



# YMCA JOHN ISLAND CAMP

OUTDOOR EDUCATION CENTRE

## Program Planning Guide



# YMCA John Island Camp Outdoor and Education Centre

## Booking Information

### How To Book Your Trip

1. Booking: fill in the Outdoor Education Booking Form and send it to the Camp Office by fax or email. We will send you an email to confirm having received it.
2. Contract: upon receiving your booking form, our office will send you your contract. **Please sign and return your contract within 14 days of receiving it.**
3. Deposit: a non-refundable deposit of \$60 per student is required to reserve your space at camp. This deposit is also due within 14 days of receiving your contract.
4. Final Numbers: final student and teacher/chaperone numbers are **due May 1st (or as indicated on contract).**
5. **Final Payment: final payments are due June 1st.**

### Please send all forms and payment to:

Summer Brooks - Camping Services Registrar  
YMCA Sudbury  
140 Durham St., Sudbury ON  
P3E 3M7

Fax: (Attn: Summer Brooks) 705-675-8777  
Email: [summer.brooks@ymcaneoc.ca](mailto:summer.brooks@ymcaneoc.ca)

### Please Note

1. Failure to send in your contract or deposit on time may forfeit your group's chosen dates at camp. Please contact our office if for any reason you will not be able to meet these deadlines.
2. You will be charged based on the final numbers given by May 1st, or however many participants come to camp, whichever is higher. If final numbers are not submitted by May 1st, you will be charged based on the numbers indicated in your contract, or however many participants come to camp, whichever is higher.
3. Alternative payment plans can be arranged if needed - please contact the Camp Office.
4. If you expect your numbers to increase or decrease significantly, please contact our office as early as possible so that we can ensure that we will have adequate space and program staff to meet your needs at the time of programming.

### Classroom Visit and Slideshow

For schools in the Greater Sudbury, we are able to offer a 30 minutes slideshow presentation for your students and their families about what to expect during their time at camp. The presentation will familiarize attendees to our site, and run through typical programming, meals, and logistics. Our friendly camp staff will be happy to answer any questions you may have about your upcoming visit to JIC! Please contact the Camp Office if you are interested.

# YMCA John Island Camp Outdoor and Education Centre Program Information

John Island's 278 acre site boasts many features that are ideal for Outdoor Education programming. From our 0.5km sand beaches to our sheltered harbour and pine forests, JIC programming rotations is designed to take advantage of this outstanding natural environment and provide students with a full outdoor educational experience that compliments your work in the classroom.

Your experience will be facilitated by our passionate and skilled Staff Team. Our staff are mostly University Students with many years of experience working at John Island and leading outdoor programs.

Our Outdoor Centre will customize your experience to meet the needs of your group. A balance of Small Group and Large Group activities allow for focused instruction from camp staff and community building evenings of fun!

## Program Options

Group Program Rotations:

Group rotations allow students to experience outdoor adventure and exploration under the guidance of our staff. Group sizes typically range from 10-15 students. Rotations are designed to introduce students to a variety of outdoor challenges – basic skills and safety will be taught, along with a variety of games and challenges.

Small group rotations include:

- Outdoor Living Skills – Fire Building/Shelter Building
- Archery
- Net and Field Games (volleyball, nukemball, gagaball, soccer, Frisbee)
- Canoeing
- Voyageur Canoe (seats 8-12)
- Kayaking
- Nature Hike
- Team Building Initiatives
- Low Ropes Course
- High Ropes Course
- Climbing Wall



# YMCA John Island Camp Outdoor and Education Centre Program Information

## A Typical Day at Camp

A day at JIC is jam-packed full, from morning to night!

Generally, mornings and afternoons are spent doing small group rotations (or full-school activities), and evenings, are filled with All-Camp games, and an Evening Program as an All-Camp Community: Before meals, students have some opportunity for free-time, including Free Swim times where Camp Staff will lifeguard any swimmers.

