



EAGLE CREST
OUTDOOR CENTRE



Team Building Guide

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

Lengths

Single Day Experience

9 am - 5 pm

INCLUDES:

- Up to 4 Activities

Overnight Experiences

5 pm - 3 pm the final day

INCLUDES:

- All meals including an evening snack
- Up to 20 Activities
- 1 or 2-night accommodations

Options

Each Team Building Experience is unique and customizable to the group's goals.

Unique Program Opportunities

- Team Challenges
- Coaches Hour - an opportunity for the coaching team to work with their team in our Jr. Rec Hall facility
- On-Ice Sessions Available (Not led by ECOC Staff Members)

Sample Schedule

Overnight Experiences
(Two Night Sample
Team Building)



Overnight Experiences
(One Night Sample Team
Building)



| Friday | | |
|-------------|----------------------|----------|
| | Group #1 | Group #2 |
| 4:30 - 5:30 | Arrival & Bunk In | |
| 5:30 | Activity Centre | |
| 6:00 | Dinner | |
| 7:00 - 8:00 | Capture the Flag | |
| 8:00 - 9:00 | Optional Time Period | |
| 9:00 | Snack | |

| Saturday | | |
|---------------|--------------------------------|-----------------|
| | Group #1 | Group #2 |
| 8:30 - 9:00 | Arrival & Bunk In | |
| 8:45 - 9:45 | Activity Center | |
| 10:00 - 11:00 | High Elements | Mountain Biking |
| 11:15 - 12:15 | Low Ropes | |
| 12:30 | Lunch | |
| 1:15 - 2:15 | Giant's Ladder | |
| 2:30 - 3:30 | | |
| 3:45 - 4:45 | Mountain Biking | Wall Climbing |
| 5:00 | Dinner | |
| 6:00 - 7:00 | Wall Climbing | High Elements |
| 7:15 - 8:15 | Coach Time | |
| 8:30 - 9:30 | Campfire (Paddle Sports Beach) | |
| 9:45 | Snack | |

| Saturday | | |
|---------------|-------------------------|-----------------|
| | Group #1 | Group #2 |
| 6:00 | Wake Up | |
| 6:30 | Depart for Arena | |
| 7:00 - 8:20 | On-Ice | |
| 8:30 | Depart Arena | |
| 9:00 | Breakfast | |
| 10:00 - 11:00 | Wall Climbing | Mountain Biking |
| 11:15 - 12:15 | Bouldering | Wall Climbing |
| 12:30 | Lunch | |
| 1:15 - 2:30 | Low Ropes | |
| 2:45 - 3:45 | Mountain Biking | Archery |
| 4:00 - 5:00 | Team Challenge Activity | |
| 5:30 | Dinner | |
| 6:15 - 7:15 | Archery | High Elements |
| 7:30 - 8:30 | Campfire (HOC Beach) | |
| 9:45 | Snack | |

| Sunday | | |
|---------------|-------------------------------|----------|
| | Group #1 | Group #2 |
| 7:30 | Wake ups | Wake ups |
| 8:00 | Breakfast | |
| 8:45 - 9:45 | Archery | |
| 10:00 - 11:00 | Team Building Games | |
| 11:15 - 12:15 | Team Challenge Activity | |
| 12:30 | Lunch | |
| 1:15 - 2:00 | Pack-Up & Departure from Camp | |

| Sunday | | |
|--------------|---------------------|----------|
| | Group #1 | Group #2 |
| 7:15 | Wake ups | |
| 7:45 | Breakfast | |
| 8:30 - 9:30 | The Survival Game | |
| 9:45 - 10:45 | Disc Golf | |
| 11:00 | Lunch | |
| 12:00 | Departure from Camp | |

Sample Schedule Cont.

Single Day
Experience



| | Group #1 | Group #2 |
|----------------------|-----------------------------------|------------------|
| 8:45 - 9:30 | Arrival/Large Group Game | |
| 10:00 - 11:00 | Archery | Mountain Biking |
| 11:15 - 12:15 | Large Group Game: Soccer Baseball | |
| 12:30 | Lunch | |
| 1:15 - 2:15 | Activity Centre | |
| 2:30 - 3:30 | Mountain Biking | Challenge Course |
| 3:45 - 4:45 | Challenge Course | Archery |
| 4:45 - 5:00 | Pack Up & Departure | |

Rates

Please contact ECOC by filling out the [Booking Inquiry Form](#) to start the process and obtain your rates.

