



# TRAINING CENTRE



## PROGRAM PLANNING GUIDE

Outdoor Education and Leadership Programs



# Youth Leadership Camps Canada

**Lake Simcoe**  
498 Moon Point Beach Drive  
Orillia, Ontario L3V 6H1  
705 326 2433

[www.ylcc.com](http://www.ylcc.com)

**Pigeon Lake**  
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Peterborough, Ontario K9J 6X2  
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## Welcome to YLCC

At Youth Leadership Camps Canada we believe that we are building a better tomorrow by building leaders. We've created a cutting edge, dynamic and unique leadership program delivered from our Leadership Training Centres. We offer a wide range of activities and team building initiatives, customized to meet the unique needs of your group.

Our Centres are modern, clean, full-service outdoor leadership and conference centres that are perfect for group trips. We can accommodate a large group up to 320 people or as small a group as 15 plus advisors/supervisors. Both of our locations are fully equipped and offer comfortable cabins with bunk beds, modern washrooms and spacious dining halls. Each year YLCC invests significant capital to continuously improve our facilities.

Our Orillia site is located 60 minutes north of Toronto on the shores of Lake Simcoe, with 108 acres of breathtaking Muskoka woodland. It offers guests extraordinary opportunities for outdoor challenges, hiking and active leadership workshops.

Our Pigeon Lake site is located 20 minutes north-west of Peterborough in the beautiful Kawartha region. Our property contains old forests, open spaces for field games, and with the entire camp facing 1200 feet of shoreline, the sunsets are spectacular! Exclusive use of Pigeon Lake is available for groups of 75 or more.

This guide is designed to assist you in the preparation and planning of a successful experience. We look forward to working with you. If you have any questions, please do not hesitate to contact us.

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"Leadership is not wielding authority – it's empowering people"

*-Becky Brodin-*



## Our Programs

All YLCC programs are custom designed from our extensive range of activity options. We develop programs to compliment all ages, sizes and types of groups. Join us for a single or multi-day experience and discover why both Orillia and Pigeon Lake facilities are the fastest growing outdoor leadership centres in Ontario!

High and low-ropes elements, canoeing, kayaking, fixed and non-fixed initiatives, large group campfire area, indoor meeting spaces and more are all located on our beautiful sites. You will not be disappointed with our delicious meals, friendly staff and welcoming accommodations!

**Program Options:** Each rotation lasts between one hour and one and a half hours and is designed as an experiential learning activity, followed by a debrief. The program rotations consist of a number of different land and water-based activities that may include, but are not limited to:

- Leadership Workshops
- Fixed and Non-Fixed Initiatives
- Field Sports
- Outdoor Living
- Canoeing/Kayaking
- High Ropes
- Large Group Games
- Low Ropes
- Campfire
- Crafts

## Our Staff

All aspects of our program are led by our extraordinary YLCC staff. They are warm, welcoming individuals who will provoke meaningful thought and discussion among your students.

Our staff are highly qualified and extensively trained in safety and emergency procedures including certifications in Standard First Aid and CPR. If the waterfront is being used, an NLS Certified Lifeguard will be supervising.

Staff assigned to your group will facilitate your programs throughout your entire stay at YLCC.



YLCC is an accredited member of the Ontario Camping Association. We have committed ourselves to following best camping practices and standards to create an enriching, positive, safe and healthy experience for the children and staff in our care.



## **Program Options**

We have programs for every age and type of group. Both of our locations deliver fantastic programs to public and private education institutions, community groups, sports teams and corporate groups.

We're experts at getting a leadership class, camp committee or link crew involved in helping run your retreat!

*Here is an outline of some of our more popular programs:*

### **Welcome Retreat**

*Our Grade 9 Welcome Retreat is a perfect start to High School* — Students will be challenged and empowered as they progress through a series of activities where they discover and learn about their individual roles as leaders. Fun and interactive activities, include high ropes, low ropes, and large group games. These custom-designed programs prepare participants for a better life experience and focus on activities that explore self-awareness, improved decision making and the benefits of getting involved.

### **Year End Class Trip**

This requires Looking for a way to combine fun, learning, and self-discovery with your end of the year celebration? Bringing your students to the YLCC Leadership Training Centres will give them the chance to enjoy their last bit of time together for the year while being challenged to look deeper into themselves and discover who they are and who they want to become.

