

Olympia Sports Camp Outdoor Education Centre

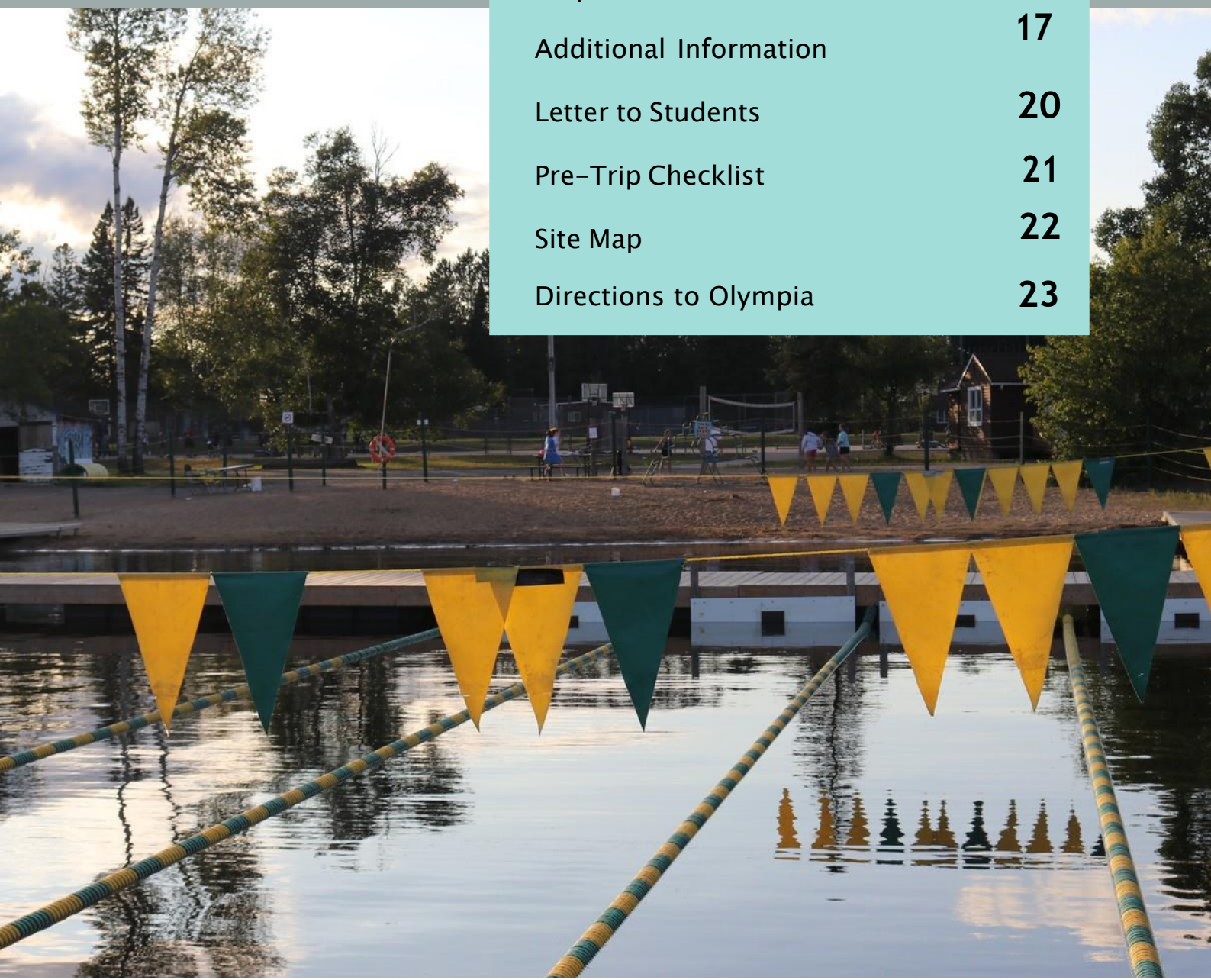


Teachers Guide

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.