What's Included?

All rates include qualified instructors with a 1:12 instructor-to-participant ratio, accommodation (for overnight programs), meals, and program equipment.



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.
- Submit all necessary forms required for booking confirmation, including a deposit.
- Ensure that transportation is arranged for proper trip dates and times.
- Submit the Program Participation Form for scheduling purposes.
- For those participating in water-based programming, ensure you have communicated with your group about the mandatory on-site Swim Test.
- Submit a Participant Health Summary Form prior to arrival (2 weeks), provided in the Program Package and your events dashboard.
- Contact kristina@learnhockey.com via email with final attendance numbers prior to arrival (2 weeks)
- Once you have received the schedule, divide participants 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 participants, any changes to the group etc. Ensure that participants 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 Supervisor to each activity group. There must be one supervisor with each activity group during programs and to provide necessary behaviour management for participants. (For example, 40 participants = 4 Activity groups = 4 Adults). ECOC will specify how many activity groups you will need.
- Enforce lights out and conduct evening supervision
- Wake up participants each morning and meet with the ECOC staff in the morning prior to the meal.
- **Provide supervision for participants when they are not actively participating in the program (i.e. meals, transition times, evening/overnight supervision).**
- Distribute medication to participants as prescribed.
- Ensure that all ECOC rules and guidelines are followed by participants.
- Manage behavioral issues, both individual and group.

Activity Options

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

Water Activities available upon request only

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

Evening Programs for Overnight Experiences

Campfire

Minute to Win It

Activity Centre

Talent Show/Lip Sync

Night Hike

Completed as a Large Group, the following Evening Programs can be customized and chosen based on your group of participants. 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.

Information Letter for Parents & Family

Dear Parents, Families and Participants,

Eagle Crest Outdoor Centre, also known as Hockey Opportunity Camp during the summer season, has been involved in sports programming for almost 50 years. Our team building programming is based traditionally on a 2-night program for any sports team. Removed from your home rink, pitch or diamond, you and your team work with our experienced staff to refine the relationship between your players, coaches and themselves. Using our natural environment and proven team-building activities, we hope to improve the way your team communicates, problem-solves, performs and works together this season.

All programs are developed specifically for each team. Activities, program duration, and specific team goals are all details we will discuss with each group. Activities your participants can expect include:

- on-ice sessions with your team coaches (at the request of the group)
- team building games/activities with ECOC staff
- fun programming such as Campfire, Team Challenges, and Minute to Win it
- traditional camp programming such as Archery, Wall Climbing, Trail Biking, etc.

ECOC is an outdoor learning experience with site-specific rules we ask that you follow:

- 1) ECOC Hat Trick, which means Respect Yourself, Respect Others, and Respect Camp Property.
- 2) Participants are not allowed on the Waterfront without permission/an instructor present.
- 3) Participants must stay on ECOC property/with the assigned instructor at all times.
- 4) Participants are required to wear shoes at all times on the property.
- 5) Participants 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. Participants 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, we can't wait to have fun with you!

The ECOC Team

Additional Information

Water Activities - By Request Only! All groups looking to participate in water activities must complete an on-site Swim Test, which takes approximately 1 hour to conduct.

The Swim Test takes place in two parts:

- 1) In Shallow Water, swim 50 m in any stroke of your choice
- 2) In Deep Water, enter water through a disoriented head entrance and tread water for 1 minute.

Ice Booking - Groups may have the choice to book on-ice sessions at the local South River Arena. Please note that ECOC does not provide instruction on the ice or transportation to and from the arena. Please contact Kristina@learnhockey.com as she will book ice at a discounted rate.

Fee Types

Participant Fee: any person looking to attend the facility and participate in all activities, meals, etc.

Supervisor Fee: Any person 18 + is responsible for the general safety and management of all participants. They will be asked to participate in activities as a supervisor, such as assisting our staff in Trail Biking instruction, etc.

