



**HIDDEN BAY
LEADERSHIP CAMP**

Parent Guide



Welcome to Hidden Bay!

We are very excited to welcome your child to our camp family. This guide is created to help new campers and parents to become more familiar with Hidden Bay and our programs.

Why a “Leadership” camp?

At Hidden Bay our desired outcome for each camper is the development of character and leadership ability. We focus on activities as a means of developing attitudes, knowledge and skills that will enable each one to confidently conduct themselves in a courteous, respectful, responsible and confident manner not only at camp but also at home and at school. Everything we do encourages each camper to –

Think for themselves - Make good choices -Set goals - Make plans—Problem solve -Take responsibility—Experience success - Celebrate the success of others



Hidden Bay generates a positive, esteem building environment using the Future Aces Creed. Campers are recognized, and recognize others, on a daily basis using “Caught you doing something good”. In this way, they are encouraged to develop healthy relationships with their peers and counselors, to respect each other, and during our reflective “pond time”, to be comfortable in acknowledging and verbalizing their feelings.

VISION

All individuals learn to recognize and develop their full potential to become people of good character who make a difference.

MISSION

In an environment that fosters courtesy, respect and responsible behaviour, campers learn to confidently apply what they have learned from the experiences of today to the opportunities and challenges of tomorrow.

YORK *Care & Education*
PROFESSIONAL

Hidden Bay Leadership Camp
200 Shebeshekong Road, RRI
Nobel, ON P0G 1G0
(705)342 -7345
www.hiddenbay.ca

OCA 
Ontario Camps Association



Who are our staff?

Our counselors are high school grads and university students who can demonstrate that they are reliable, have experience with, a love for, and an understanding of children and youth. They attend a week-long training period, including health and safety, policies, procedures, exciting program planning skills, all within our leadership and character development framework.

All staff are thoroughly screened with a personal interview, references and police clearance. In addition to bringing experience and skills, they are also trained in first aid and CPR.

Our staff include a program director, day camp director, LIT/CIT Director, counselors, and 2 one-on-one counselors, who work with our campers with special needs. All counselors are assigned a cabin of campers, and they also lead activities. Each camper chooses their own activities, so rest hour, morning and evenings are the special bonding times for a cabin group and their counselor.

Activities

Camper have a chance for 4 activities each day.

FOCUS Activities

Campers can choose from canoeing, kayaking, swimming, arts and crafts, or archery. They will follow that activity for 3 consecutive days, in order to build their skills in that area.

Open Activities

Each day, campers can choose from all the land, water and artistic activities. They choose one for the morning, and one for the afternoon. They can chose a wide variety each day, or stick to the ones that they really enjoy.

A TYPICAL DAY

AT HIDDEN BAY

A choice of wakeup activity! A quick dip in the lake, yoga or stretching gives us a refreshing start to our day!

7:00 a.m. Morning Activity

7:45 a.m. BREAKFAST

8:15 a.m. Cabin Cleanup

8:30 a.m. Flag Raising and Theme of the Day

8:45 a.m. Goal setting (Pond Time)

9:45 a.m. **FOCUS Activity 1**
11:00 am **AM Open Activity**

12:00 p.m. LUNCH

1:00 p.m. Rest Hour

2:00 p.m. **FOCUS Activity 2**

3:15 SNACK

3:45– 4:45 **PM Open Activity**

4:45 p.m. Free Swim/Free Time

5:45 p.m. DINNER

6:30 p.m. Pond time

7:15 p.m. Camp Wide Game

8:15 p.m. Campfire

8:45 p.m. Bedtime & vespers for jr. campers

9:15 p.m. Bedtime & vespers for sr. campers

9:45 p.m. Lights out

Campers set a goal as a cabin group to challenge other cabin groups to the cleanup challenge

A camper-led discussion explores the theme of the day; followed by time to set individual goals for the day

FOCUS periods allows campers a choice of an activity to follow for 3 days, in order to build on their skills in that area

During Rest Hour, campers spend time in or around their cabins with their counsellors

Open Activities are exactly that— Each day, campers can try new activities!

Campfire is a time to sing songs, and share stories in a relaxed atmosphere!