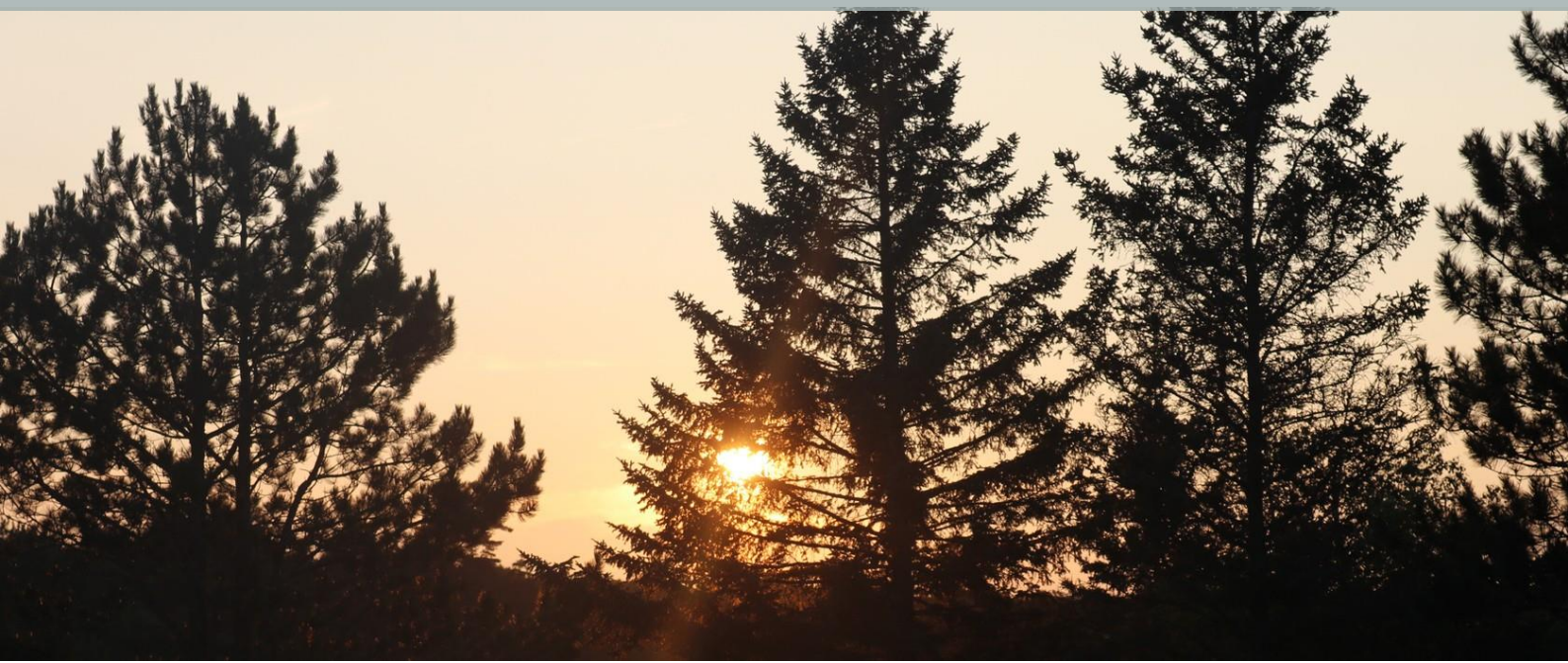
Our outdoor education instructors are post-secondary students and graduates. They are enthusiastic, respectful, and take an interest in each participant. They are able to listen and respond to participants' needs in order to provide a physically and emotionally safe environment so that they are able 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; students 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. Students are able to learn to trust & build confidence when they fly down & enjoy the ride. We encourage students to choose their own comfort level while doing this program.



ARCHERY

Students 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 students to choose their own challenge level.



BEAVER POND HIKE

Students 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, students 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

Students 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 students will develop mutual trust, respect, communication skills and cooperation. These activities can bring a group closer together and break down barriers between group members.

