



**EAGLE CREST**  
OUTDOOR CENTRE



# Teacher Guide

[www.ecoc.ca](http://www.ecoc.ca)



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# Join us at Eagle Crest Outdoor Centre

Structured & Safe Activities Running Daily

Convenient Accommodations & Catering

Staff Excellence & Training

Experience with Schools, Teams & Events of All  
Sizes

## Kristina Graham: ECOC Program Director

Kristina has been a part of the ECOC team for the past 9 years and is a valuable asset to the program. Kristina has been involved in ECOC management and supervision for many years and enjoys working with staff and teachers to deliver an unforgettable experience.

Kristina has a Bachelor of Education in all divisions (Primary, Junior, Intermediate, and Senior). At ECOC, she wears two hats: one as the ECOC Program Director and the other as the Associate Director for Hockey Opportunity Camp. Her various titles at camp have provided her with the skills and experience to lead a quality program for ECOC guests. Through her passion for learning and the outdoors, she also brings a wealth of experience from within the schools.

In her spare time, Kristina is very involved in the local community, through coaching at the South River Figure Skating Club and being a Volunteer Firefighter for the Sundridge Strong Fire Department. She looks forward to welcoming you and your group at ECOC.



# Program Lengths & Options

## Single Day Experience

9am - 5pm

For groups located within an hour drive like North Bay, Huntsville, Sundridge, South River.

### INCLUDES

- ✓ Up to 4 Activities

Perfect for a quick school day trip.

## Extended Day Experience

9am - 7pm

For groups located within an hour to two hour drive like Sudbury, North Bay, Huntsville, Sundridge, South River.

### INCLUDES

- ✓ 1 Dinner
- ✓ Up to 5 Activities

Day Experience + Dinner.

## Overnight Experiences

10am - 3pm the Final Day

Popular for year-end trips, and for schools located near and far from Eagle Crest.

### INCLUDES

- ✓ All meals\*
- ✓ Up to 20 Activities
- ✓ 1, 2 or 3 Night Accommodations\*

Extended Day Experience + lakeside campfires, games and evening fun.

\*Lunch only provided starting on Day 2 of Overnight Experiences | Evening snack is provided for Overnight Experiences\*

# Sample Schedule

Please note that Activity rotations are assigned based on availability: please ensure your Program Participation Form is completed as soon as possible.

## Single Day Experience

A typical single-day visit runs from 9:00 a.m. to 5:00 p.m. Students will bring their own bagged lunch and we provide indoor/outdoor spaces for eating. Bus drivers are welcome to hang out at ECOC during the day if required.

Time	Activity
8:00	Leave School
9:00	Arrival and Orientation / Swim Screen
10:00 - 11:00	Activity Rotation
11:15 - 12:15	Large Group Game (Capture the Flag)
12:30 - 1:00	Bagged Lunch
1:15 - 2:15	Activity Rotation
2:30 - 3:30	Activity Rotation
3:45 - 4:45	Pack Up & Departure



# Sample Schedules Cont.

## Extended Day Experience

A typical extended day visit runs from 9:00 a.m. to 7:00 p.m. Students will bring their own bagged lunch and we provide indoor/outdoor spaces for eating. Dinner is provided by ECOC and is eaten in our Main Dining Lodge.

Time	Activity
8:00	Leave School
9:00	Arrival and Orientation / Swim Screen
10:00 - 11:00	Activity Rotation
11:15 - 12:15	Large Group Game (Capture the Flag)
<b>12:30 - 1:00</b>	<b>Bagged Lunch</b>
1:15 - 2:15	Activity Rotation
2:30 - 3:30	Activity Rotation
3:45 - 4:45	Free Swim
<b>5:00 - 5:45</b>	<b>Dinner</b>
6:00 - 7:00	Activity Rotation
7:00 - 8:00	Pack Up & Departure

## Overnight Experiences (One Night Sample)

A typical overnight visit runs from 9:00 a.m. on Day 1 to 3:00 p.m. on the Final Day. Students will bring their own bagged lunch for Day 1, and the rest of the meals are provided by ECOC and are eaten in our Main Dining Lodge.

