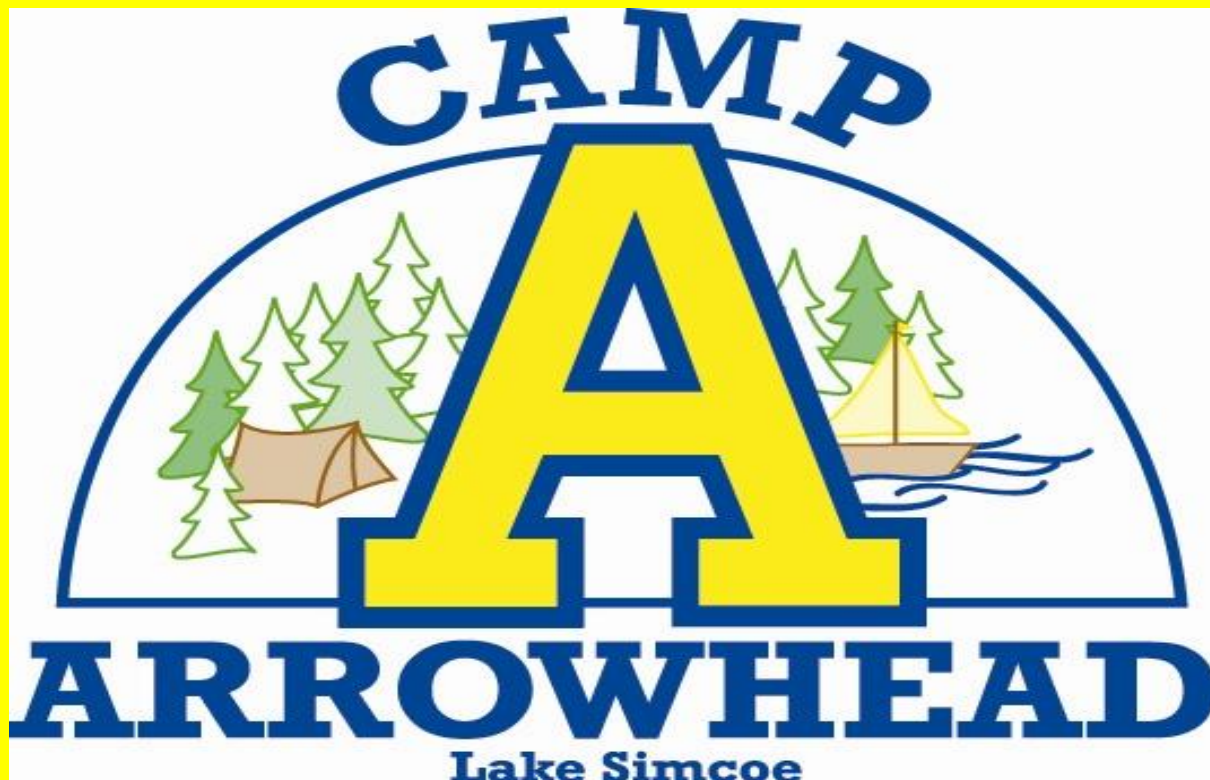


PARENT HANDBOOK 2023



The Place To Be in '23!



Welcome to Camp Arrowhead's 67th summer! We can't wait to welcome everybody back to the shores of Lake Simcoe.

This guide will help you navigate all things Arrowhead for the upcoming summer.

Please read through the guide carefully and completely (we know there's A LOT of information). Look out for helpful links!

If you have any questions, do not hesitate to reach out by email:

director@camparrowhead.ca



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Campbrain Camper Profile:

Please return to your [Campbrain Camper Profile](#) and ensure that all required information has been submitted, especially your Medical Form.

- | | |
|---|-----------------|
| ■ Medical Form | TO BE COMPLETED |
| ■ Waivers & Agreements | SUBMITTED |
| ■ Cabin Placement and Swim Information | SUBMITTED |
| ■ Bus Stop and Pick-up Authorization Form | SUBMITTED |
- (all campers complete - even if they do not take the bus)



Who You'll See in '23:

We are proud of our strong leadership team for the upcoming summer:

Director:	Lawrence Axmith
Assistant Director:	Alex Schwartzberg
Program Director:	Katie Roche
Waterfront Directors:	Jack Hale and Corey Wachtel
Chickadees Section Head:	Seth Unger
Sparrows Section Head:	Ella Halewood
Hawks Section Head:	Ellis Frangos



What's the 4-1-1? General Information

What is the camp address and phone number?