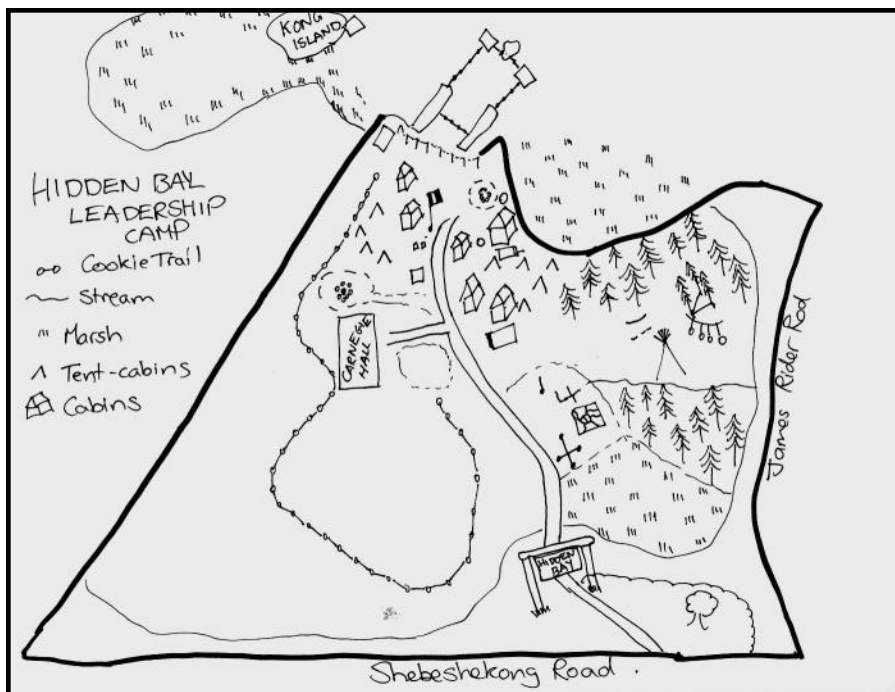
During vespers, campers and counselors reflect on the day, tell stories and jokes, and relax before lights out

Site and Facilities



Carnegie Hall

Built in 2007, Carnegie Hall is used as our dining hall, and for large group indoor activities. There are also washrooms and some staff accommodations. The large covered porch is great for group activities, and outdoor dining options.



Waterfront

In addition to 3 permanent docks, there are 3 floating docks and a water trampoline. This area is off-limits unless supervised.

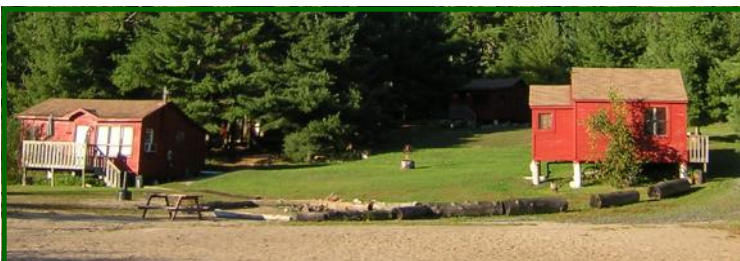
Cabins

There are 4 tent-cabins located on each of the boys' and girls' sides of camp. With a permanent roof and built on a platform, each tent-cabin has up to 8 beds in bunk-bed style.



Washrooms

There are 3 sets of outdoor washrooms. There is one on the girls and boys sides, with 2 washrooms and one separate shower. There is also a central washroom block, with 3 washrooms and 2 showers.



Activity Cabins

There are 2 activity cabins, a health and wellness centre, and 3 counselors' cabins on the site.



Dragon Boat

Our 10-bench dragon boat provides campers with a chance to work as a team to coordinate their strength to navigate the boat on our lake.

WATER ACTIVITIES



Kayaking

Campers will learn to confidently paddle and maneuver kayaks while improving strokes and techniques.



Swimming

Our NLS and bronze—cross certified lifeguards will help campers to build skills in the water, emphasizing stroke improvement, endurance, and strength.



Canoeing

Our ORCKA—trained staff will mix theory and practice to develop skills and confidence in paddling, steering and safety measures, in tandem and solo canoeing.



Archery

Take aim! Campers can learn techniques to improve their skills with a bow and arrow, using our re-curve bows. Safety includes learning the range commands and boundaries.

LAND ACTIVITIES

Low Ropes

Wear running shoes to our low ropes course, where groups of campers will negotiate through the elements by working as a team. Come try the tarzan rope, "spiders' web" and tire challenge

Sports and Games

At Hidden Bay, we add new challenges and twists to the traditional soccer, beach volleyball, football and Frisbee, on our fields and our beach playing areas.



Eco-Adventure

Explore your environment and learn outdoor skills— visit the bog, the marsh and the Cookie Trail, and learn about plants animals and insects; build shelters, and learn to make a campfire

Arts ACTIVITIES

Arts and Crafts

Try your hand at creating personal crafts that you can take home with you; including picture frames, tie-dye clothes, bags, and much more.



Photography

Campers learn about lighting, shadows and angles to create and take memorable pictures

Drama, Dance and Music

Music and Drama are integral parts of our camp program— informally in our campfires, meal times, and cabin activities, and formally in our activities, where campers can bring their own instruments and jam, try out bucket or hand drumming, learn new dance steps, and creatively learn improve techniques and drama warm-ups to make skits.