Alcohol/Smoking - The owner does not condone alcohol consumption on-site. If the client (supervisors) allows alcohol to be consumed by participants, it must be in a discrete manner, and participants must never be at a point of over-intoxication. Consumption of alcohol for participants (19+) can not occur during the programming day and may only commence after the last scheduled activity.

Smoking may occur at designated smoking areas on the property. An ECOC staff member will notify you upon arrival in these areas.

Packing List

Provided a list of items that will help make your participant'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.

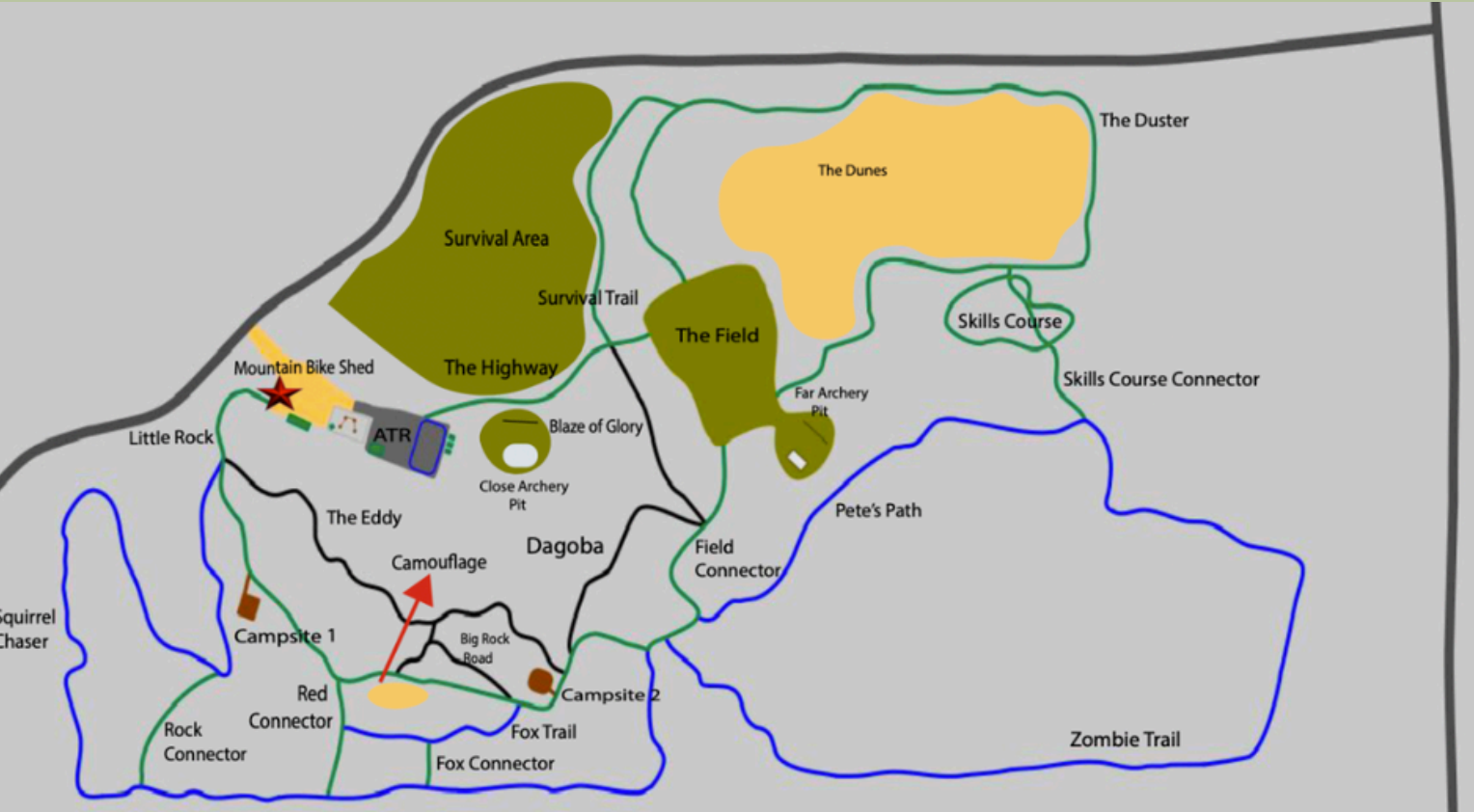
ECOC will provide all sports and activity equipment needed to ensure a safe and enjoyable experience for every student!