Time	Activity
8:00	Leave School
9:00	Arrival and Orientation / Swim Screen
10:00 - 11:00	Activity Rotation
11:15 - 12:15	Large Group Game (Capture the Flag)
<b>12:30 - 1:00</b>	<b>Bagged Lunch</b>
1:15 - 2:15	Activity Rotation
2:30 - 3:30	Activity Rotation
3:45 - 4:45	Free Swim
<b>5:00 - 5:45</b>	<b>Dinner</b>
6:00 - 7:00	Activity Rotation
7:15 - 8:15	Large Group Activity (Ball Hockey )
8:30 - 9:00	Skit Prep Time / Evening Program
9:00 - 9:45	Camp Fire
9:45	Evening Snack
10:00	Cabin time

Time	Activity
7:30	Rise and Shine
<b>8:00</b>	<b>Breakfast</b>
8:45 - 9:45	Activity Rotation
10:00 - 11:00	Activity Rotation
11:15 - 12:15	Large Group Game (Survival Game)
<b>12:30 - 1:00</b>	<b>Lunch</b>
1:15 - 2:15	Activity Rotation
2:30 - 3:30	Pack Up & Departure

# Rates



Spring (June)	Groups Under 30 price per student	Groups Over 30 price per student	Supervisor Teacher price per chaperone
<b>Single Day Experience</b> 9:00 am – 5:00 pm	\$50.00 + 13% HST	\$46.00 + 13% HST	N/A
<b>Extended Day Experience</b> 9:00 am – 7:00 pm (dinner included)	\$77.00 + 13% HST	\$72.00 + 13% HST	\$17.80 + 13% HST
<b>One Night Experience</b> 10:00 am - 3:00 pm the following day	\$156.00 + 13% HST	\$151.00 + 13% HST	\$35.60 + 13% HST
<b>Two Night Experience</b> 10:00 am - 3:00 pm on the 3rd day	\$267.00 + 13% HST	\$262.00 + 13% HST	\$71.20 + 13% HST
<b>Three Night Experience</b> 10:00 am - 3:00 pm on the 4th day	Contact ECOC	Contact ECOC	Contact ECOC

## What's Included?

All rates include qualified instructors with a 1:12 instructor-to-student ratio, accommodation (for overnight programs), meals (starting with dinner on the day of arrival for overnight programs), and program equipment.

Lunches are not provided for the first day of programs. Meals are provided starting with Dinner on Extended Day and Residential Visits.

## Additional meals can be added to any program:

Lunch \$13.60 + 13% HST/ participant

Dinner \$17.80 + 13% HST/ participant



# Teacher & Supervisor Responsibilities

## BEFORE THE TRIP

- Complete the Booking Inquiry form to begin your ECOC experience. Discuss your desired objectives for the program as well as activities, meals, etc.
- Receive Booking Details and Package Agreement from ECOC. Review and make note of any changes required.
- Prepare all Board-required approval forms; please contact ECOC if you have any questions. Download our School Trip Preparedness Document
- Submit all necessary forms required for booking confirmation, including a deposit. Some forms will require signing by a school representative with appropriate signing authority.
- Ensure that transportation is arranged for proper trip dates and times.
- Submit the Program Participation Form for scheduling purposes once you have all board-required approval forms.
- For schools participating in water-based programming, ensure you have checked your school board policies around water programming and communicated with ECOC with respect to the Swim Test.
- Submit a Participant Health Summary Form before arrival (2 weeks), provided in the Program Package and your events dashboard.
- Contact [kristina@learnhockey.com](mailto:kristina@learnhockey.com) via email with final attendance numbers before arrival (2 weeks)
- Once you have received the schedule, divide students into groups for cabins and activities as specified on your schedule.



