



Ontario Educational Leadership Centre

Student Leadership d'Élèves | Since • Depuis 1948

Centre d'Animation Scolaire de l'Ontario

Imagining Possibilities...
Realizing Potential.

Imaginer des Possibilités...
Réaliser les Potentiel.

We are excited to have your child join us for our Ontario Education Leadership Centre program at Camp Couchiching. Please review the following information so that your child is prepared to join us.

Address: Camp Couchiching – 3990 Longford Mills Rd. Longford Mills Ontario L0K 1L0

What to Expect from an OELC Leadership Course

OELC believes that our youth can and do make a difference – both today and tomorrow. We believe our role is to create a space that fosters curiosity, reflection and growth, and that provides youth with opportunities to learn about themselves, others and their communities. And we achieve this through leadership courses that are purposefully designed, highly engaging and full of FUN!

Please be aware that the following items are NOT permitted on site:

- Cigarettes, alcohol, marijuana, vaping, illegal substances
- Chewing gum (environmental/cleanliness reasons)
- Peanuts or any nut product (very important to check any snacks)
- Cell phones (at the core of our leadership programs is inclusion and interpersonal communication so the preference of our teaching staff is to leave this item behind)

OELC Leadership Course Staff

Each leadership course at OELC has its own dedicated and distinct staff comprised of a Course Director, Program Coordinators and Teacher and Youth Facilitators. Our staff are selected based on their passion, commitment and understanding of leadership, their educational expertise, and their belief in students' potential for personal growth, development and positive impact! Our student-to-staff ratio is a maximum of 15-20 to 1.

Student Accommodation

Our student cabins are well-maintained and clean. Students must provide their own bedding or sleeping bag, pillow and towel.

Graffiti/Defacement of Property

Is not permitted at OELC we have a strict no graffiti policy.

Food

No additional food needs to be packed for your visit. We have a no food in cabin policy for all campers as a resolution to the significant problems it causes. The attraction of bugs and animals in the cabin, allergy concerns, cabin cleanliness and hygiene issues and probably most significantly, the power struggles and negative feelings between those that have more versus those that have less.

Bottled Water

All tap water is clean and filtered and treated more comprehensively than many municipalities or water



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bottling plants. Bottled water creates tremendous waste, is not environmentally friendly and poses potential health risks.

For convenience, every student needs to bring their own re-usable water bottle.

Meals

Meals are served in our main dining hall. Our kitchen is regularly inspected and is proud of its reputation as a clean and safe environment, committed to providing healthy and well-balanced meals for every course. **Special dietary needs are carefully looked after.** *OELC makes every effort to be a nut-safe site.*

The following is a list of items to bring for camp to ensure that everyone will be comfortable during their stay. Please be sure to bring enough clothing for the entire duration of your visit.

ESSENTIAL ITEMS	PERSONAL HYGIENE ITEMS
<ul style="list-style-type: none"><input type="checkbox"/> Sleeping bag or bedding – sheets and blanket<input type="checkbox"/> Pillow and pillowcase<input type="checkbox"/> Hat for protection from sun<input type="checkbox"/> Bug spray and/or bug net<input type="checkbox"/> Flashlight/headlamp<input type="checkbox"/> Watch<input type="checkbox"/> Closed toe running shoes<input type="checkbox"/> Health card<input type="checkbox"/> Prescribed medications (if required) in original container in a sealable bag with name clearly marked<input type="checkbox"/> Notebook, pen and pencils	<ul style="list-style-type: none"><input type="checkbox"/> Hairbrush/comb<input type="checkbox"/> Toothbrush and toothpaste<input type="checkbox"/> Shampoo and conditioner<input type="checkbox"/> Soap<input type="checkbox"/> Shower towel / beach towel<input type="checkbox"/> Shower shoes / sandals<input type="checkbox"/> Face Mask(s) for protection - optional

*Mark your possessions with your name and address.
DO NOT bring jewellery, valuables or items that will be missed if lost.*

CLOTHING	OUTER GEAR (SEASONALLY DEPENDENT)
<ul style="list-style-type: none"><input type="checkbox"/> Shorts (depending on weather)<input type="checkbox"/> T-shirts (no tube tops)<input type="checkbox"/> Swim suit (seasonal)<input type="checkbox"/> Long pants<input type="checkbox"/> Long sleeved shirts<input type="checkbox"/> Sweater<input type="checkbox"/> Pajamas<input type="checkbox"/> Underwear<input type="checkbox"/> Socks (extra pairs)	<ul style="list-style-type: none"><input type="checkbox"/> Running shoes<input type="checkbox"/> Rubber boots<input type="checkbox"/> Water shoes<input type="checkbox"/> Light or warm jacket /coat<input type="checkbox"/> Brimmed hat<input type="checkbox"/> Toque and mitts



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*It is important that you pack warm clothes at all times of the year.
Rain gear and several layers of clothing are especially recommended for Spring and Fall visits.*

MEDICATIONS

Prescription medication should be kept in the prescription bottle with label and directions for use
(please don't put several different medications in one container).

Spending Money

There will be a tuck shop for students to purchase snacks on a daily basis. Cash only for CC purchases.

This year we have brand new hoodies in a variety of colors that will be sold for \$60 plus HST. We also sell t-shirts for \$5, track pants for \$20, shorts for \$5 and buffs for \$5.

We will accept cash or cheque.

Valuables

Please do not bring valuables.

Phone Calls Home

Cell phones are not allowed at OELC as it is felt that this can detract from the experience and may promote, rather than deter, the possibilities of homesickness. Our staff are teachers and will use professional judgment in any individual circumstance where a phone call home is deemed appropriate.