### **Student-run Leadership Retreat**

This requires a student-based camp committee to plan and carry out the retreat. The committee learns a lot about planning, flexibility, hard work and positive leadership. Participants discover their own leadership qualities, barriers, talents and finding a place to shine.

### **Student Council Retreat**

Students will leave with a sense of purpose, direction and exciting new event ideas for the upcoming school year. We'll offer a wide range of activities including team building initiatives, planning workshops, high ropes activities and fun evening programs around the campfire!

### **Science or Geography Field Trip**

This program works well for teachers who want to bring their students to our leadership centre multiple times in the same school year. Are your students learning about water systems, the parts of the plant, understanding the food chain, or learning about how animals survive in the winter? Let us know what you are working on and we will plan a day of interactive activities that will help your students to learn in an unforgettable way!

### **Outdoor Adventure Leadership**

This program covers elements in physical education, science, geography, communication, environmental leadership and so much more. Participants spend the majority of their time outdoors preparing shelters, learning outdoor cooking, fire building, survival skills, and tree and plant identification. Sessions are available in spring, fall and winter – activities vary depending upon season. Individuals learn about themselves, their peers and their environment through valuable hands-on experiences they will never forget!

### **Sports Teams**

Take advantage of activities where participants rely on each other off the field. Bringing your team to YLCC provides team members with a great opportunity to bond, learn new skills, work together and learn the importance of being a supportive team member!



## Rates 2010

### DAY PROGRAMS

<b>Regular Day:</b>	<b>\$23.95 pp</b> (lunch provided)
Arrival	9:00 am
Departure	3:00 pm
<b>Extended Day:</b>	<b>\$36.95 pp</b> (lunch and dinner provided)
Arrival	10:00 am
Departure	8:00 pm

### OVERNIGHT PROGRAMS

Arrival 10:00 am  
Departure 1:00 pm

**Pack a lunch for Day 1** (all other meals provided)\*

\* an additional charge of \$4 pp applies if you choose to have YLCC provide lunch on arrival day.

<b>2 Day / 1 Night:</b>	<b>\$ 78.95 pp</b>
<b>3 Day / 2 Night:</b>	<b>\$117.95 pp</b>
<b>4 Day / 3 Night:</b>	<b>\$148.95 pp</b>
<b>5 Day / 4 Night:</b>	<b>\$182.95 pp</b>

### OPTIONAL ACTIVITIES AND FEES:

<b>High Ropes/Rock Climbing:</b>	<b>\$95.00 flat fee</b>
<b>Waterfront:</b>	<b>\$95.00 flat fee</b>
<b>T-Shirts:</b>	quote available for customized t-shirts or shirts for tie-dying. Please call us for details.

### CHAPERONES:

1 chaperone per 30 persons

**50% discount on program rates**

*Note: Teachers/Advisors and Adults are considered chaperones.*



## **Deposit and Payment Policies** (revised 2010)

Please read carefully. There have been changes to our policies for 2010.

### **Booking**

Once a date has been confirmed, you will be sent a contract. In order to hold these dates, you must read, sign, date, and mail a copy of the contract to YLCC along with a cheque for the security deposit. Failure to do so by the date indicated on your contract will result in cancellation of your booking.

**Please be as accurate as possible when estimating how many students will attend the program. Look at the attendance history of your other school trips. If your booking numbers are not close to your actual numbers, we cannot properly staff or provide food and may not even be able to accommodate your group.**

### **Minimum Group Size**

The minimum group size that YLCC will accommodate is 15 people plus advisors/supervisors. If your group numbers decrease below 15, you will be billed for 15 people.