## DURING THE TRIP



- Check-in with ECOC Staff upon arrival, confirming the number of students, any changes to the group etc. Ensure that students know their cabin and activity groups. If you fill this information out on the Schedule document, ECOC staff will have a copy with them.
- Assign a Teacher/Supervisor to each activity group. There must be one teacher/supervisor with each activity group during programs and to provide necessary behaviour management for students. ( For example, 40 students = 4 Activity groups = 4 Adults). ECOC will specify how many activity groups you will need.
- We encourage you to participate with your students and buy into the programs, it helps keep the students excited
- Enforce lights out and conduct evening supervision
- Wake up students each morning and meet with the ECOC staff in the morning prior to the meal.
- **Provide supervision for students when they are not actively participating in the program (i.e. meals, transition times, evening/overnight supervision).**
- Distribute medication to students as prescribed.
- Ensure that all ECOC rules and guidelines are followed by students.
- Manage behavioral issues, both individual and group.



# Ontario Curriculum Connections

Many activities are used universally within each program or based on each group's desire. ECOC ensures that all activities meet the standards set by the Ontario Camps Association (OCA) and guidelines outlined by OPHEA ».

Experienced instructors lead the activities with the support of teachers. Instructional sessions are skills-based, age-appropriate, and fun.

Students rotate through chosen activities in small groups (8-12). Activities are selected based on the theme of the program desired, board approval, and the age of the participants.

**Archery**  
**Disc Golf**  
**Trail Biking**  
**Sports & Games**  
**Climbing Wall**  
**Challenge Course**

**Bouldering**  
**Low Elements & Trust Initiatives**  
**Scavenger Hunt**  
**Orienteering**  
**Camouflage**  
**The Survival Game**  
**Capture the Flag**  
**Swimming**  
**Canoeing**  
**Flat Water Kayaking**

## Low Elements & Trust Initiatives

Health and Physical Education

- Strand A Social-Emotional Learning Skills
- Strand B Active Living
- Strand C Movement Competence: Skills, Concepts, and Strategies

Language

- Oral Communication

Grades 1 – 8 Health and Physical Education

Grades 1 – 8 Language



# Archery

## Health and Physical Education

- Strand A Social-Emotional Learning Skills
  - A 1.1 Identification and Management of Emotions
  - A 1.2 Stress Management and Coping
  - A 1.3 Positive Motivation and Perseverance
  - A 1.4 Healthy Relationships
  - A 1.6 Critical and Creative Thinking
- Strand B Active Living
  - B 1.1/1.2 Active Participation
  - B 2.1 Daily Physical Activity
  - B 3.1 Safety
- Strand C Movement Competence: Skills, Concepts, and Strategies
  - C 1.1 Movement Skills and Concepts
  - C 2.1/2.2 Movement Strategies



## Daily Activity Options

## Land Based Programming

# Disc Golf

## Health and Physical Education

- Strand A Social-Emotional Learning Skills
  - A 1.1 Identification and Management of Emotions
  - A 1.2 Stress Management and Coping
  - A 1.3 Positive Motivation and Perseverance
  - A 1.4 Healthy Relationships
  - A 1.6 Critical and Creative Thinking
- Strand B Active Living
  - B 1.1/1.2 Active Participation
  - B 2.1 Daily Physical Activity
  - B 3.1 Safety
- Strand C Movement Competence: Skills, Concepts, and Strategies
  - C 1.1 Movement Skills and Concepts
  - C 2.1/2.2 Movement Strategies



# Trail Biking

## Health and Physical Education

- Strand A Social-Emotional Learning Skills
  - A 1.1 Identification and Management of Emotions
  - A 1.2 Stress Management and Coping
  - A 1.3 Positive Motivation and Perseverance
  - A 1.4 Healthy Relationships
  - A 1.6 Critical and Creative Thinking
- Strand B Active Living
  - B 1.1/1.2 Active Participation
  - B 2.1 Daily Physical Activity
  - B 3.1 Safety
- Strand C Movement Competence: Skills, Concepts, and Strategies
  - C 1.1 Movement Skills and Concepts
  - C 2.1/2.2 Movement Strategies





# Canoeing

Grades 4 – 8 Health and Physical Education

Grades 4 – 8 Science & Technology

Grades 7 – 8 History

Grades 4 – 6 Social Studies

## Health and Physical Education

- *Strand A Social-Emotional Learning Skills*
- *Strand B Active Living*
- *Strand C Movement Competence: Skills, Concepts, and Strategies*

