

Olympia Sports Camp Outdoor Education Centre



Corporate & Recreation Guide

www.olympiasportscamp.com

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WHY CHOOSE

Olympia Sports Camp

Olympia's Vision

To be a world-class center for character development through outdoor education.

Why Olympia?

Olympia is all about real staff, real programs, and real growth.

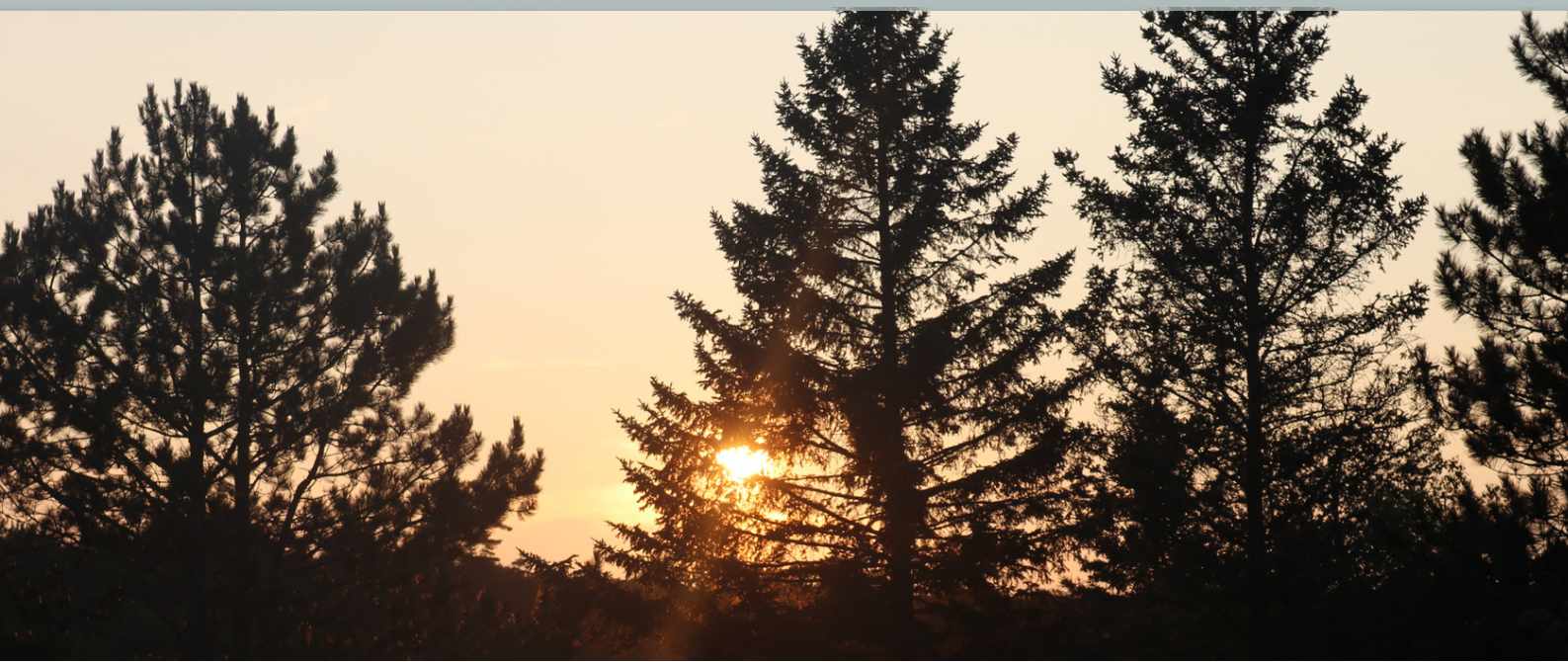
Our outdoor education instructors are post-secondary students and graduates. They are enthusiastic, respectful, and take an interest in each participant. They are able to listen and respond to participants' needs in order to provide a physically and emotionally safe environment so that they are able to learn positive attitudes, skills, and social behavior. The instructors model Olympia's values such as caring, cooperation, enthusiasm, integrity, self-leadership, commitment, and teamwork.

The instructors go through onsite training where they are thoroughly trained in the safety of all programs, how to facilitate the program, and are tested on their knowledge of our challenge course. All of our staff have their standard first aid with CPR-C and must have a clear vulnerable sector check. And any staff who work on the waterfront have at minimum their Bronze Cross and our A-Frame swim area lifeguards have their National Lifeguard.

