

## **ECOC TRIP PLANNING AND APPROVAL INFORMATION**

In order to help with your trip planning and process for approval, we have prepared a short information document that should assist you in the planning and approval of your ECOC visit.



### **Booking Confirmation Process**

1. Review trip package information (PDF Agreement in Events Dashboard). This Package Agreement requires a signature from a school agent with signing authority for the school (i.e Principal).
  - a. Upload signed Package Agreement to *Forms* tab in the Events Dashboard, along with program deposit prior to May 1st.
2. Prepare Board required approval forms. The information listed below will help in preparation of this form. If there are any questions please contact ECOC.
  - a. Please seek approval for listed camp activities based on grade, however, trip itineraries may not reflect entire list of approved camp activities.
  - b. Arrange transportation to and from ECOC based on dates listed in the Package Agreement.
3. After May 15th, a sample itinerary will be provided for review. Changes and alterations can be made as required at this time.
4. Participant Health Summary Form (under *Forms* tab of Events Dashboard) to be submitted 2 weeks prior to ECOC visit.

### **Emergency Action Plan Information**

**Health Centre** - Centrally located in camp, and stocked to provide care for minor to major injuries and illnesses. There is a onsite Nursing student and/or Emergency Care Provider with a minimum Health Care Provider Level First Aid, at all times.. We also have Emergency First Aid Equipment (AED, O2) in the unlikely event of a serious medical issue.

#### **Onsite Sr. First Aid Persons:**

- 1) Jeff Johnstone - First Aid Instructor, NLS Lifeguard, Wilderness First Responder.
- 2) Corrie Huxtable - Health Care Provider First Aid, Bronze Cross, Wilderness First Responder.

**First Aid Kits** - Located at all required activity sites and other common / central locations around property. Kits are inspected weekly.

**Epi pens** - Students with known severe allergies are required to carry their Epi pen with them at all times. These students will be flagged with an orange bracelet during their stay at ECOC. ECOC also has Epi pens (adult and youth models) onsite in the Health Centre, Kitchen, and other common areas.

**Emergency Medical Services** - ECOC is serviced through the Parry Sound EMS out of the South River Station which is 10 minutes from camp. (911).

**Hospitals** - ECOC is exactly halfway between Huntsville and North Bay Hospitals. Approximately 45 minutes in either direction.

For Huntsville Hospital (100 Frank Miller Drive): turn left out of ECOC; turn left onto Boundary Rd; take the on-ramp south on Hwy 11; continue to Huntsville; take exit for Hwy 60; turn left onto Muskoka District Rd 3; turn left onto Frank Miller Drive.

<https://www.google.ca/maps/dir/45.7954604,-79.5074017/Huntsville+District+Memorial+Hospital+Site+-+Muskoka+Algonquin+Healthcare,+Frank+Miller+Drive,+Huntsville,+ON/@45.5667269,-79.6359314,10z/am=t/data=!3m1!4b1!4m15!4m14!1m6!3m4!1m2!1d-79.225597!2d45.352583!3s0x4d2a725e28250f11:0x62075c32dd392fb!4e1!1m5!1m1!1s0x4d2a6d56a5625587:0x810ce7425f7a39be!2m2!1d-79.206128!2d45.338938!3e0>

For North Bay Hospital (50 College Drive): turn left out of ECOC; turn left onto Boundary Rd; take the on-ramp north on Hwy 11; continue to North Bay; Continue onto Trans Canada Hwy 17 until you reach the destination.

<https://www.google.ca/maps/dir/45.7954604,-79.5074017/North+Bay+Regional+Health+Centre,+50+College+Drive,+North+Bay,+ON+P1B+0A4/@46.062919,-79.7040329,10z/am=t/data=!3m1!4b1!4m10!4m9!1m1!4e1!1m5!1m1!1s0x4d29002f7bf63665:0xc9d173ef571affac!2m2!1d-79.499189!2d46.335513!3e0>

**Onsite Transportation** - ECOC will provide a car and driver if for any reason a student or teacher needs a non-emergency ride to a hospital.

**Emergency Procedures** - Every onsite visitor will be informed of ECOC emergency procedures upon arrival. This includes our procedures for serious injury, inclement weather, and missing participants.

**Emergency Communication** - ECOC Staff working with each group will carry a radio for emergency communication. Cell service is moderate at camp but can also be used in a emergency. Camp contact number (705-386-7702).

### **Staff and Facility Information**

**ECOC Staff Qualifications** - All ECOC Staff have a minimum of Emergency First Aid with a valid Criminal Reference Check with VSS. Activity specific training for each Staff is also provided, which meets the standards of OPHEA or OCA required certification and experience.

**Waterfront-** is under direction of a Certified Lifeguard (NLS), and all waterfront and swimming areas meet safety requirements set out by Health Unit. Specific water activity instruction will be provided by a minimum of a Bronze Cross certified instructor. For recreational swims, ECOC Lifeguards have an NLS certification and follow appropriate ratios for supervision.