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 students to expand their comfort zones and take your students to new heights!

INITIATIVES

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

KAYAKING

Students 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. Students will then move to the water to practice their strokes in a series of fun games!

ORIENTEERING

Students will learn the basic compass principles such as how it works, the different parts, determining directions, and following bearings. Students 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.

OUTDOOR LIFE SKILLS

Students 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.



CANOEING

Students will learn the basic parts of the canoe along with proper strokes such as the J-stroke, draws & prys. After dry land training, students 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 school 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 students 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

Students 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. Schools often bring their own DJ, but our Olympia DJ is available if needed. This activity is best suited for larger groups (at least 40 students) 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 schools. 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 students are given the identity of an animal that is a carnivore, omnivore, or herbivore. Students will go through the struggle of finding enough food and water to survive while dodging their predators.

SKIT NIGHT

Students 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, students 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

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

FREE TIME

Every day from 4:00PM-5:00PM students 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 teacher 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 students swimming must pass their swim test and have their bracelet. One teacher/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) Students 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 students. They are able to use cash, debit or credit cards. Note that if your students 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.



CURRICULUM COVERAGE

ARCHERY

Health and Physical Education
Active Living/Participation
Living Skills (grades 5, 6, 7, 8, 9, 10, 11, 12)
Physical Fitness (grades 5, 6, 7, 8, 9, 10, 11, 12)
Movement Competence
Locomotion/Travelling Skills (grades 5, 6, 7, 8)
Stability Skills (grades 5, 6, 7, 8)
Body/Spatial/Effort Awareness (grade 9, 10, 11, 12)

CANOEING

Health and Physical Education Active Living/Participation
Living Skills (grades 5, 6, 7, 8, 9, 10, 11, 12)
Physical Fitness (grades 5, 6, 7, 8, 9, 10, 11, 12)
Movement Competence
Locomotion/Travelling Skills (grades 5, 6, 7, 8)
Stability Skills (grades 5, 6, 7, 8)
Body/Spatial/Effort Awareness (grade 9, 10, 11, 12)

TRUST BUILDING ACTIVITIES

Health and Physical Education
Active Living/Participation
Living Skills (grades 5, 6, 7, 8, 9, 10, 11, 12)
Physical Fitness (grades 5, 6, 7, 8, 9, 10, 11, 12)
Movement Competence
Locomotion/Travelling Skills (grades 5, 6, 7, 8)
Stability Skills (grades 5, 6, 7, 8)
Body/Spatial/Effort Awareness (grade 9, 10, 11, 12)
Healthy Living
Safety and Mental Health (grade 9, 10, 11, 12)
Living Skills
Personal, interpersonal, and creative thought (grade 9, 10, 11, 12)

ORIENTEERING

Health and Physical Education
Active Living/Participation
Living Skills (grades 5, 6, 7, 8, 9, 10, 11, 12)
Physical Fitness (grades 5, 6, 7, 8, 9, 10, 11, 12)
Movement Competence
Locomotion/Travelling Skills (grades 5, 6, 7, 8)
Stability Skills (grades 5, 6, 7, 8)
Body/Spatial/Effort Awareness (grade 9, 10, 11, 12)
Canadian and World Studies and Social Studies
Geography
Spatial Skills (grade 5, 6, 7, 8, 9)
Mathematical Literacy (grade 5, 6, 7, 8)
Gathering & Interpreting Data (grade 9)

CLIMBING TOWER

Health and Physical Education
Active Living/Participation
Living Skills (grades 5, 6, 7, 8, 9, 10, 11, 12)
Physical Fitness (grades 5, 6, 7, 8, 9, 10, 11, 12)
Movement Competence
Locomotion/Travelling Skills (grades 5, 6, 7, 8)
Stability Skills (grades 5, 6, 7, 8)
Body/Spatial/Effort Awareness (grade 9, 10, 11, 12)