Our program is centered around the growth zone where we allow participants to step out of their comfort zone. We believe that if participants are able to choose their level and type of challenge that they are able to be empowered. We believe that experiential education develops strong character skills for the participants.

And this leads to real growth in participants. They are able to face unique challenges and bring back what they've learned to their everyday life. Living in cabins and working together allows them to develop a healthy attitude towards community living. Participants are able to gain an understanding and respect for our environment.

Olympia is dedicated to encouraging participants to carry what they learn at camp into their everyday lives.



Meet Our Director Team

ASHLEY ING (SHE/HER/HERS)

*CO-DIRECTOR OF OUTDOOR
EDUCATION*



Ashley has been with Olympia since Fall of 2021, she had experienced the magic of Olympia as a camper. She has a background in working in the summer camp, canoe tripping and outdoor education industry since 2011 which has taken her across Canada. Ashley has a Bachelor of Physical & Health Education with a specialization in Outdoor Adventure Leadership from Laurentian University, holds her National Lifeguard, Standard First Aid with CPR-C, Paddle Canada Advance Canoe Tripping Solo & Tandem, and ACCT Level 2 Certified Challenge Course Practitioner.

ASHLEY@OLYMPIASPORTSCAMP.COM

MATT PRICE (HE/HIM/HIS)

*CO-DIRECTOR OF OUTDOOR
EDUCATION*



Matt has been with Olympia for 7 years, starting off has a counsellor, and working his way onto the Sr. Staff team where he then held roles such as a Head of Ropes and a Unit Leader. Matt has worked in a variety of capacities in the outdoor industry where he was able to share his knowledge of the outdoors. He is holds a certificate of Electrical Engineering from Mohawak College, Standard First Aid with CPR-C, ORCKA Canoeing Basic 3, Working at Heights Certified and ACCT Level 2 Certified Challenge Course Practitioner.

MATT@OLYMPIASPORTSCAMP.COM

DAY TIME PROGRAMS

Below you will find our day time programs; participants will be split into smaller groups of 10-15 per a group. These programs are 1.25hrs per program and there is a 15 minute transition time between each program.

ZIP LINE

We have two zip line's at Olympia. participants are able to learn to trust & build confidence when they fly down & enjoy the ride. We encourage participants to choose their own comfort level while doing this program.



ARCHERY

Participants will visit our on-site archery range & learn the fundamental skills of this growing sport. They will receive instruction in proper shooting form & compete in fun games.



CLIMBING TOWER

Our four-sided 40-foot climbing tower is designed to provide the right level of challenge for each individual whether they are a beginner or expert. We always encourage participants to choose their own challenge level.



BEAVER POND HIKE

Participants hike to a local beaver pond to explore a real beaver habitat. We will discuss the beaver's impact on biodiversity, its place in the ecosystem, why the beaver is the perfect water species and the beaver's historical significance to Canada.

BLANKET TOSS

One by one, participants take turns sitting in the middle of the blanket as their classmates pull on the handles tossing the participant into the air. This is a great activity to have fun while building trust amongst your class.

QUICK FLIGHT

Participants will be challenged to step out of their comfort zone with our brand new Quick Flight free fall activity.

TRUST BUILDING

Through a combination of different activities participants will develop mutual trust, respect, communication skills and cooperation. These activities can bring a group closer together and break down barriers between group members.

OUTDOOR LIFE SKILLS

Participants will learn what to do if they were to become lost in the woods. Topics include fire building, Leave No Trace principles, and shelter building.

INITIATIVES

These are activities where participants are presented with a challenge and have to come together and work as a team to accomplish their goal. Participants are encouraged to take a leadership role and communicate effectively to put their ideas into action.

KAYAKING

Participants will begin with dry land instruction to learn how to fit a PFD and paddle, the different parts of a kayak, as well as a variety of strokes. Participants will then move to the water to practice their strokes in a series of fun games!

ORIENTEERING

Participants will learn the basic compass principles such as how it works, the different parts, determining directions, and following bearings. Participants will then put their new skills to the test by doing one of our on-site orienteering courses.



GIANT SWING

This 40 foot swing is in the definition of challenge by choice! Two participants are hoisted into the air (to the height of their choice) and release themselves to swing over the lake!