## Science & Technology

- *Earth & Space Systems*

## History

- *Strand B Conflict and Challenges, A Changing Society*

## Social Studies

- *Heritage & Identity*



# Flat Water Kayaking

Grades 1 – 8 Health and Physical Education

Grades 4 – 8 Science & Technology

## Health and Physical Education

- *Strand A Social-Emotional Learning Skills*
- *Strand B Active Living*
- *Strand C Movement Competence: Skills, Concepts, and Strategies*

## Science & Technology

- *Earth & Space Systems*



## Daily Activity Options

## Water Based Programming

# Swimming

## Health and Physical Education

- **Strand A Social-Emotional Learning Skills**
  - *A 1.1 Identification and Management of Emotions*
  - *A 1.2 Stress Management and Coping*
  - *A 1.3 Positive Motivation and Perseverance*
  - *A 1.4 Healthy Relationships*
  - *A 1.6 Critical and Creative Thinking*
- **Strand B Active Living**
  - *B 1.1/1.2 Active Participation*
  - *B 2.1 Daily Physical Activity*
  - *B 3.1 Safety*
- **Strand C Movement Competence: Skills, Concepts, and Strategies**
  - *C 1.1 Movement Skills and Concepts*
  - *C 2.1/2.2 Movement Strategies*

Grades 1 – 8 Health and Physical Education



Grades 1 – 8 Health and Physical Education

Grades 1 – 8 Mathematics

# Orienteering

## Health and Physical Education

- Strand A Social-Emotional Learning Skills
- Strand B Active Living
- Strand C Movement Competence: Skills, Concepts, and Strategies

## Mathematics

- Strand E Spatial Sense



Grades 1 – 8 Health and Physical Education

Grades 1 – 8 Science & Technology

# Camoflauge

## Health and Physical Education

- Strand A Social-Emotional Learning Skills
- Strand B Active Living
- Strand C Movement Competence: Skills, Concepts, and Strategies

## Science & Technology

- Life Systems



Grades 1 – 8 Health and Physical Education

Grades 7 – 8 Geography

Grades 1 – 8 Language

# Scavenger Hunt

## Health and Physical Education

- Strand A Social-Emotional Learning Skills
- Strand B Active Living
- Strand C Movement Competence: Skills, Concepts, and Strategies

## Language

- Reading
- Oral Communication

## Geography

- Physical Patterns in the Changing World





# Climbing Wall

## Health and Physical Education

- Strand A Social-Emotional Learning Skills
  - A 1.1 Identification and Management of Emotions
  - A 1.2 Stress Management and Coping
  - A 1.3 Positive Motivation and Perseverance
  - A 1.4 Healthy Relationships
  - A 1.6 Critical and Creative Thinking
- Strand B Active Living
  - B 1.1/1.2 Active Participation
  - B 2.1 Daily Physical Activity
  - B 3.1 Safety
- Strand C Movement Competence: Skills, Concepts, and Strategies
  - C 1.1 Movement Skills and Concepts
  - C 2.1/2.2 Movement Strategies



## Grades 4 – 8 Health and Physical Education

# Challenge Course

## Health and Physical Education

- Strand A Social-Emotional Learning Skills
- Strand B Active Living
- Strand C Movement Competence: Skills, Concepts, and Strategies



Giants Ladder (3 people climb at a time)



High Elements (3 Courses to choose from)



## Daily Activity Options

## Climbing and Ropes Based Programming

## Grades 1 – 8 Health and Physical Education

# Bouldering

## Health and Physical Education

- Strand A Social-Emotional Learning Skills
  - A 1.1 Identification and Management of Emotions
  - A 1.2 Stress Management and Coping
  - A 1.3 Positive Motivation and Perseverance
  - A 1.4 Healthy Relationships
  - A 1.6 Critical and Creative Thinking
- Strand B Active Living
  - B 1.1/1.2 Active Participation
  - B 2.1 Daily Physical Activity
  - B 3.1 Safety
- Strand C Movement Competence: Skills, Concepts, and Strategies
  - C 1.1 Movement Skills and Concepts
  - C 2.1/2.2 Movement Strategies