### **Changes to the Contract**

#### **30 Days Prior to Arrival:**

If you contact YLCC a minimum of 30 days before your arrival date, your invoice can be changed to reflect an increase or decrease by 25% of your originally booked number. If your attendance number decreases by more than 25% of the originally booked number, your invoice will only be reduced by 25%. If YLCC can accommodate an increase by more than 25%, the extra cost will be added to your invoice. *For example, if your retreat was originally booked for 50 persons and you contact YLCC a minimum of 30 days prior to your arrival date, you can change the attendance number to be anywhere between 37 and 62.*

#### **Less Than 30 Days Prior to Arrival:**

If you contact YLCC 30 days or less, prior to your arrival date, your invoice can be changed to reflect an increase or decrease by 10% of your originally booked number. If there is a decrease by more than 10% of the originally booked numbers, your invoice will only be reduced by 10%. *For example, if your retreat was booked for 50 persons, your invoice can be changed to reflect numbers anywhere between 45 and 55.*

### **Payment Schedule**

1. To reserve your date, a 20% non-refundable, non-transferable security deposit is **due by the date shown on your contract.**
2. **Final payment is due upon arrival at YLCC.** If a cheque has not been provided from your school or organization, the group organizer will be required to put the balance owing on a personal or company credit card to ensure that the program can proceed.

### **Credits/Refunds**

**YLCC does not issue cash, cheque refunds or credits.** Please ensure that you have undertaken proper planning to make your visit to YLCC a success. We appreciate your understanding and cooperation.



## Sample Schedules

Below you will find two schedule samples. The activities in your program will be carefully selected prior to your program by a YLCC staff member and the advisor booking the trip.

The number of breakout groups will be determined by the size of your group. We like to work with 12 people in each group. Each group will rotate according to the schedule. With some large groups it is not possible to have everyone complete the exact same activities, but we can tailor different activities to ensure that all participants learn similar lessons.

Once you have discussed your activity preferences with us, a final schedule will be sent to you.

### Single Day Program

	Group 1	Group 2	Group 3
9:00 am	Arrival & Kick Off		
9:30	Activity 1	Activity 2	Activity 3
11:00	Activity 3	Activity 1	Activity 2
12:30-1:00 pm	Lunch		
1:15	Activity 2	Activity 3	Activity 1
3:00 pm	Departure		

### 3 Day / 2 Night Program

Day 1	Group 1	Group 2	Group 3	Group 4
10:00 am	Arrival, Kickoff, and Group Games			
12:30-1:00 pm	Lunch			
1:15-2:45	barn pod	beach pod	simcoe pod	trees pod
2:30-5:00	Activity 1	Activity 2	Activity 3	Activity 4
5:00-5:45	Large Group Game			
6:00-7:00	Dinner			
7:00-8:30	Activity 4	Activity 1	Activity 2	Activity 3
8:45-10:00	Campfire			
10:30 pm	Quiet Time and Lights Out			
<b>Day 2</b>				
8:30-9:15 am	Breakfast			
9:15-9:30	Flagpole			
9:30-11:00	Activity 3	Activity 4	Activity 1	Activity 2
11:00-12:30 pm	Workshop 1			
12:30-1:00	Lunch			
1:15-2:45	Activity 2	Activity 3	Activity 4	Activity 1
2:45-4:15	Auction			
4:15-5:45	Workshop 2			
6:00-7:00	Dinner			
7:00-8:30	Evening Activity	Evening Activity	Evening Activity	Evening Activity
8:45-10:15	Drive-In Theatre			
10:30 pm	Quiet time and Lights Out			
<b>Day 3</b>				
8:30-9:15 am	Breakfast and Clean Cabins			
9:15-9:30	Flagpole			
9:30-11:00	Workshop 3			
11:15-12:15 pm	Speedball Tournament			
12:15	Slideshow			
12:30-1:00	Lunch			
1:00 pm	Departure			

## Activities

We are constantly updating, researching and honing our activities to ensure a positive learning experience. Below you will find some of our tried-and-true favourites! You can check out our website to see our activities in action: <http://www.ylcc.com/training-centre/multimedia/>

Not all activities are available at both sites. If you don't find what you are looking for, we would be more than happy to adapt an activity to your needs. Please call us – we'd love to work with you!

### High Ropes

**Aerial Trust Dive** Students can both challenge themselves and build trust with their peers. Participants in the ATD will climb a 30 foot pole to a platform, from which they can jump off of in an attempt to reach a distant target. Before jumping, students are encouraged to list a goal they wish to attain or a fear they want to overcome – as the jump symbolizes their effort to reach that goal. Participants on the ground are belaying their peer and building trust with one another.

**Climbing Wall** A great challenge for all campers. We have two possible routes with varying difficulty levels. Climbers are able to push themselves to climb all the way to the top!

**Dangling Duo** Students must work, either alone or with a partner, to climb up a configuration of cargo nets and tires all the way to the top.