LOW ROPES

Olympia has a variety of indoor and outdoor elements. These activities are designed to improve cooperation, goal setting, conflict resolution techniques, physical agility, interpersonal skills and problem solving skills.

HIGH ROPES

Our high ropes course is often said to be the highlight of people's experience at Olympia. We have a number of individual & team elements that help participants to expand their comfort zones and take your participants to new heights!



CANOEING

Participants will learn the basic parts of the canoe along with proper strokes such as the J-stroke, draws & prys. After dry land training, participants will be able to practice their strokes on beautiful Lake Oxbow, while playing exciting games with their peers.



EVENING PROGRAMS

There will be two evening programs each day; typically one right after dinner and one after the evening snack. These programs will be done as an entire group. We recommend choosing a combination of active programs and wind down programs.

ADVENTURE RACE

Your group will be divided into smaller groups. Each group will be given a series of clues that will lead them to locations all over camp. The first group to complete the race wins!

CAMPFIRE

No trip to camp is complete without the time honoured tradition of a campfire. Enjoy fun and interactive songs, games and stories around a cozy campfire overlooking one of Muskoka's most beautiful lakes.

CAPTURE THE COUNSELLOR

Staff members hide in cleverly chosen outdoor locations around camp and participants must find all of the counsellors. The first student to find all of the counsellors and collect their calling cards wins!

CAPTURE THE FLAG

A fun and high energy game where the group is divided into two teams and try to capture each other's flag without getting caught.

CARNIVAL

participants work in small groups playing a number of fun activities to see which group can win the most "Dave Dollars".

DANCE

Have a dance in our Sportsplex. groups often bring their own DJ, but our Olympia DJ is available if needed. This activity is best suited for larger groups (at least 40 participants) but is available to everyone.

KINGS GOLD

A fast-paced version of capture the flag with multiple flags. It is also known as "Stones" to some groups. This game is a definite favourite of staff because it gets campers moving and is super exciting!

MINUTE TO WIN IT

This game show style program gets everyone up in front of the crowd and out of their comfort zone! Contestants have one minute to complete a task to win a point for their team.

MOVIE NIGHT

Bring your own or watch one of our movies that ties in with the Hero's Journey theme and is appropriate for your age group (e.g. Harry Potter, The Hunger Games, etc.).

SURVIVAL

The game of predator versus prey where participants are given the identity of an animal that is a carnivore, omnivore, or herbivore. participants will go through the struggle of finding enough food and water to survive while dodging their predators.

SKIT NIGHT

Participants can come to camp with a skit ready to perform, or make up skits at camp with our “skit in a bag” game. In this game, participants are divided into small groups and given a bag of props. They will then have to create a skit that incorporates all these props and present it to the other groups.

MURDER MYSTERY

Participants watch a short skit put on by their instructors where a murder takes place. Working in small groups, participants then interview the suspects and try to determine who is guilty.

FREE TIME

Every day from 4:00PM-5:00PM participants will have a period of free time where they are able and encouraged to use sport equipment located in the Sports locker. They will have access to the outdoor courts, field and sportsplex **under organizer supervision**. This time is not supervised under any Olympia Staff so they are unable to use any of the challenge course, the ropes elements or the waterfront.

FREE SWIM

During this Free Time we are able to open our waterfront from 4:00PM-4:45PM. All participants swimming must pass their swim test and have their bracelet. One organizer/supervisor must be down at the waterfront during this time. Please let us know if your group is interested in having free swim. *this is only open when the water & air temperatures are warm enough*

TUCK & PRO SHOP

Our tuck shop is open from 4:00PM- 4:45PM each day (if there is supplies) participants are able to purchase beverages, snacks and Olympia merchandise. Please let us know if you are interested in having the Tuck & Pro open for your participants. They are able to use cash, debit or credit cards. Note that if your participants are unable to get through the tuck & pro line during free time let an Olympia Staff know and we will arrange another time to open.



Sample Schedule

Below shows an outline of how our days are typically structured. If your group board requires a sample schedule please let us know and we can create one for you. This is a 3 Day/ 2 Night example.