# Sports & Games

## Health and Physical Education

- Strand A Social-Emotional Learning Skills
- Strand B Active Living
- Strand C Movement Competence: Skills, Concepts, and Strategies



- ✓ Soccer
- ✓ Baseball
- ✓ Volleyball – Beach
- ✓ Table Tennis
- ✓ Spikeball
- ✓ Four Square

# The Survival Game

Grades 1 – 8 Health and Physical Education

Grades 1 – 8 Science & Technology

## Health and Physical Education

- Strand A Social-Emotional Learning Skills
- Strand B Active Living
- Strand C Movement Competence: Skills, Concepts, and Strategies

## Science & Technology

- Life Systems



## Daily Activity Options

## Large Group Games

# Capture the Flag

## Health and Physical Education

- Strand A Social-Emotional Learning Skills
  - A.1.1 Identification and Management of Emotions
  - A.1.2 Stress Management and Coping
  - A.1.3 Positive Motivation and Perseverance
  - A.1.4 Healthy Relationships
  - A.1.6 Critical and Creative Thinking
- Strand B Active Living
  - B.1.1/1.2 Active Participation
  - B.2.1 Daily Physical Activity
  - B.3.1 Safety
- Strand C Movement Competence: Skills, Concepts, and Strategies
  - C.1.1 Movement Skills and Concepts
  - C.2.1/2.2 Movement Strategies

Grades 1 – 8 Health and Physical Education





# Evening Programs for Overnight Experiences

Completed as a Large Group, the following Evening Programs can be customized and chosen based on your group of students. One Evening Program is chosen for each night of your stay.

Please note that the Activity Centre can be worked into the Daily Rotation depending on the size of the group.

We recommend Talent Show/Lip Sync be chosen for 2 night or 3 night experience as the students will require prep time for their acts.

## Campfire

### Health and Physical Education

- Strand B Active Living

### Science & Technology

- Gr. 6 Earth and Space Systems
- Gr. 7 Life Systems

### History

- Conflicts & Challenges
- A Changing Society

### Social Studies

- Heritage & Identity
- People & Environments

### Language

- Oral Communication

### Arts

- Dance
- Drama
- Music



Grades 1 – 8 Health and Physical Education

Grades 1 – 6 Social Studies

Grades 1 – 8 Language

Grades 7 – 8 History

Grades 1 – 8 Arts



## Activity Centre

### Health and Physical Education

- Strand A Social-Emotional Learning Skills
- Strand B Active Living
- Strand C Movement Competence: Skills, Concepts, and Strategies



Grades 1 – 8 Health and Physical Education



- ✓ Ball Hockey
- ✓ Basketball
- ✓ Gaga Ball
- ✓ Soccer
- ✓ Wiffle Ball

- ✓ Soccer Baseball
- ✓ Volleyball – Beach
- ✓ Table Tennis
- ✓ Spikeball
- ✓ Four Square