## Example Program Schedule of a typical 3-day program at JIC:

Time	Day One	Day Two	Day Three
7:30		Polar bear swim	Pack up!
8:15		Breakfast	Breakfast
9:00		Rotation 3	Survival!
10:30	Arrival	Rotation 4	Departure
12:00	Moving in and meeting	Free time	Lunch to go is provided
12:30	Lunch (packed)	Lunch	
1:30	Rotation 1	Rotation 5	
3:00	Rotation 2	Rotation 6	
4:30	Free swim/Free time	Free swim/Free time	
5:30	Dinner	Dinner	
6:45	Ultimate JIC Challenge	Capture the flag	
8:00	Campfire	Action auction	
9:15	Snack	Snack	

## Custom Programs

At John Island Camp, we are committed to creating an experience to meet the needs of your group. Please contact the Camp Office for more details on the following:

- Four and Five day programs (particularly suitable for older students)
- Day Trips (ideal for elementary students living close to John Island)
- High School student leadership programming: JIC can provide the perfect base for your leadership class or student council retreat. Plan for the upcoming year while developing incomparable bonds within your group.
- Overnight or extended canoe and kayak trips: JIC is an ideal base for a wilderness experience! Our qualified staff can facilitate an overnight or extended adventure around John Island in the beautiful North Channel. Let us work with you to create a trip for anyone from the most experienced Outdoor Ed class to those who have never spent a night away from home.

# YMCA John Island Camp Outdoor and Education Centre Logistics and Transportation

**Transportation To and From Camp:** YMCA John Island Camp is boat access only - your fees include transportation to and from camp by boat. The camp docks are located in Serpent River First Nation near Spanish, ON. We are 2 hours from both Sudbury and Sault Ste. Marie. Driving directions can be found on Appendix D. Your arrival time will be scheduled and confirmed prior to your arrival.

**Boat Ride:** Camp Staff will meet your group at the docks and direct you to our boats. Lifejackets (PFDs) are mandatory at all times for our staff, students, teachers, and chaperones while on a dock or boat at JIC. Lifejackets will be provided, however if you have your own we recommend bringing it along! Luggage may travel to camp in a separate boat with our Camp Staff.

**Lunch:** Groups are asked to bring a packed lunch for the first day of camp. John Island is a Nut-Free Site - please ensure that no nut products are brought on to the island. A snack will be provided in the afternoon, but no full meal until dinner.

**Move-In Process:** Upon arrival at John Island, Camp Staff will provide a brief tour of the site while your Main Contact meets with your group's Camp Staff Coordinator for a quick overview of the schedule and the assignment of cabins.

Students will have time to move in to their cabins and eat lunch. Once all groups have arrived at camp, we will have a mandatory Community Meeting to explain site policies, program structure, and emergency procedures.



**Cabin Groups:** Cabins at JIC sleep up to 12 people. Please divide your school into appropriate-sized cabin groups prior to arrival. In order to accommodate all groups on site, we ask that your cabins have a minimum of 10 people. Teachers and chaperones sleeping can be accommodated in the same cabins as students or in a nearby cabin.

**Dietary Needs and Health Information:** Please fill out and send in Health Summary and T-Shirt Form at least two weeks prior to your trip. Our kitchen at camp is able to accommodate dietary needs but it is important that we know ahead of time in order to order the proper food.

**T Shirts:** Everyone who comes to the Outdoor Centre at John Island Camp gets a camp t-shirt! These shirts are now included in camp fees and do not need to be ordered separately unless additional shirts are desired. Please fill out and send in Health Summary and T-Shirt Form at least two weeks prior to your trip.