	Group Name		
Dates		Purpose/ Goal:	
	Group 1	Group 2	Group 3
Monday			
1:00-2:30	Arrival, Tour and Games		
2:30-3:45	Activity 1	Activity 1	Activity 1
4:00-4:45	Free Time		
4:45-5:00	Dining Hall Procedures		
5:00-6:00	Dinner		
6:15-7:30	Evening Program 1		
7:30-7:45	Snack		
7:45-9:00	Evening Program 2		
Tuesday			
8:00-9:00	Breakfast		
9:00-10:15	Activity 2	Activity 2	Activity 2
10:30-11:45	Activity 3	Activity 3	Activity 3
12:00-1:00	Lunch		
1:00-2:15	Activity 4	Activity 4	Activity 4
2:30-3:45	Activity 5	Activity 5	Activity 5
4:00-5:00	Free Time		
5:00-6:00	Dinner		
6:15-7:30	Evening Program 3		
7:30-7:45	Snack		
7:45-9:00	Evening Program 4		
Wednesday			
8:00-8:45	Breakfast		
8:45-9:15	Cabin Clean Up & Move Out		
9:15-10:15	Big Group Game		
10:30-11:45	Activity 6	Activity 6	Activity 6
12:00-1:00	Lunch		

Please contact us about any questions about programs or schedule. We are able to customize your schedule to the needs of your group.

Our Facilities

Olympia is located between two beautiful lakes just North of Huntsville. With over 40 acres of land, including a 1,500 feet of waterfront. Olympia offers 4,000 square feet of indoor program space so that we are able to continue programming in any weather. We have a variety of courts that are typically set up for basketball and some tennis courts. We also have back-up generators for the Sportsplex, Field House, Dining Hall and Water Treatment system.

CABINS



SPORTSPLEX



DINING HALL



Our Facilities

REC HALL



PLAYING FIELDS



FIELD HOUSE



Organizer Responsibilities

BEFORE THE TRIP

- Confirm your dates via email with an Outdoor Education Director, return the group contact & deposit. Once you have gotten a confirmation email that this has been received your group will be fully registered.
- Fill out the Program Selection Form ([Program Selection and Overview | Olympia Sports Camp](#)). This should be completed **at least 5 weeks before the trip**.
- Collect completed group permission forms, Olympia consent forms as well as important individual medical information to bring to camp. **It is mandatory to bring the Olympia Consent Form for each participant.**
- Arrange transportation to and from camp. Make sure to plan a stop for the bathroom or food if necessary. Please note that there is no lunch provided on the first day.
- **One organizer or supervisor must bring an emergency vehicle to site for the duration of the trip; the group will be responsible for transporting an individual if they are asked to leave or if there is an emergency**
- Submit all final numbers, gender breakdowns, dietary needs and medical concerns **at least 3 weeks before the trip.** ([Group Information | Olympia Sports Camp](#))
- Divide participants into program groups (10-15 participants), Olympia will let you know how many activity groups you have. Also organize your cabin groups, Olympia will send what cabins you have & how many participants per cabin. Please ensure that Olympia has sent you the number of program groups & cabin assignments.
- Our standard meal times are as follows: Breakfast 8AM, Lunch 12PM, Dinner 5PM, Snack 7:30PM. Requests for meal time changes are occasionally made; these changes are to be made at the beginning of the brooking process and can be reflected in the group contract.

Additional Information

COMMUNICATION

We are available 9:00AM-5:00PM in our office daily, we can be reached at 705-783-6678 via call or text. To avoid frustration, miscommunication or worry from participants adults we recommend that an organizer calls the group to let them know they arrived safely. If parents/ guardians need to communicate with the supervisors or their participant on the trip they are asked to have direct contact with the trip supervisors or group.

FOOD SERVICES & OUR DINING HALL

To ensure that everyone's needs are met please send the dietary concerns/ restrictions / requirements at least 3 weeks before your trip; this is to ensure that our kitchen team has enough time to prepare for your group. If there are any last minute changes or additions please call us.

Before your tour of camp please ensure that any participants/ participants and organizers/ supervisors with dietary concerns/ restrictions / requirements confirm theirs with the Food Services Manager at the special diet window. When you enter the dining hall there will be a whiteboard that will list the dietary needs which means those folks can get their food at the special diets window.

When entering the dining hall your tables will be labelled with your group name please only sit at the tables that are assigned. At the table there will be 10-11 people sitting at the table, there won't be a designated organizers table. During the meal organizers/ supervisors are responsible for supervising participants and reminding them of the rules. Olympia Staff will be around to ensure that all questions will be answered and that all tables are cleared correctly. Before anyone leaves they have to be cleared by an Olympia Staff Member.