# Night Hike/Astronomy

Grades 1 – 8 Health and Physical Education

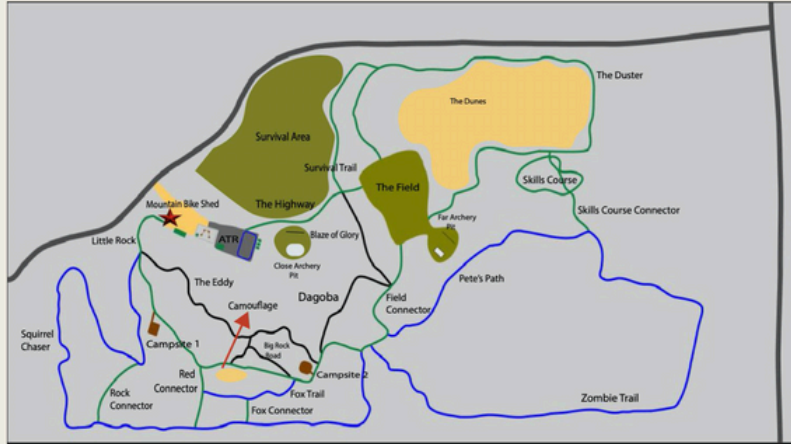
Grades 1 – 8 Science & Technology

Health and Physical Education

- Strand B Active Living

Science & Technology

- Grade 6 Earth and Space Systems
- Grade 7- Life Systems



## Minute To Win It

Grades 1 – 8 Health and Physical Education

Grades 1 – 8 Language

Health and Physical Education

- Strand A Social-Emotional Learning Skills

Language

- Oral Communication



## Evening Programs for Overnight Experiences

## Talent Show/Lip Sync

Grades 1 – 8 Health and Physical Education

Grades 1 – 8 Arts

Health and Physical Education

- Strand A Social-Emotional Learning Skills
- Strand B Active Living
- Strand C Movement Competence: Skills, Concepts, and Strategies

Arts

- Dance
- Drama
- Music



# Information Letter for Teachers and Students

Dear Teachers and Students,

Here at Eagle Crest Outdoor Centre, we have been offering team building, experiential, and educational programs to children of all ages for over 30 years. The ECOC experience includes 85 acres of forest and 1500 ft. of shoreline and provides students with the opportunity for improved self-confidence, friendship, individual challenge, and improved skill development – all in a safe and enjoyable camp environment.

ECOC is an outdoor learning experience therefore all school rules also apply during your stay. In addition to your school rules, we have site-specific rules we ask that you follow:

- 1) ECOC Hat Trick which means Respect Yourself, Respect Others, and Respect Camp Property.
- 2) Students are not allowed on the Waterfront without permission/an instructor present.
- 3) Students must stay on ECOC property/with the assigned instructor at all times.
- 4) Students are required to wear shoes at all times on the property.
- 5) Overnight students are to stay in their assigned cabins for the duration of their stay.

Safety is our number one priority at ECOC so please ensure you follow all instructions while participating in programming. Students who do not follow posted safety instructions will not be allowed to participate in the respective activity.

We can't wait for you to join us and most importantly can't wait to have fun with you!

The ECOC Team



# Packing List

Provided is a list of items that will help make your son or daughter's experience at Eagle Crest Outdoor Centre (ECOC) more enjoyable. Participants are encouraged to pack according to the current weather conditions, so please check the day's forecast before packing for your trip.

([Local Weather for ECOC](#))

ECOC will provide all sports and activity equipment needed to ensure a safe and enjoyable experience for every student!

## Things to Bring - Everyone

All participants should bring:

- **A packed lunch, snacks, and refillable water bottle (NUT FREE snacks only, refer to your school's allergy policy).**
- Bug jacket & repellent.
- For water activities: bathing suit, towel, (water shoes or sandals are optional).
- Sun safe items: hat, sunglasses, sunscreen (SPF 30).
- Light jacket or sweatshirt.
- Rain jacket & pants - all activities run in rainy conditions (rubber boots optional).
- Sturdy running shoes (closed-toe).