# YMCA John Island Camp Outdoor and Education Centre Code of Conduct

- Electronics including tablets, computers, MP3 players, cellphones are not allowed at the Outdoor Centre.
- Student discipline is a responsibility shared between school teachers, chaperones and JIC Staff.
- JIC is a Bully-Free Zone. YMCA John Island Camp reserves the right to have the students sent home should unacceptable behaviours occur.
- Cabins will be examined before and after each usage. In the event of damage or graffiti to buildings, schools will be charged for the cost of repairs.
- Schools will be charged for fire extinguishers that are unnecessarily discharged at a fee of \$40 per extinguisher.
- Schools will be charged for camp equipment or property that is purposely damaged.
- Night time supervision of students is provided by the teachers and chaperones of each school.
- Students and teachers are not allowed in the lodging of other schools.
- Quiet hours are from 10:00 pm to 7:00 am. Please respect other groups participating in programs on the site.
- John Island Camp is an alcohol-free site. Smoking for teachers/chaperones is limited to a specific, designated smoking area. There is no smoking anywhere else on the site. Students are not allowed to smoke.

**Nut products are strictly prohibited.**

**PLEASE SHARE THIS INFORMATION WITH ALL ADULTS AND STUDENTS ATTENDING THE OUTDOOR CENTRE.**



# YMCA John Island Camp Outdoor and Education Centre Teacher and Chaperone Responsibilities

YMCA John Island Camp is for you, too - we want our adult participants to have a great experience, too! However, as with any field trip, the ultimate responsibility for care, safety, and conduct of your students lies with you.

Our staff are well trained, experienced outdoor educators. The success of your experience at the JIC lies in the strength of the partnership between teachers, supervisors, and our staff.

John Island Camp Staff will conduct the majority of the program. As a teacher or supervisor, you will have opportunities to participate in the different camp activities and enjoy John Island. There are however, a number of specific responsibilities for supervisors and teachers at the Outdoor Centre:

**Meal Times:** The entire camp eats together in our Dining Hall. We ask that one teacher or chaperone from your school sits at each table of students in order to provide guidance throughout the meal. Our staff will also disperse themselves throughout different table groups.

**Evening Supervision:** The cabins at YMCA John Island Camp are designed to accommodate 10-12 people. For many students, this trip is their first time in a group living environment, and is an important milestone in their development. Bedtime can be a challenge, especially after a long day at camp, and students may require more active teacher and chaperone support to have a successful cabin experience.

**During Program:** JIC staff deliver the majority of the programs at the Outdoor Centre. Supervisors and teachers are expected to participate in these activities with students. It is an amazing opportunity to see the students perform in new and different situations (where you are not the 'teacher!'), and to have fun yourself.

**After Program:** There are a few 'free time' periods throughout each day. Supervisors and teachers should be aware of where their students are and what they are doing. Outdoor Centre staff will always ensure that all students are accounted for during program times, but it is important that supervisors and teachers take count of the students in their groups before mealtime and after program ends.



# YMCA John Island Camp Outdoor and Education Centre - Preparing for Camp

One of the most important steps in ensuring a successful Outdoor Education experience is to take the time to prepare your students and chaperones well for life at Camp! Our unique 278 acre setting on John Island in Lake Huron offers a very different lifestyle than most students experience at home. A few pointers on preparation follow below!

**The Camp Environment:** Coming to John Island as an opportunity to experience the natural world in a hands-on way - we are a part of the environment at JIC! Our programs are specifically designed for the outdoors, and run rain or shine. Please encourage your students to bring clothing that is appropriate for all weather, and that they are not afraid to get dirty! Warm clothes and good rain gear are especially important. Appendix contains our recommended packing list.

John Island is an off-the-grid, environmentally aware site. Running water is available throughout the camp for drinking, washing hands, and brushing teeth. Showers are not available to students during the visit, although there are many opportunities to swim! Any soap or shampoo should be biodegradable. Our cabins do not have electricity, but do have solar-powered lighting for the evenings. Washroom facilities are clean and well-maintained composting toilets.

John Island Camp offers a chance for students to un-plug from their online lives, and plug into the world around them. Electronics are discouraged at camp, and JIC cannot be responsible for any damages. Teachers and chaperones who require electricity for work purposes can connect with our camp staff.