**Fencer's Feet** Students must work in pairs to traverse a cable while using both the vertical wooden beams, and their partner for support. Good luck!

**High Tension Traverse** As a two person element, partners start at opposite ends of the traverse cable. By creating tension on a rope handle, they help each other cross the cable from one pole to the other.

**High V** The entire group works together as two climbers attempt to cross two wires that get further and further apart. Communication and trust are very important for this activity to be successful.

**Jack Stays** Participants traverse a series of rope loops 30 feet above the ground. They must work on their balance, co-ordination, and determination in an effort to reach the far side of the course!

**Multi-vine** A single person traverse element. While balancing on a cable 30 feet above the ground, the participant must traverse from one side to the other; using dangling rope vines to help keep his/her balance!

**Rickety Bridge** In this element a student climbs up a pole and traverses across a very rickety bridge! With the encouragement of their team, the safety of their YLCC staff member and the help of an aid rope, students completing this traverse will feel a great amount of success!

**Team Teeter** A new ropes element where all students are involved. Two climbers help each other cross the 4x4 beams while their teammates below steady the beams for them. All participants must pay attention and be engaged to see the success of this element!

**Zip Line** A camp favourite! Participants challenge themselves to jump off a platform and then zip through the forest. This is an experience to remember!



## Low Ropes and Fixed / Non-Fixed Initiatives

**Air Miles** A low ropes element with 4 cables suspended 1 foot off the ground. Students are given a start and an end destination. Without anyone falling off the cables, students must work together and strategize to get everyone to their proper end destination. When students touch the ground, the entire group starts over.

**Ice Wall** Working together to create a strategic plan is key to successfully get one group member to the top and ring the bell – but each participant can suggest only one wall aid change during the climb. A debrief follows discussing the virtues of the journey.

**Pods** are areas where students go through a series of non-fixed initiatives and begin working and thinking together as a team. Students often begin by playing a few silly games (variations on tag, name games, etc.) and then move to other activities, such as; magic carpet (problem solving), skipping challenge (time management), falcons egg (communication), interference (communication), and knot fun (problem solving).

**Skipping Challenge** The facilitator and one volunteer turn the rope for the rest of the group. Each participant must jump from one side of the rope to the other without touching the rope (standard skipping). Then the group is paired off and each pair must get across together. Next, two pairs (4 participants) have to get across together. This continues until everyone has to cross at once. Various objects representing challenges in managing time (cell phones, facebook, T.V., etc.) will be added throughout the exercise. Participants will discuss ways to maintain better focus in life.

**Teeter Jenga** The group is presented with a teeter-totter like beam and must develop a plan to maintain balance of the beam at all times. The beam cannot hit the ground and all group members must mount and dismount the beam to complete the activity.

**The Spider Web** The group is challenged to get members to move from one side of a rope web to the other. Each member has to go through a different hole and nobody can touch the web or the group has to start over.

## Outdoor Living

**Canoeing / Kayaking** Our facilitators teach the basics by breaking them down into a few important strokes and explaining the mechanics of paddling. Once participants show understanding, everyone loads into the watercraft and play some games to practice their skills in control.

**Exploring the Night Sky** A night session with hot chocolate and the stars! The group works to identify various basic constellations.

**Knot Tying** Participants are taught basic, but useful knots for outdoor living. Provides a nice compliment to any High Ropes activity.

**Night Paddle** A perfect way to end your day! We will take your group for a quiet and reflective paddle in our Algonquin canoes to enjoy the beautiful sunsets.

**Shelter Building** The group is divided into teams and each team is responsible for building a shelter in a given time-frame. Students work together and go through several stages: forming, storming, norming, and performing to achieve their goals.

## Crafts

**Hemp and Gimp Jewelry** A nice quiet and social-time activity for everyone to make a personalized camp memento.

**Locker Poetry** Create your own locker magnets using words from magazines, drawing pictures, or writing your own words.

**Tie-Dying** These shirts make excellent camp keepsakes. Each person will need to bring a white t-shirt or tank-top or we can supply t-shirts at a low cost for your group (*please advise at time of booking*). Students are shown the different techniques for tie-dying and are left to their creative devices.