GIANT SWING

Health and Physical Education
Active Living/Participation
Living Skills (grades 5, 6, 7, 8, 9, 10, 11, 12)
Physical Fitness (grades 5, 6, 7, 8, 9, 10, 11, 12)
Movement Competence
Locomotion/Travelling Skills (grades 5, 6, 7, 8)
Stability Skills (grades 5, 6, 7, 8)
Body/Spatial/Effort Awareness (grade 9, 10, 11, 12)

CURRICULUM COVERAGE

HIGH ROPES

Health and Physical Education
Active Living/Participation
Living Skills (grades 5, 6, 7, 8, 9, 10, 11, 12)
Physical Fitness (grades 5, 6, 7, 8, 9, 10, 11, 12)
Movement Competence
Locomotion/Travelling Skills (grades 5, 6, 7, 8)
Stability Skills (grades 5, 6, 7, 8)
Body/Spatial/Effort Awareness (grade 9, 10, 11, 12)

KAYAKING

Health and Physical Education
Active Living/Participation
Living Skills (grades 5, 6, 7, 8, 9, 10, 11, 12)
Physical Fitness (grades 5, 6, 7, 8, 9, 10, 11, 12)
Movement Competence
Locomotion/Travelling Skills (grades 5, 6, 7, 8)
Stability Skills (grades 5, 6, 7, 8)
Body/Spatial/Effort Awareness (grade 9, 10, 11, 12)

BEAVER POND HIKE

Social Studies Heritage and Citizenship
Early Civilizations (grade 5)
Science and Technology Understanding Life Systems
Biodiversity (grade 6)
Interactions in the Environment (grade 7)
Biology
Sustainable Ecosystems (grade 9)
Health and Physical Education
Active Living/Participation
Living Skills (grades 5, 6, 7, 8, 9, 10, 11, 12)
Physical Fitness (grades 5, 6, 7, 8, 9, 10, 11, 12)
Movement Competence
Locomotion/Travelling Skills (grades 5, 6, 7, 8)
Stability Skills (grades 5, 6, 7, 8)
Body/Spatial/Effort Awareness (grade 9, 10, 11, 12)

SURVIVAL

Science and Technology
Understanding Life Systems
Biodiversity (grade 6)
Interactions in the Environment (grade 7)
Biology
Sustainable Ecosystems (grade 9)
Health and Physical Education
Active Living/Participation
Living Skills (grades 5, 6, 7, 8, 9, 10, 11, 12)
Physical Fitness (grades 5, 6, 7, 8, 9, 10, 11, 12)
Movement Competence
Locomotion/Travelling Skills (grades 5, 6, 7, 8)
Stability Skills (grades 5, 6, 7, 8)
Body/Spatial/Effort Awareness (grade 9, 10, 11, 12)

INITIATIVES

Health and Physical Education
Active Participation
Living Skills (grades 5, 6, 7, 8, 9, 10, 11, 12)
Movement Competence
Body/Spatial/Effort Awareness (grade 9, 10, 11, 12)
Healthy Living
Safety and Mental Health (grade 9, 10, 11, 12)
Living Skills
Personal, interpersonal, and creative
thought (grade 9, 10, 11, 12)

LOW ROPES

Health and Physical Education
Active Living/Participation
Living Skills (grades 5, 6, 7, 8, 9, 10, 11, 12)
Physical Fitness (grades 5, 6, 7, 8, 9, 10, 11, 12)
Movement Competence
Locomotion/Travelling Skills (grades 5, 6, 7, 8)
Stability Skills (grades 5, 6, 7, 8)
Body/Spatial/Effort Awareness (grade 9, 10, 11, 12)

CURRICULUM COVERAGE

SKIT NIGHT

The Arts Drama and Dance
Knowledge of Elements (grades 5, 6, 7, 8)
Creative Work/Process (grades 5, 6, 7, 8, 9, 10, 11, 12)