## Things to Bring - Overnight Groups

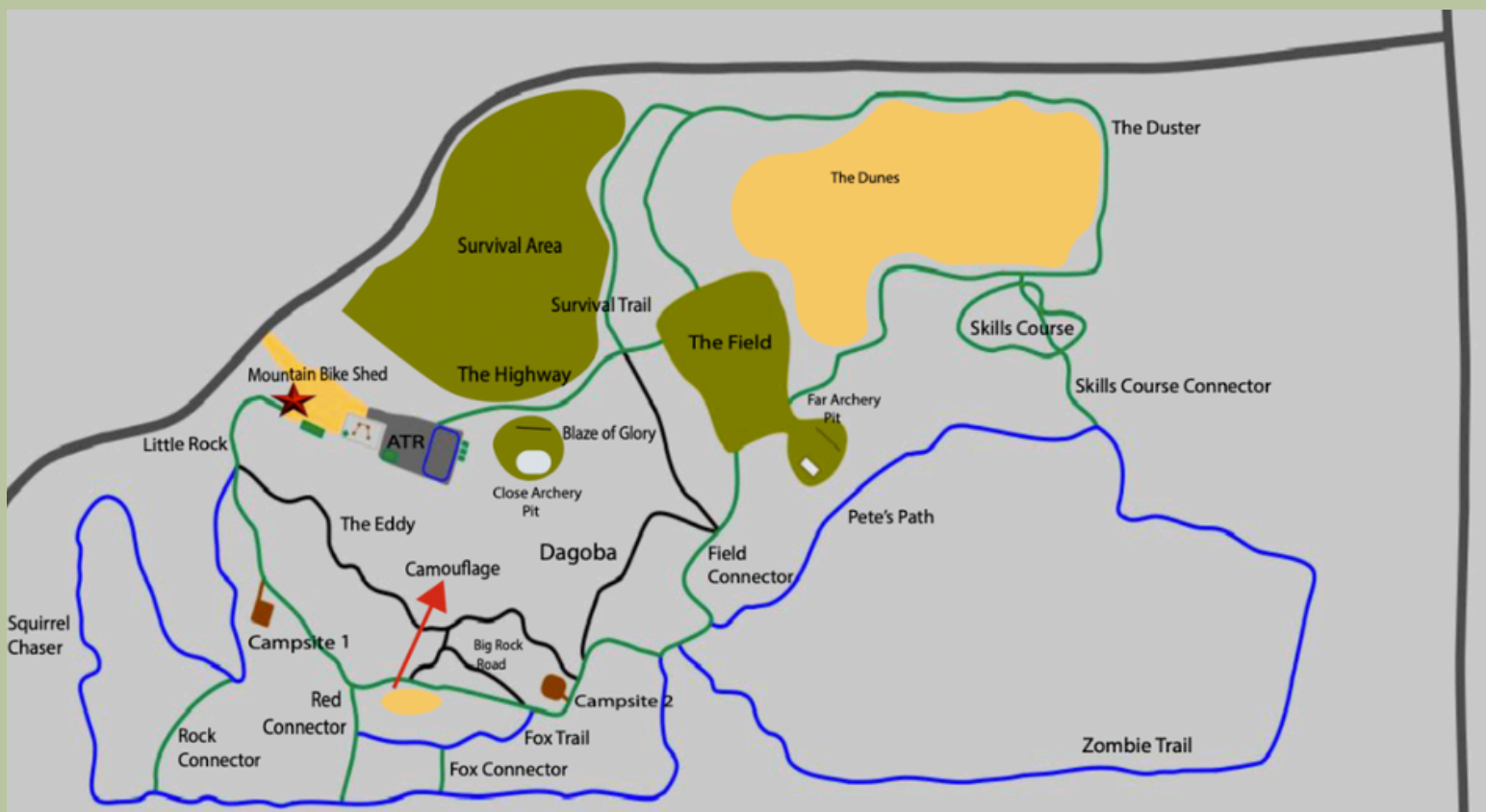
In addition to the items listed above, overnight program participants should also bring:

- Warm sleeping bag, single fitted sheet & pillow. Cabins are not heated and can be chilly in the early and late seasons.
- Change of clothes for each day and personal care items (toiletries).
- Flashlight.
- Extra layers and warm clothes if the trip is forecasting poor weather conditions.

## THINGS NOT TO BRING...

- Large amounts of money
- Aerosol spray cans.
- Video games, iPods (may be used on the bus ride here), tablets, cell phones etc.
- Any type of knife or weapon.
- Matches or lighters.

# Site Map





# Directions to ECOC

## Eagle Crest Outdoor Centre Driving Directions

Eagle Crest Outdoor Centre is located in the beautiful Almaguin Highlands. Just north of the Muskoka Region near Sundridge & South River, Ontario approximately 280 km (175 miles) north of Toronto or 65 km (40 miles) south of North Bay on Highway #11.