## Field Sports

**Chuck the Chicken** A fun-filled team game that is fun for anyone and makes everyone laugh.

**Speedball** Athletic and non-athletic types alike will enjoy this combination soccer and handball game.

**Survival** A perennial favourite! Everyone is assigned the role of a carnivore, omnivore or herbivore. The goal is to collect enough food and water and to stay away from the animals that can harm you or take your life. Learn about the food chain and the effects humans have on the food chain through an interactive and fun game.

**Ultimate Frisbee or Rubber Chicken Ultimate** Athletes or not ... it doesn't matter. These are fun and active games geared to the abilities and interest of the group.

## Large Group Games

**ABS Tournament** stands for "Achen, Blocken, Schplochen", which translates to a giant game of Rock, Paper, Scissors! This tournament style twist on a classic game allows players to gain cheerleaders and play multiple opponents!

**Falconathon** YLCC's very own GIANT relay race! This ultimate race is a great way for participants to use their newly acquired skills. The race takes teams all across the facility while participating in a wide variety of challenges!

**One Hour Carnival** Our staff will organize a carnival that allows everyone to participate in a variety of fun and challenging activities. Some activities include:

Giant Slingshot — hockey nets are spread out on the baseball field, all facing the backstop. Students take turns shooting tennis balls from the giant slingshot.

Balloon Sculptures — groups are split into smaller groups and each receive one a bag of balloons and some tape. Using only these supplies they have 8 minutes to build the most convincing sculpture, tallest free standing structure or biggest happy face, etc.

Truck/Bus Pull — groups get three chances to pull the vehicle from the starting spot over the finish line. Whichever group does it the fastest gets bragging rights.



## Workshop and Drama Activities

**Auction** A fun interactive evening program. Participants are divided into teams and they are given novelty money with which to buy various items for sale. They do not know until after they have purchased the items that they will be asked to create a specific structure to hold an egg and keep it from breaking. *(Please don't tell students about this in advance as it will clearly ruin the activity).*

**Campfire** The #1 favourite for everyone! Share energetic songs, cheers and skits under the stars. Please bring your instruments and talents to add to the show!

**Choir** A high energy activity where students are divided into small groups and given the lyrics to a familiar song (i.e. R-E-S-P-E-C-T, Build Me Up, Buttercup, etc.) Performers receive instructions and 50 minutes to create a musical. Each production is then showcased and judged by the YLCC staff (much kinder judges than on Canadian Idol).

**Drive-In Theatre** is exactly that, an outdoor theatre with popcorn and snacks! Bring your sleeping bags down to the hill and get settled in for an outdoor movie.

**Games Workshop** An opportunity for students to learn about various activities, facilitation and debriefing techniques. Students then practice leading these activities among their peers and receive feedback from both the participants and the instructors. This workshop is ideal for leaders who can then use their new skills when leading events, such as grade 9 orientation at their school.

**Ice Cream Game** This eye-opening activity challenges students to build a city using limited supplies while constantly dealing with the inequality between various groups. Students are encouraged to reflect upon how the experience made them feel and how it relates to the world outside of camp.

**Leadership Fashion Show** In this activity students are divided into teams, given some supplies and instructed to create an outfit on one of their team members (a model). The model must represent what leadership means to the group. For example, some students have created a very colourful outfit to symbolize the flexibility of a leader and may have great detail, as leaders must pay attention to detail. Once the costumes are completed, students present their creations to the audience in the form of a fashion show.

**Sweet 16** A round-robin style tournament where students discuss and debate various leadership characteristics. Eventually the group finds the "ultimate" quality of a leader!

**Sublovia** This workshop allows students to express their creativity, while simultaneously learning about respect, tolerance, diversity, and cooperation. Students are given the opportunity to create the unique laws, customs, and systems of their own country (either upper or lower Sublovia). The two countries will then send delegates on a fact-finding mission to the other nation in an effort to make reunification possible!

## Preparing For Your Visit

One of the most important things you can do to help ensure a successful experience for your class/group is properly prepare your students for their trip to YLCC. The sleeping, eating, and activity schedule may likely be different from their daily routine. Below are some suggestions to best prepare your group for their experience:

### Preparing for the Environment

Most of our programs are designed to be outdoor experiences and will continue rain or shine. Encourage participants to bring clothing that they don't mind getting dirty and wet. Stress the importance of proper raingear, warm clothing and appropriate footwear (i.e. rubber boots for spring season).