All dining procedures will be given before the first meal so that everyone can be given all instructions.

Additional Information

DIVERSITY, EQUITY & INCLUSION STATEMENT

Olympia Sports Camp Outdoor Education Centre's approach to diversity, equity and inclusion is based upon our purpose.

Olympia recognizes the importance of being an inclusive, welcoming, and safe environment for all. As an outdoor education centre, we look to encourage equity and foster diversity by providing support to all our participants, organizers, players, coaches, guests, and staff so they may flourish while at Olympia. We are committed to continue learning and growing. We hope that this ongoing process will help create an environment that promotes equity, supports diversity and is more inclusive.

SAFETY

The well-being and safety of all our guests is our primary concern. All our instructors are standard first aid with CPR-C and our kitchen staff are trained in awareness of food and appropriate responses. All of our sites and programs meet or exceed OPHEA and OCA standards, guidelines and requirements.

We have first aid kits located throughout camp, in the Dining Hall, Sportsplex, Zipline Shed, Climbing Tower, Rec Hall, Archery Shed, Main Office and Waterfront. AED's are located at the Dining Hall, Sportsplex and Waterfront (when open). During programs that involve instructors leaving the main camp they carry a first aid kit.

Our instructors have walkie-talkies to ensure safety and immediate communication in case of emergency.

If the hospital is needed we are approximately 20 minutes from Huntsville. EMS can be reached via 911 and they will arrive in approximately 20 minutes from the call.

It is the organizers responsibility, one supervisor from your group must bring an emergency vehicle to transport your participants in case of an emergency.

Please ensure that all supervisors know your group/ group boards emergency procedures to do with head trauma, illness, hospital visits and so on.

