will contact you two weeks prior to your trip to confirm the final number of participants. As stated in the Group Contract, all Outdoor Centre groups will be charged a minimum 90% of their estimated number of participants. For example, if when contacted two weeks before your program you confirm 100 participants, but only 85 participants end up attending, your group will be invoiced for 90 participants.

Please be aware that all trips to the Camp Huronda Outdoor Centre require a minimum of 15 participants.

CHAPERONE POLICIES

Supervision Ratios and Policies

The staff at the Camp Huronda Outdoor Centre always appreciate the support provided by group leaders, teachers, and chaperones. We ask that chaperones please be responsible for general behaviour management of participants and anything that requires a participant to not be in their program group, so the Outdoor Centre staff can focus on safety and facilitating the best possible programming for the group.

For school groups and day programs, the ideal ratio is one chaperone per every 10 participants. For overnight groups, the recommendation is one chaperone per cabin group. With a day group, any chaperone that exceeds the 1:10 ratio will have to pay for any meals provided by the Camp Huronda Outdoor Centre. For an overnight group, any chaperones that exceed the 1:10 ratio will be charged half the student rate plus HST.



During scheduled program time, one or several Outdoor Centre staff will be present to facilitate the program. We ask that group leaders and chaperones participate in the program or remain close by. This will help us with any specific participant needs. Outdoor Centre staff are prepared to fill all program times, rain or shine. Our staff are very flexible, so please feel free to let them know if your group is too cold or tired and need a break.

While the group is not directly involved in programming, such as during short transition times or if the group finishes their meal early, we require that chaperones are responsible for the supervision of your groups participants; this gives our program team time to prepare for upcoming programs. During these times, the group can hang out in the center of camp, pass around a ball, go for a short hike, or simply enjoying the nature around you.

Overnight Supervision

While on property for overnight visits, chaperones are responsible for the evening and night supervision of their participants. This includes staying in the cabin with participants (as per OPHEA guideline recommendation) or located in cabins directly adjacent to participant cabins to be able to respond to participant needs. If overnight supervision assistance is required, it can be arranged for an additional fee. We ask all overnight groups to please respect our quiet hours of 11:00 pm to 7:00 am.

Health Care and First Aid

Quality health care for visitors and groups at the Camp Huronda Outdoor Centre is a joint effort between teachers, supervisors, and our staff. First aid kits are available in many key locations and program areas at Camp Huronda. All Outdoor Centre staff are certified in Standard First Aid with CPR-C as a minimum and are capable of handling most day-to-day issues that arise, such as small cuts, bruises, and rolled ankles.

While our staff are happy to provide our opinion and help in any way we can, decisions regarding the need for further medical treatment will be made by the rental group leader/teacher. All Outdoor Centre staff will manage all emergency situations according to our risk management and emergency procedures.

If there are any concerns you may have, or there is anything you feel we should know prior to arrival, please contact the Outdoor Centre Director at least two weeks prior to your visit, so that we can ensure our staff are prepared and any required accommodations can be met.

It is the responsibility of the rental group leader to collect basic health information for all participants and chaperones in their group, including Health Card numbers and expiry dates, emergency contact information, and allergies. The Camp Huronda Outdoor Centre will not collect this information – the rental group leader is required to have this information on hand in case of a medical emergency.

All rental groups are required to bring at least one vehicle that will remain on-site for the duration of the trip and can be used in the event of an emergency. The Camp Huronda Outdoor Centre is unable to transport participants in personal or camp-owned vehicles.



APPENDIX

Lead Teacher/Organizer Checklist

Please feel free to use this Organizer Checklist to ensure all the preparations required for your trip are covered. If you have any questions, please do not hesitate to contact the Outdoor Centre Director.

Right After Booking	
	Copy of contract printed, signed, and submitted to Outdoor Centre Director
	25% deposit sent to Camp Huronda (within 30 days of receiving contract)

Two Months Prior	
	Arrange transportation to Camp Huronda
	Preliminary program planning with Camp Huronda
	Begin arranging for teachers and chaperones for the trip

One Month Prior	
	Complete Program Menu form and submit to Outdoor Centre Director
	Discuss trip goals and expectations with participants
	Ensure you have updated Health Card and allergy information for your participants

Two Weeks Prior	
	Deadline to submit Medical and Dietary Form to Outdoor Centre Director
	Confirm total number of participants and chaperones with Outdoor Centre Director

One Week Prior	
	Finalize cabin placements and rotation groups
	Reconfirm transportation and chaperones

Before You Leave	
	Confirm return transportation
	Count participants and chaperones
	Bring all required health information for all participants and chaperones

Day Group Packing List

What to Bring:

- Nut-free bagged lunch (if applicable)
- Reusable water bottle
- Clothes you can get dirty
- Dress in layers and be prepared for all weather types
- An extra set of clothes (optional)
- Closed toe shoes, such as running shoes (these are mandatory for many camp activities)
- Bathing suit and towel (if waterfront program is scheduled)
- Raincoat
- A backpack

Camp Huronda is not responsible for lost or stolen items.

Overnight Group Packing List

What to Bring:

- Reusable water bottle
- Clothing:
 - 2 pairs of pants and a pair of shorts
 - 2 sweaters and a long sleeve shirt
 - 2 t-shirts
 - Pajamas
 - 2 extra pairs of socks and underwear
 - Closed toe shoes, such as running shoes (these are mandatory for many camp activities)
 - Bathing suit and towel
 - Raincoat
- Sleeping bag and pillow (Camp Huronda does not provide bedding)
- Toiletries (toothbrush, toothpaste, hairbrush, deodorant, etc.)
- Shower supplies (optional)
- Flashlight
- Sunscreen and bug spray
- A backpack

Camp Huronda is not responsible for lost or stolen items.

Contact Information

Camp Office:

Camp Huronda
1252 South Waseosa Lake Road
Huntsville, ON, P1H 2N4
Phone: 705-789-7153

Year-Round Email:

camphuronda@diabetes.ca

Outdoor Centre Director:

Griffin Moore
Phone: 416-553-1920
Email: griffin.moore@diabetes.ca

National Office:

Diabetes Canada
522 University Avenue, Suite 1400
Toronto, ON, M5G 2R5

Please visit our website at www.dcamp.ca