### Preparing for Camp Culture

While at our centre, there will be no T.V. or internet access for students. Cell phones and electronic devices (iPods) are not recommended on site. When discussing these rules with your group, focus on the positive aspects: the new skills they will learn without electronic distractions, the new friends they may meet, and the beautiful outdoors they will get to experience. Also, remind everyone that YLCC is not responsible for lost or stolen goods.

Meals will be served sit-down family style. We like to focus on sharing and further creating community during mealtimes.

### Preparing Chaperones

We want everyone, including chaperones, to have positive experiences while at our centres. Chaperones are not expected to lead group activities, but are encouraged to participate in all activities. Overall, chaperones are responsible for ensuring their group is following our centres' rules and expectations.

Overnight: YLCC staff do not sleep in the cabins with your group. Chaperones are responsible for ensuring their group is quiet and sleeping at night time.

### Logistics

**Forms:** Please distribute the "What to Bring" Checklist (*appendix A*) and have parents/guardians fill out the Confidential Health History Form (*appendix B*) - participants over the age of 18 can complete this form themselves. Everyone attending our centres, including chaperones, is required to complete a Confidential Health History Form. **All completed forms should be collected 3 weeks prior to arrival.**

Our talented chef is happy to accommodate various dietary needs, (vegetarian, allergies, religious, etc.), but advance notice is required. After **all appendix B** forms have been collected, please complete the Dietary & Health Summary Sheet (*appendix C*) and submit it to the centre **2 weeks prior to your arrival.**

**NOTE: All original completed forms must be presented to the Leadership Training Centre upon arrival.**

**Cabin Groups:** All cabins sleep 10-14 people. Prior to your arrival we will send a list of cabins assigned to your group. This list will outline the number of beds in each cabin. Chaperones staying overnight must sleep in the cabin that he/she is assigned to.



# We Are Now NUT-AWARE

## Peanut and Nut Status



At YLCC, we are proud to have operated as a “Nut-Free” facility for 14 years without an allergic incident of any sort. The “Nut-Free” designation meant that our tuck shop and food service operations did not sell or use finished products or ingredients that contain nuts (whole or part), nut extracts or products that included a “may contain” warning on its ingredient label. Additionally, we did not allow products that contain nuts to be brought on-site by our guests. We do not search student belongings and realize that sometimes nut products are brought to the centre unknowingly.

Increasingly, however, many of the manufacturers and purveyors of our finished products and raw ingredients are choosing to label their products as *possibly* containing: nuts, seeds, tropical seed/oils, peanuts, tree-nuts, etc. Their concern is due to the possible exposure of their product to nuts - both from within their own production facility as well as in the packaging, packing, handling, transportation, warehousing, delivery and storage of their product.

Currently we are finding it very difficult to source items from our suppliers which are guaranteed *to not contain nuts*. Accordingly, we are no longer content to refer to ourselves as a “Nut-Free” Facility. We still wish to provide the same high-quality, balanced menu items to which our campers and clients are accustomed and, for the time being, we must continue to use the same ingredient items with which we have been previously satisfied with. These items will continue to not include nuts (whole or in part), nut extracts or oils as an ingredient, but now may be packaged with a “*may contain nuts or nut oils*” label.

We intend to source new products that present the minimal possible risk to those with nut allergies. We hope that in the near future we can once again guarantee that all products and ingredients used in our food service operations can be deemed “Nut-Free”.

If a camper does have a serious nut allergy, please be aware that the greatest occurrence of this precautionary labeling is in the baking and dessert industries. If you feel that the child may be at risk, but still wish him or her to attend YLCC, we strongly suggest that you include sealed, nut-free meals, desserts and snacks for the duration of his or her stay with us.

We sincerely apologize for any inconvenience these changes may present.

# What to Bring

## Appendix A

### Day Program

- Name Tag
- Footwear - *must have closed heel and toe*
- Water Bottle – *a must have!*
- SUNSCREEN
- INSECT REPELLENT ... *We will be outside!*
- Seasonal weather appropriate clothing (*Rain jacket and rubber boots*)
- Medication - *clearly labelled with camper's name in a zip lock bag*
- Sunglasses
- Hats (*1 for rain, 1 for sun*)
- Bathing suit and towel (*weather permitting*)
- Camera
- Money for our Tuck Shop (*Camp Store*)
- Energy, Enthusiasm and an Open Mind!