Pre-Trip Checklist

MAKE SURE YOU FOLLOW THIS TO
ENSURE THAT YOU ARE READY FOR
YOUR TRIP

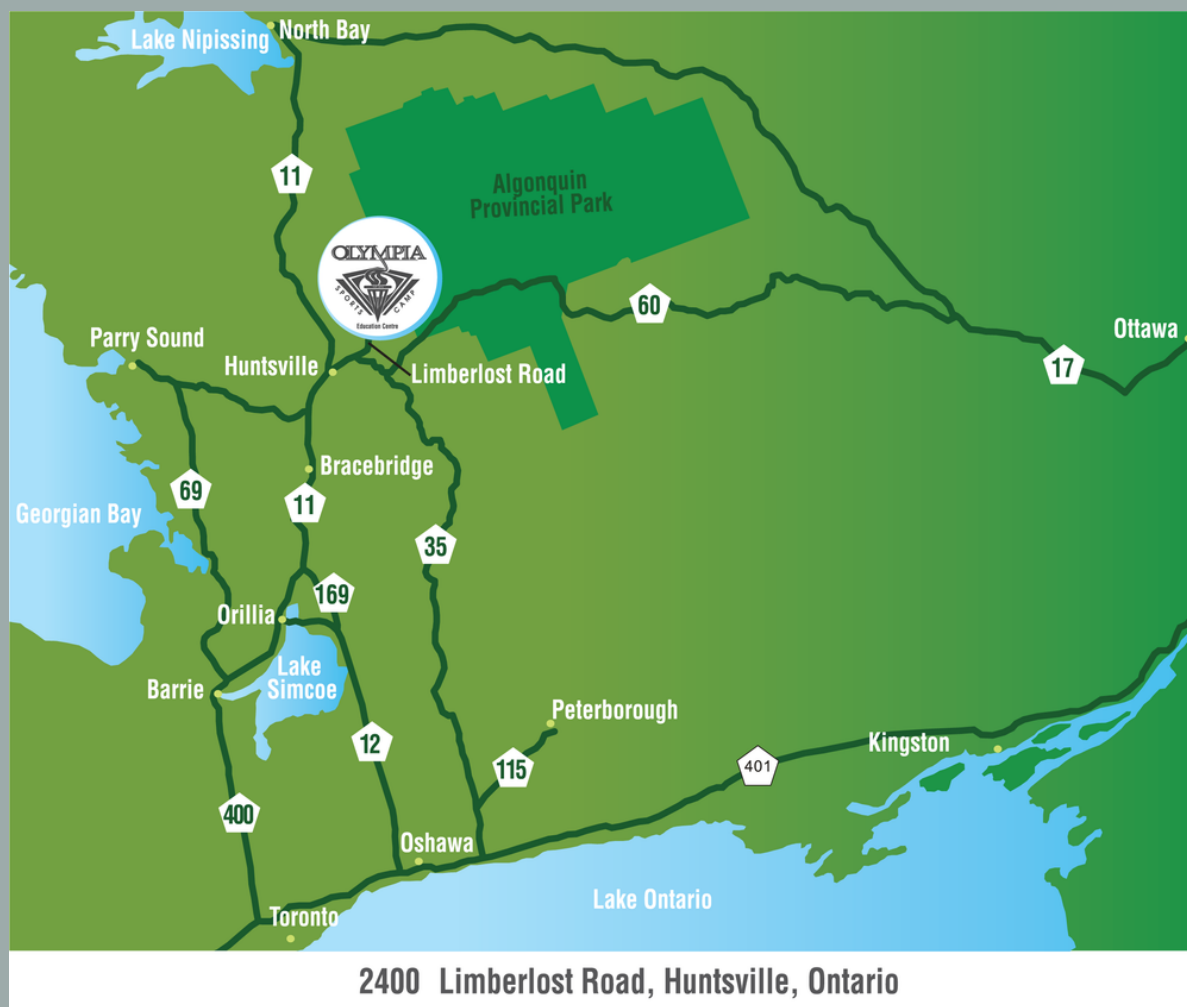
- **Confirm dates of trip by returning your group contract in via email and send your deposit in as soon as possible. These will allow your group to be fully registered.**
- Ensure that you have submitted all approval paperwork to your group board. Check with your group board for what programs you are able to choose
- Return the Program Selection form as soon as possible. This can be found on our website ([Program Selection and Overview | Olympia Sports Camp](#))
- Send home the packing list and consent form to be signed.
- **Consent forms must be brought to Olympia and given to directors upon arrival. Olympia must have these forms before allowing participants to participate in programs.**
- Ensure you request a deposit from participants. If you'd like to schedule an information night an Olympia representative is available to do an information via Zoom, Teams and so on.
- Book transposition
- Plan for a washroom stop and/ or lunch break. Reminder lunch is not provided on the first day.
- Decide on which organizer or supervisor is bringing an emergency vehicle. This is mandatory.
- Check with your organization about specific policies and/ or procedures. Ensure that all organizers and supervisors are aware of these. For example: head trauma response, sending participants off site (hospital, home, etc).
- Review packing list & organizer responsibilities.
- **At least three weeks prior to the trip submit online the Group Information Form; these numbers are what your final invoice will be based on. This is the dietary information that we will provide to the kitchen.** ([Group Information | Olympia Sports Camp](#))
- Divide participants into program groups (10-15 participants), Olympia will let you know how many activity groups you have. And organize your cabin groups, Olympia will send what cabins you have & how many participants per a cabin. Please inform participants of their cabin groups before arrival to Olympia as it makes the arrival process smoother.
- Organize any special equipment or supplies being brought to camp.
- **Collect all pertinent information regarding medications prior to boarding the bus. Ensure that you have consent forms for each participant and it is signed. And have payment for the trip prepared to bring with you on the bus.**

SITE MAP



Directions to Olympia Sports Camp

2400 LIMBERLOST RD RR#4 HUNTSVILLE ONTARIO



From Toronto

Take Highway 400 north to Barrie. Continue north on Highway 11 to Huntsville. Exit at Highway 60 toward Ottawa. Continue east until Limberlost Road. Turn left and travel north for 14 km. The camp entrance will be on your right.

From Kingston

Take Highway 401 west to Highway 35/115. Travel north and exit at Highway 35 and continue north to Highway 60. Turn west onto Highway 60. Continue west until Limberlost Road. Turn right and travel north for 14 km. The camp entrance will be on your right.

From Ottawa

Take Highway 417 west and continue west onto Highway 17. Merge onto Highway 60 and continue west until Limberlost Road. Turn right and travel north for 14 km. The camp entrance will be on your right.

OUR Contact

Get in touch with Us!



705-783-6678



outdoored@olympiasportscamp.com



www.olympiasportscamp.com