**Camp Life:** A focus at John Island is to provide a communal living environment. School groups leave camp with new respect for their peers, their abilities as individuals and as a team, and the importance of working together. These are important life-skills, however they can be impaired by students who are unwilling to cooperate. Please take time to address behavioural expectations with your students prior to arriving at camp.

Medication administration is the responsibility of the lead teacher - please ensure that any drugs, even over the counter (with the exception of puffers and epi-pens) are collected by your lead teacher prior to arrival. It is important that students do not keep any medications (with the exception of puffers and epi-pens). Any health issues that students have should be within the scope of care of teachers and chaperones. JIC staff are well trained and experienced in managing health issues and problems common to children attending the program. They are happy to assist teachers and supervisors in the care for students.

Outdoor Centre Directors will manage the evacuation of program participants if the need arises. The site is accessible by air ambulance and connections are available with land ambulances. The closest hospital is in Elliot Lake.



# YMCA John Island Camp Outdoor and Education Centre - Packing List

The following list is a guide for what to pack for your son or daughter's upcoming experience at YMCA John Island Camp Outdoor Centre. Trips to John Island Camp are for a short period of time. Please use your judgment and pack what they will need; but try to keep baggage to a minimum.

## FOOD

\_\_\_\_\_ First day's lunch only (Please no glass bottles or nut products)

**Important note: please do not pack any additional food for your child's stay at the Outdoor Centre. Students will receive a balanced, nutritious diet with a snack each evening. Food brought by students attracts animals. Any additional food will be stored in the dining hall until students depart.**

## NECESSARY

Packed Return

- \_\_\_\_\_ Warm sleeping bag or light bag with extra blanket
- \_\_\_\_\_ Pillow
- \_\_\_\_\_ 3 day supply of underwear and socks
- \_\_\_\_\_ Pajamas
- \_\_\_\_\_ 2 pairs of sturdy shoes (minimum one pair of closed-toe, active footwear)
- \_\_\_\_\_ Rainwear (the program will continue rain or shine, please make sure your child is prepared)
- \_\_\_\_\_ Sun hat, warm hat
- \_\_\_\_\_ Mittens or gloves
- \_\_\_\_\_ 1-2 pairs of long pants
- \_\_\_\_\_ 1-2 pairs of shorts
- \_\_\_\_\_ 1-2 bathing suits
- \_\_\_\_\_ Towel
- \_\_\_\_\_ Sunscreen
- \_\_\_\_\_ 1 lightweight jacket / long sleeved shirt
- \_\_\_\_\_ 1 heavy sweater
- \_\_\_\_\_ 3-4 light shirts (t-shirts)
- \_\_\_\_\_ Bar soap, face cloth, comb, toothbrush and toothpaste (biodegradable)
- \_\_\_\_\_ Insect repellent
- \_\_\_\_\_ Water bottle
- \_\_\_\_\_ Flashlight with good batteries

## OPTIONAL

- \_\_\_\_\_ Camera and film (disposable camera suggested)
- \_\_\_\_\_ Fishing equipment
- \_\_\_\_\_ Notebook, journal, pen

**DO NOT BRING: KNIVES, HATCHETS, MATCHES, MP3/IPOD, VIDEO GAMES, HAIR DRYERS, GOOD CLOTHES, MONEY, FOOD, CANDY, GUM, OR ANY VALUABLES.**



# YMCA John Island Camp Outdoor and Education Centre

## Directions to Walkhouse Bay - John Island Camp Docks

### From HWY 17

- Turn South on Weegwas Road
- Turn left at the first stop sign onto Village Road West
- Turn right onto Walkhouse Bay Road (after the railway tracks)
- The camp docks are 6km down Walkhouse Bay Road



**PLEASE DRIVE SLOWLY!** As the road can be rough and there are many children at play in the community.

## YMCA Northeastern Ontario Camping Services YMCA John Island Camp

140 Durham Street, Sudbury, Ontario, P3E 3M7

Phone: 800-465-9622 or 705-674-6171

Fax: 705-675-8777