### Important Notes

- Leave ALL NUT PRODUCTS at home! We are a peanut and NUT-AWARE camp!
- No chewing gum.
- MP3 players, hand-held video games and cell phones are discouraged.
- You are responsible for all of your personal belongings while at the YLCC Leadership Training Centre.
- YLCC is not responsible for loss, damage or theft.
- We recommend that all campers label their belongings.

### Overnight Program

- Name Tag
- Sleeping Bag
- Pillow
- Extra Fleece Blanket - *temperatures may drop at night*
- Water Bottle – *a must have!*
- Footwear - *closed heel and toe for activities plus slippers for indoors*
- Seasonal, weather appropriate clothing for the length of your stay - *Rain jacket, rubber boots, hats, hoodie, pants, shorts, t-shirts, pyjamas, undergarments etc.*
- Extra Socks – *in case of wet weather*
- Medication - *clearly labelled with camper's name in a zip lock bag*
- Toiletries – *sunscreen, insect repellent, toothbrush, toothpaste, shampoo, soap, etc. (please leave scented products at home)*
- Bathing suit and towel (*weather permitting*)
- Camera
- Flashlight and extra batteries
- Musical Instruments are welcome and encouraged for campfires or just hanging out
- Money for our Tuck Shop (*Camp Store*)
- Energy, Enthusiasm and an Open Mind!

### Our Camp Store Offers:

- Cold Beverages
- Candy
- Chocolate
- Freezies
- Frisbees
- Spirit Wear
- Leadership Literature



**Canadian Tire Money  
always accepted  
at par!**



# Confidential Health History Form

## Appendix B

YLCC Orillia

YLCC Pigeon Lake

We do not require participants to undergo a third party physical examination, but we do encourage all families have a proactive health plan, including regular physical examinations by your family doctor.

School/Group Name: \_\_\_\_\_

Student's Name	Birth Date (M/D/Y) <input type="checkbox"/> Male <input type="checkbox"/> Female																		
Home Address (city, province, postal code)	Home Phone																		
Parent/Guardian	Work Phone																		
Emergency Contact (if unable to reach parent/guardian)	Phone																		
Family Physician	Phone																		
<p>Does your child have any concerns with the following? Please check all that apply.</p> <table border="0"> <tr> <td><input type="checkbox"/> Asthma</td> <td><input type="checkbox"/> Environmental Allergies</td> <td><input type="checkbox"/> Medication Allergies</td> </tr> <tr> <td><input type="checkbox"/> Allergy to insect stings</td> <td><input type="checkbox"/> Food Allergies</td> <td><input type="checkbox"/> Seizures</td> </tr> <tr> <td><input type="checkbox"/> Hearing Loss</td> <td><input type="checkbox"/> Sleep Walking</td> <td><input type="checkbox"/> Diabetes</td> </tr> <tr> <td><input type="checkbox"/> Heart Problems</td> <td><input type="checkbox"/> Bed Wetting</td> <td><input type="checkbox"/> Skin Conditions</td> </tr> <tr> <td><input type="checkbox"/> Physical Disability</td> <td><input type="checkbox"/> Dietary Needs</td> <td></td> </tr> <tr> <td colspan="3"><input type="checkbox"/> Other _____</td> </tr> </table>		<input type="checkbox"/> Asthma	<input type="checkbox"/> Environmental Allergies	<input type="checkbox"/> Medication Allergies	<input type="checkbox"/> Allergy to insect stings	<input type="checkbox"/> Food Allergies	<input type="checkbox"/> Seizures	<input type="checkbox"/> Hearing Loss	<input type="checkbox"/> Sleep Walking	<input type="checkbox"/> Diabetes	<input type="checkbox"/> Heart Problems	<input type="checkbox"/> Bed Wetting	<input type="checkbox"/> Skin Conditions	<input type="checkbox"/> Physical Disability	<input type="checkbox"/> Dietary Needs		<input type="checkbox"/> Other _____		
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Please detail any of the above concerns, limitations, medications, recent illnesses, operations, or injuries.																			
Date of last tetanus shot:	Health Card Number:																		
<p>List any medications that your child must take on a regular schedule. <i>(please supply in their original containers)</i></p> <p>Name of Medication _____ Dosage _____</p> <p>How Often _____ When _____</p> <p><i>All medications must be placed in a clear zip lock bag, clearly labelled with camper's name and given to our Camp Health Director upon arrival.</i></p>																			