**Swim Screening** - All participants will be required to participate in an onsite swim screen prior to participating in any on water camp activities. Any unsuccessful students will be required to wear a identifying bracelet and must wear a life jacket at all times on or in the water (including free swim). Life jackets are required to be worn by all students participating in all on water activities (Kayaking, Canoeing, Paddle Boarding).

**Weather / Environmental Considerations** - ECOC Staff will monitor current and forecasted weather conditions and alter scheduled activities rotations as required. No activities will run during severe weather events such as thunderstorms. Light rain will not stop programming but may alter activity to ensure participant safety. ECOC is a designated Sun Safe Camp, and follows appropriate Sun Safe procedures to ensure the safety of all participants. Participants should ensure they bring loose fitting clothing, a hat, sunglasses, and minimum SPF 30 sunscreen. ECOC also encourages participants and supervisors to

bring insect repellent and/or bug jackets appropriate to the time of year. The months of May/June can be particularly “buggy” so we stress the importance of making sure participants carry these items with them. Other forms of wildlife at ECOC is limited to chipmunks, squirrels, deer, foxes, and other small rodents. Participants are asked to leave all camp wildlife alone and view from a distance, should they encounter anything.

**Facility Condition / Equipment** - ECOC is located on the south end of Eagle Lake with the main camp area being elevated above lake level. Camp and the waterfront are accessed by maintained roads (gravel) and paths (mulch) throughout. There is varying terrain including uneven ground and obstacles (rocks, trees). Biking / hiking trails are maintained to a beginner level of difficulty. Some activities are run in the forest with varying terrain including ground cover, rocks, deadfall, and trees. All program equipment is inspected before use. ECOC ensures that required equipment and elements are annually inspected on a regularly scheduled basis and annually by outside agencies to ensure safety (ACCT, MOH, MOE, SRFD).

**Accessibility** - Main camp buildings and select washrooms are accessible to all participants. Accessible cabins can be assigned upon the group’s booking, if required. Each activity area is accessible but not all activities are fully modified for all participant needs. Examples are: each participant can get to the Climbing Wall but might not be able to climb based on their ability. ECOC will do our best to modify activities or schedules to suit the needs of the participant.

**Activities to Submit for Approval**

Grades 1-4	Grades 5-6	Grades 7-12
<ul style="list-style-type: none"> <li>-Swimming*</li> <li>-Mountain Biking*</li> <li>-Archery</li> <li>-Climbing Wall &amp; Related Activities</li> <li>-Bouldering / Traverse Climbing Wall*</li> <li>-Challenge Course - Low Elements</li> <li>-Volleyball- Beach</li> <li>-Table Tennis</li> <li>-Soccer/Soccer Baseball</li> <li>-Spikeball</li> <li>-Ball Hockey</li> <li>-Basketball</li> <li>-Relay &amp; Tag Games</li> <li>-Cooperative Games</li> </ul>	<ul style="list-style-type: none"> <li>-Canoeing</li> <li>-Paddleboarding</li> <li>-Swimming*</li> <li>-Mountain Biking*</li> <li>-Archery</li> <li>-Climbing Wall &amp; Related Activities</li> <li>-Bouldering / Traverse Climbing Wall*</li> <li>-Challenge Course - Low Elements</li> <li>-Volleyball- Beach</li> <li>-Table Tennis</li> <li>-Soccer/Soccer Baseball</li> <li>-Spikeball</li> <li>-Ball Hockey</li> <li>-Basketball</li> <li>-Relay &amp; Tag Games</li> <li>-Cooperative Games</li> </ul>	<ul style="list-style-type: none"> <li>-Flat Water Kayaking</li> <li>-Canoeing</li> <li>-Paddleboarding</li> <li>-Swimming*</li> <li>-Mountain Biking*</li> <li>-Archery</li> <li>-Climbing Wall &amp; Related Activities</li> <li>-Bouldering / Traverse Climbing Wall*</li> <li>-Challenge Course - Low Elements</li> <li>-Volleyball- Beach</li> <li>-Table Tennis</li> <li>-Soccer/Soccer Baseball</li> <li>-Spikeball</li> <li>-Ball Hockey</li> <li>-Basketball</li> <li>-Relay &amp; Tag Games</li> <li>-Cooperative Games</li> </ul>

\* Mountain Biking- specific supervision ratios required (ratio increases for younger grades)

\*Bouldering/Traverse Climbing Wall- climbing heights vary for different ages

\* Swimming - swim screen must be completed on-site at ECOC

**Payment**

ECOC will accept Cheques, Purchase Orders, and Direct Deposits. Schools using board approved funding will not be required to submit a program deposit but proof of funding will be required. ECOC will provide the supervising teacher with an invoice after arrival at ECOC to best reflect attendance numbers and final billing rates.

Please do not hesitate to contact ECOC for more information and any help required to have your visit approved. Thanks again and we look forward to your visit.