Theme Days

One day every session, the camp gets “taken over” by a theme day—Whether is it Peter Pan looking for his shadow, Lucky the Leprechaun looking for his pot of gold, or a superhero in search of her super power, campers and counselors alike dress up and take on new roles, in a group effort to solve the problem of the day!



Meals

Our award-winning kitchen staff prepare delicious, nutritious meals that follow the Canada Food Guide. In addition to traditional “camp” meals, we encourage the children to try new dishes that are prepared. It is our goal that they will develop healthy life long eating habits. Weekly menus are posted at camp. Fruit is available throughout the day.

Be sure to note on the health form if your child has allergies or is on a special diet so that necessary precautions can be taken.

We look forward to **celebrating the children's birthdays** during the summer. A cake or cupcakes will be prepared in the camp kitchen.

Hidden Bay Leadership Camp is a peanut-aware facility.

Packing List

CLOTHING	OUTERWEAR	LINENS
T-shirts sweatshirt/sweaters shorts Warm pants lots of socks! Extra socks! Pajamas Underwear Bathing suit (2 is best)	Jacket Hat Tuque (for cold August nights) Rain jacket and pants FOOTWEAR Running shoes or hiking boots Sandals (not flip flops) Rubber Boots	Hand towel, bath towel and facecloth Bottom sheet (for the mattress) Pillow and pillowcase Sleeping Bag OTHER (optional) Personal waterbottle Stuffed animals, pictures Flashlight and extra batteries Books Notebook, pencils, pens Musical instruments Sunglasses Lipchap Goggles
TOILETRIES soap, shampoo, hair products Brush or comb toothbrush, toothpaste sunscreen bugspray		

What not to bring:

Food of any kind, cell phones, cameras, Ipods, camp knives or sharp tools, any articles of value.

Hidden Bay “Unplugged”

Hidden Bay is joining the growing movement in camping to provide an “unplugged” environment, where campers can enjoy the natural environment and develop relationships with other campers and staff, instead of worrying about the loss or damage of electronics. Please leave camera, cell phones, Ipods, etc. at home.

You can look forward to receiving a CD with camp pictures taken by our staff!

Tuck

In an effort to reduce the need to bring cash to camp, tuck is now included with your registration. Each camper will be given Tuck Bucks during Tuck times to spend as they please, so you no longer need to send money with your camper!



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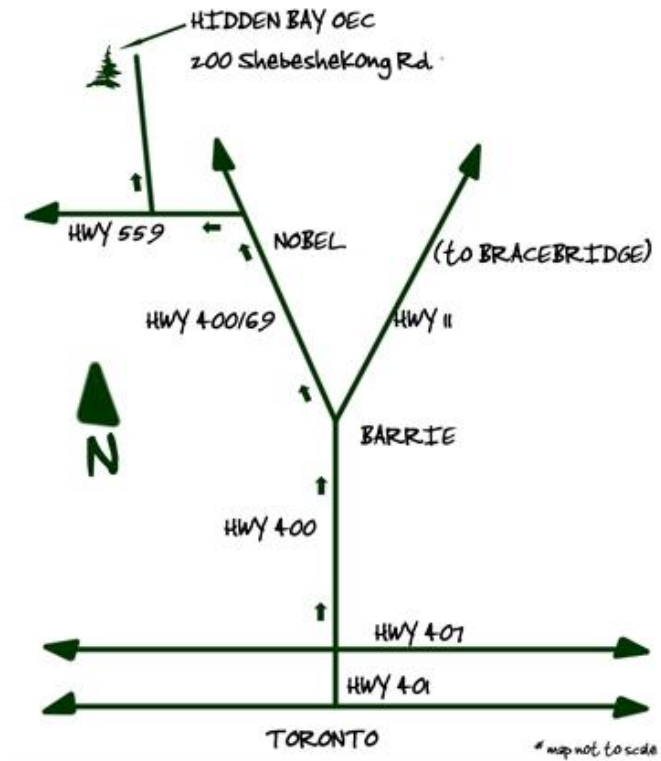
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What about cell phones? How do I get in touch with my child?

Camp staff are happy to answer any questions parents might have about how their child is doing at camp. Parents of first year campers will receive a call in the first few days of camp.

Though cell phones seem like a quick and easy way to check on your child, they can also provide distraction to campers who are otherwise busy with activities.

For family emergencies or urgent messages, please call the camp at (705) 342-7345.

Letters

Parents are encouraged to send letters to their children,
c/o Hidden Bay Leadership Camp, RR1 Nobel, ON P0G 1G0.

Mail is given out at meal times. Campers can also send letters home through the camp office. Please send self-addressed stamped envelopes, as the camp office does not provide postage.