ZIP LINE

Health and Physical Education
Active Living/Participation
Living Skills (grades 5, 6, 7, 8, 9, 10, 11, 12)
Physical Fitness (grades 5, 6, 7, 8, 9, 10, 11, 12)
Movement Competence
Locomotion/Travelling Skills (grades 5, 6, 7, 8)
Stability Skills (grades 5, 6, 7, 8)
Body/Spatial/Effort Awareness (grade 9, 10, 11, 12)

OUTDOOR LIFE SKILLS

Science and Technology
Earth and Space Systems
Conservation of Energy and Resources (grade 5)
Heat in the Environment (grade 7)
Understanding Life Systems
Interactions in the Environment (grade 7)
Understanding Structures and Mechanisms
Form and Function (grade 7)
Systems in Action (grade 8)

OVERALL

Practice of Skills Evaluated within Curriculum Thinking Skills
Use of planning skills
Use of processing skills
Use of critical and creative thinking processes
Communication Skills
Expression and organization of ideas and information
Use of conventions Application Skills
Use of knowledge and skills
Transfer of knowledge and skills
Making connections within various context

Sample Schedule

Below shows an outline of how our days are typically structured. If your school 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		
Grades:	Cabins		
Students	Teachers Cabins		

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

Our Facilities

Olympia is located between two beautiful lakes just North of Lake of Bays. 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.

CAMPER CABINS

Our Camper Cabins sets range from 8-14 students per cabin. There are classic camp bunk beds, they have bathrooms (toilets, sinks & showers) and for the cooler months they have heaters.



TEACHER CABINS

Our Teacher Cabins have a mix of bunk beds and queen beds (the numbers of beds vary), their own bathrooms (toilets, sink & showers), heaters and some have mini fridges.



Teacher & Supervisor 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 school will be fully registered.
- ♦ Check with the policies of your school & school board to ensure the activities that you are choosing are acceptable. Your principal will be able to advise you accordingly.
- ♦ 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 school permission forms, Olympia consent forms as well as important student medical information to bring to camp. **It is mandatory to bring the Olympia Consent Form for each student.**
- ♦ 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 teacher or supervisor must bring an emergency vehicle to site for the duration of the trip; the school will be responsible for transporting a student if they are asked to leave or if there is an emergency**
- ♦ Check with your school/ school board about specific policies and/ or procedures. Ensure that all teachers and supervisors are aware of these. For example: head trauma response, sending students off site (hospital, home, etc).
- ♦ Submit all final numbers, gender breakdowns, dietary needs and medical concerns **at least 3 weeks before the trip.** ([Group Information | Olympia Sports Camp](#))
- ♦ Divide students into program groups (10–15 students), 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 students per cabin. Please ensure that Olympia has sent you the number of program groups & cabin assignments.
- ♦ Ensure all campers who are taking part in water-based activities have passed a swim test. Swim Tests are a requirement under the OPHEA guidelines for any water-based programs. Don't forget to check with your school board's policies around water programming.
- ♦ 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 booking process and can be reflected in the group contract.

Teacher & Supervisor Responsibilities

DURING YOUR STAY

- ♦ Check in with Olympia Staff upon arrival, ensure that students know their cabin groups & activity groups. An Olympia Director will be there to collect consent forms & other paperwork. **Reminder:** Students may not participate in Olympia programs until forms have been collected.
- ♦ Assign Teacher/ Supervisor to each activity group. There **must** be one teacher/ supervisor with each activity group during programs and provide necessary discipline for students.
- ♦ **Supervise students during meal times, rest periods post meals, free time & bedtime.**
- ♦ We encourage you to participate with your students and by into the programs, it helps keep the students excited
- ♦ Enforce lights out & conduct night supervision
- ♦ Wake up students each morning and ensure that they are on time for meals and programs.
- ♦ Dispense medication when needed
- ♦ Ensure that all Olympia rules & guidelines are followed by students
- ♦ Discipline students as needed
- ♦ Supervise cabin clean-up & move out on departure morning. Ensure that all cabins are properly cleaned, and that no student has left anything behind.