In permitting my child \_\_\_\_\_ to attend Youth Leadership Camps Canada, operated by YLCC Inc., I the undersigned permit my child to participate in the full range of camp activities and trips and authorize the Camp Director and his/her appointee, in the event of accident or illness affecting the above named camper, to authorize on my behalf all procedures, including admission to hospital and necessary treatment therein, as he/she may deem essential for the care and well-being of the camper. Such action is to be taken only when immediate contact with the undersigned cannot be made. I understand that the pictures taken at camp may be used for promotion. I fully understand all the risks involved in my child's participation in Youth Leadership Camps Canada programs and accept full liability. I have chosen to provide the above personal information to YLCC and understand that YLCC may send further leadership information to me in the future.

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_





# Directions & Transportation

## Appendix D

### Transportation

Every group is responsible for transportation to and from our centres. Although not always necessary, it is recommended that each group have one vehicle that can remain at the centre while the group is here.

### Directions

#### Lake Simcoe YLCC Training Centre

498 Moon Point Beach Drive  
Orillia, Ontario

#### FROM TORONTO

- Follow **Hwy 400N** to **Hwy 11N**
- Take **Exit 129 Memorial Ave** (Simcoe Rd. #49) to Orillia
- Travel 1 km to **Woodland Drive**, turn **right**
- Travel 2 km (over two small bridges) to **Moon Point Drive**, turn **left**
- Travel 0.7 km to YLCC Training Centre (entrance is on left hand side)

#### FROM WHITBY/OSHAWA/PICKERING

- Travel north on **Hwy 48** to **Hwy 12N**
- Turn **left** at **Memorial Ave** (Comfort Inn is on corner)
- Continue past OPP Headquarters on right hand side
- Take first **left**, **Woodland Drive**
- Travel 2 km (over two small bridges) to **Moon Point Drive**, turn **left**
- Travel 0.7 km to YLCC Training Centre (entrance is on left hand side)

#### FROM NORTH of ORILLIA VIA HWY 11

- Travel south on **Hwy 11**, exit **Hwy 12** (Old Barrie Road)
- Turn **right** at **Memorial Ave** (Comfort Inn is on corner)
- Continue past OPP Headquarters on right hand side
- Take first **left**, **Woodland Drive**
- Travel 2 km (over two small bridges) to **Moon Point Drive**, turn **left**
- Travel 0.7 km to YLCC Training Centre (entrance is on left hand side)

#### FROM NORTH of ORILLIA VIA HWY 69S & 400S

- Travel south on **Hwy 400**, exit **Hwy 12 East**
- Follow **Hwy 12 East** into **Orillia** (Home Depot and Wal-Mart)
- Get onto **Hwy 11S**, travel south on **Hwy 11**, exit Old Barrie Road
- Turn right at **Memorial Ave** (Comfort Inn is on corner)
- Continue past OPP Headquarters on right hand side
- Take first **left**, **Woodland Drive**
- Travel 2 km (over two small bridges) to **Moon Point Drive**, turn **left**
- Travel 0.7 km to YLCC Training Centre (entrance is on left hand side)

#### Pigeon Lake YLCC Training Centre

290 Cork Line, RR # 1  
Peterborough, Ontario

#### FROM TORONTO

- Head East on the **401**
- Take exit **436 -Hwy 35/115** toward **Lindsay/Peterborough** (44.8 km)
- Continue to follow **King's Hwy 115**
- Take the **County Rd-28** exit (Hwy 7 /Fowlers Corners / Port Hope)
- Keep right, follow signs for **Lindsay** (12.5 km)
- At Fowlers Corners Hwy 7 turns into **Frank Hill Road** continue straight (7.7 km)
- Turn **right** onto **Yankee Line** (You are about 15 minutes away!)
- Turn **left** onto **Tara Road**
- Turn **left** at **Cork Line** (YLCC Sign is on your left)
- Destination will be on your right hand side