### Driving Directions to ECOC:

**Physical Address:** We are located at 961 Park Rd. South, in Machar Township. (South end of Eagle Lake) **GPS Address:** 961 Park Rd. South, Machar Township, P0A1Z0

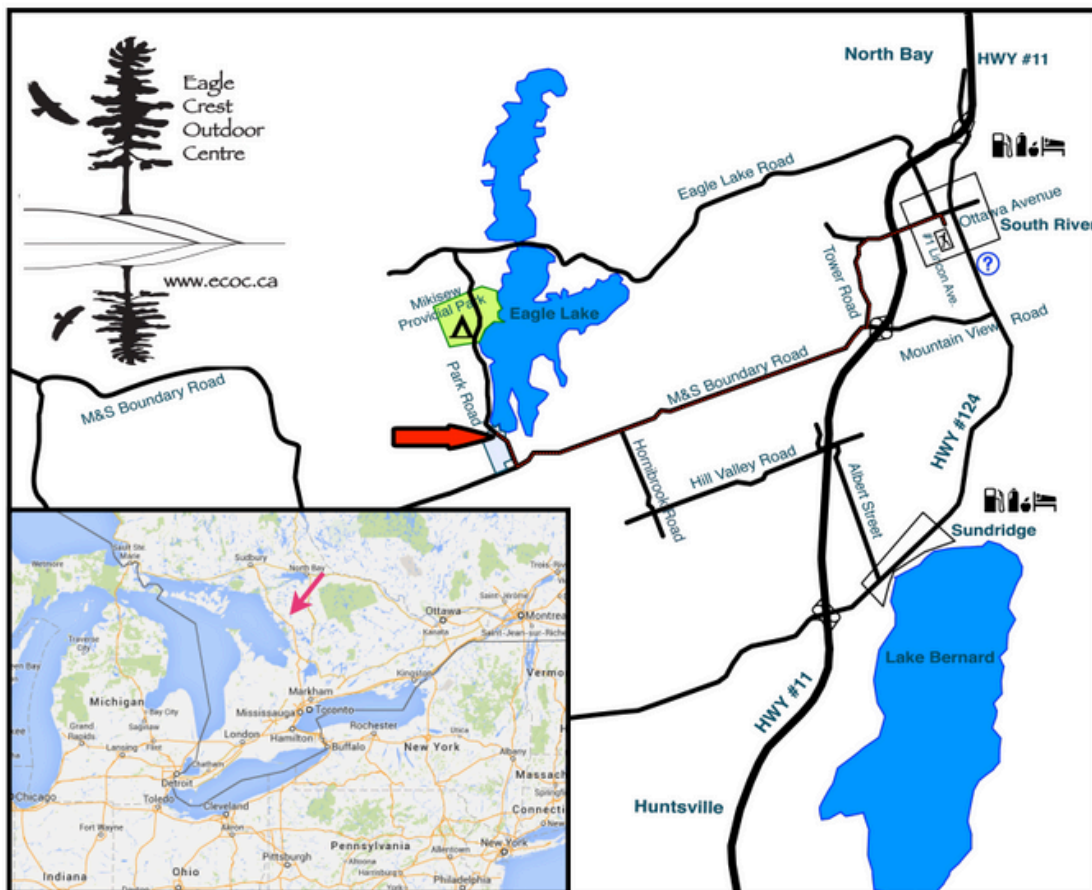
**From Huntsville:** Follow Hwy 11 North (63 km), Take Exit 282 (Boundary/Mountainview Rd.), turn left onto M/S Boundary Rd, and follow the signs to the camp (9.6 km)

**From North Bay:** Follow Hwy. 11 South (65 km), Take Exit 282 (Boundary/Mountainview Rd.), turn right on to M/S Boundary Rd. Follow the signs to the camp (9.6 km)

### Arena Directions:

**From North Bay:** Follow Hwy 11 South, take Exit 289 (South River Hwy 124), turn right on to Ottawa Avenue at the 1st set of stop lights. Turn left on Lincoln Ave. (Behind the Shell Station).

**From Huntsville:** Follow Hwy 11 North, take Exit 282 (Boundary/Mountainview Rd.), turn right onto Mountain-view Road, at the end of the road turn left on to Hwy 124 North (the old Hwy 11). In South River turn Left at Ottawa Ave at the 1st set of stop lights, then another left on to Lincoln Ave. (Behind the Shell Station).





**Email: Kristina@learnhockey.com**

**Phone: 705 386 7702**

**Website: [www.ecoc.ca](http://www.ecoc.ca)**

**Contact Form**