Additional Information

SWIM TESTS & WATERFRONT

Olympia is OPHEA & OCA compliant and the safety of the students & participants is our number one priority.

As stated by OPHEA students must perform a swim test before participating in any water activities. If your school has performed a swim test prior to coming to Camp please have documentation clearly stating if the student was successful or unsuccessful at the swim test signed off from the lifeguard who performed the swim test. If you would like a swim test during your first free time please let us know ASAP.

Our swim tests are administered by our National Lifeguard certified staff.

Swim Test requirements is the Swim to Survive Standards

- Pre- Screen Test; one width in the mid- depth water to ensure comfortability with getting their face wet
- Disoriented entrance
- Tread Water for 1 minute
- Swim for 50 Meters

Students are able to attempt without a PFD if they are successful then they are able to go canoeing (with a PFD) and free swim (without a PFD). If a student fails any part of the swim test without a PFD they are able to reattempt with a PFD on. If they are successful with a PFD on then they are able to go canoeing (with a PFD) and free swim (with a PFD). If a student is unsuccessful with a PFD on then they are unable to participate in any waterfront programming. And please check your board policies about swimming & waterfront programming.

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 school 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 school.

Additional Information

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 students/ participants and teachers/ 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 labeled 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 teachers table. During the meal teachers/ supervisors are responsible for supervising students 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.

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 center, we look to encourage equity and foster diversity by providing support to all our students, teachers, 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.

Additional Information

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 Lake of Bays. EMS can be reached via 911 and they will arrive in approximately 20 minutes from the call.

It is the teachers responsibility, one supervisor from your school must bring an emergency vehicle to transport your students in case of an emergency.

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



Letter to Students

PLEASE READ THIS TO THE CLASS & SHARE WITH THE PARENTS/ GUARDIANS/ ADULTS OF YOUR STUDENTS.

Dear Students,

Olympia Sports Camp is excited to host you! We want you to get the most out of your visit to camp and we wanted to share some things with you before your arrival.

We want everyone to enjoy our programs and facilities while at Olympia! With this in mind we ask that everyone is respectful of themselves, others and the environment in which they stay at camp.

At Olympia we encourage community living which includes cabin living, working together and family style meals. What this means for you is taking initiative and helping out where needed. We ask that you keep your cabins clean and be mindful of living with others. During meals we ask that you follow all procedures and help with cleaning after the meal before leaving.

Safety is the number one priority at Olympia. Olympia is a nut- aware camp so please do not bring any nut products. We ask that everyone follows the camp rules; and if they do not they may be dismissed from Olympia without a refund.

Camp Rules

1. There will be no drugs, alcohol or smoking (includes E cigarettes) on camp
 2. There will be no nut products or chewing gum brought to camp.
 3. At no time should anyone be in a cabin that is not their own.
 4. No student should ring the camp bell, Olympia staff will ring it in case of an emergency.
 5. Students cannot leave camp property unless supervised by Olympia Staff or a trip chaperone.
 6. Olympia reserves the right to dismiss a student if it is in the best interest of the student and/ or camp.
- All school rules apply at Olympia.

Olympia cannot wait to see you!

Yours truly,
The Olympia Sports Camp Team



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 school board. Check with your school 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 students to participate in programs.**
- ♦ Request a deposit from parents. 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 teacher or supervisor is bringing an emergency vehicle. This is mandatory.
- ♦ Check with your school/ school board about specific policies and/ or procedures. Ensure that all teachers and supervisors are aware of these. For example: head trauma response, sending students off site (hospital, home, etc).
- ♦ Review packing list, letter to student & teacher 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 students into program groups (10–15 students), 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 students per a cabin. Please inform students 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 student and it is signed. And have payment for the trip prepared to bring with you on the bus.**

Site Map

SITE MAP



Directions to Olympia Sports Camp

2400 LIMBERLOST RD RR#4 LAKE OF BAYS ONTARIO



From Toronto

Take Highway 400 north to Barrie. Continue north on Highway 11 to Lake of Bays. 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!



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