Things to Bring

- Bug jacket and repellent
- For water activities: bathing suit, towel, water shoes or sandals
- Sun Safe items: hat, sunglasses, sunscreen
- Light jacket or sweatshirt
- Rain Jacket and pants - all activities run in rainy conditions (rubber boots optional)
- Sturdy running shoes (closed- toe)
- Warm sleeping bag, single fitted sheet, and 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

- Money
- Aerosol spray cans
- Video games, Ipods, tablets, cell phones, etc. (please ask your supervisor if these are allowed)
- any type of knife or weapons
- Matches or lighters



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

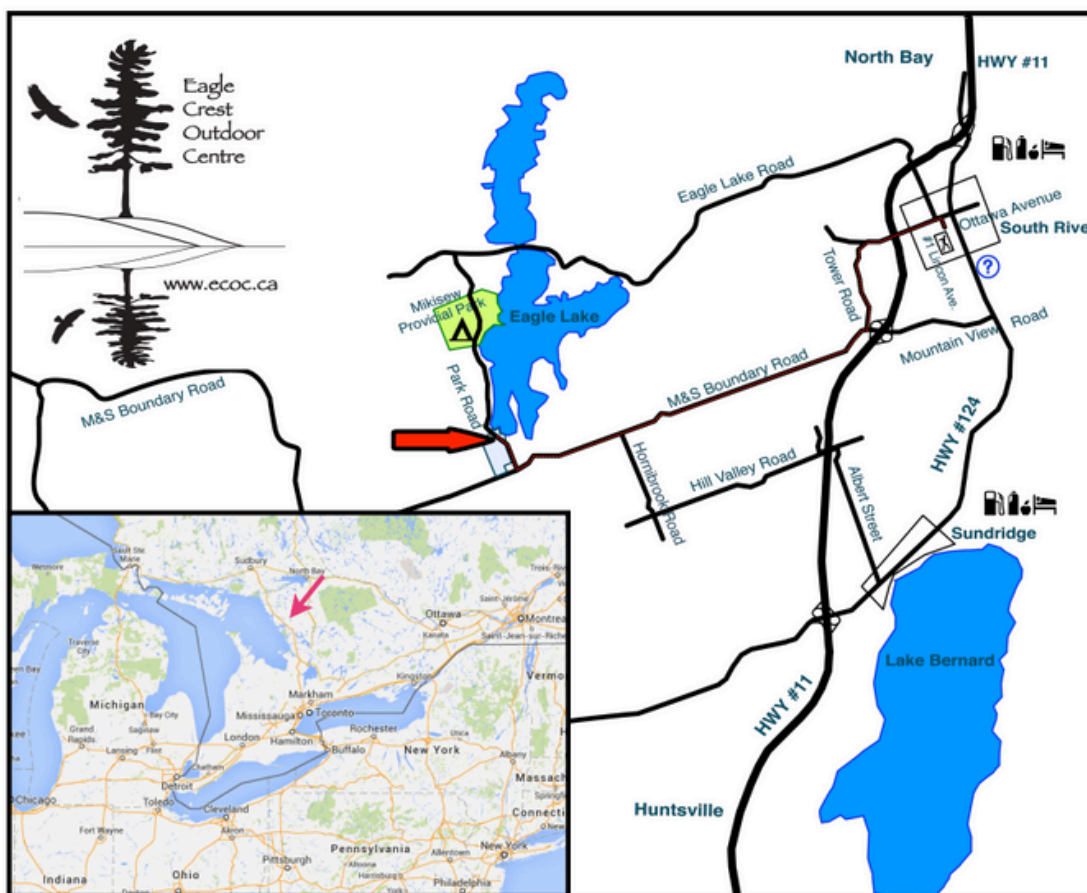
From Huntsville: Follow Hwy 11 North (63 km), Take Exit 282 (Boundary/Mountainview Rd.), turn left onto M/S Boundary Rd, and follow the signs to the camp (9.6 km)

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

Contact Form