684 The Sixth Line, Innisfil, Ontario, L9S 4R6 (at the 6th line & the lake!)

Monday-Friday, 8:00am-5:00pm: (705) 456-2938

After Hours (Director): (647) 223-2743

When is drop off and pick up?

Drop Off: A.M. drop off is between **9:15-9:30 a.m.**

Pick up: P.M. pick up is between **4:00-4:15 p.m.**

Chickadees Under 4: Drop off is the same as above. Pick up is from the office at **12:30pm.**

Please see the Drop-Off/Pick-Up page (Page 9) for more details.

What if we are late in the morning dropping off at camp? / What if I need to pick up my camper(s) early?

Please call/check-in at the camp office when you arrive at the camp to let us know that you have arrived. A staff member will come to pick-up your child. In order to minimize disruption to the camp day, parents are asked to let the office know (on the particular day) their intent for early pick up. Early pick-ups must be occur before 3:30pm each day.

What if my camper(s) will be absent from camp?

Please inform the camp office by email if you know in advance, or by phone in the morning. We practice a safe arrival procedure to check in with any absent campers' families by 11am. If your camper rides the bus, please also be sure to inform the bus captain.

Can I drop off and pick up by boat?

Yes! Campers love it! Please see the Drop-Off/Pick-Up page 9 for details.

What if someone else needs to pick up my campers?

We ask that parents advise us by email (campoffice@camparrowhead.ca) of any non-parents/guardians who have your permission to pick up your campers.



What's the 4-1-1? General Information cont'd

Can I give my camper permission to walk home at the end of the day?

We request you let us know by email (campoffice@camparrowhead.ca) that your child is allowed to walk home at the end of the camp day from camp or the bus stop

I have to drop something off to my child. How can I do this?

You can drop off at the office. If the office is unattended, there will be a drop-off area on the porch. Please ensure the item is labeled clearly with your child's name.

How many periods are there a day?

There are 6 periods a day. Cabins rotate through the following activities each session: A&C, pottery, landsports, pickleball, volleyball, sail, canoe, kayak, water ski, water trampoline, performing arts, music, stand-up paddle board, and pontoon. Campers will also have an instructional swim period every regular camp day. A free swim period is also offered on certain days.

How are Cabins determined?

Campers are placed in cabins according to age and /or school grade completed.

What happens on rainy days?

Rain or shine, camp is in session! We will be outdoors as much as possible. Please dress your camper appropriately. We do have covered spaces when needed.

Are there special days at camp?

Every day at Arrowhead is special! But yes, there are theme weeks, and dress up days, and community days. See our calendar on the next page for an overview!



Packing List

This checklist will help you pack your camper's backpack for each camp day. It is very important that your child arrives each day with all the items on this checklist to ensure full participation in camp activities.

- Insulated Lunch Bag with Ice Pack (including lunch and 2 snacks).
- Water bottle
- Sunscreen/Hat
- Lifejacket (if preferred, we have plenty for everyone)
- 2 Bathing Suits
- 2 Towels
- Water Shoes (mandatory!)
- Running/Closed-toe Shoes
- Sweatshirt/hoodie

*In order to reduce the amount of lost and found generated at camp, please clearly label all articles with the camper's name using a label or indelible marker.

Counsellors may label any unmarked items with a sharpie.

We will be donating any lost and found left over after each session



Drop-Off / Pick-Up

Drop-Off Time: 9:15-9:30am

Pick-Up Time: 4:00-4:15pm

Chickadees Under 4 Pick-Up Time: 12:30pm at the Office

How To Drop Off & Pick Up Your Camper by walking/biking

All campers arriving/leaving camp on foot or by bike are to enter/exit the campgrounds through the Walking Gate at the end of the 6th Line. Counsellors will be there to greet your children and walk them into camp.

How To Drop Off & Pick Up Your Camper by Car

If you do not live close enough to camp to walk/bike, please park your car along the 6th line (pull over as far as you can) or pull into a spot (if available) in front of our office or the Castle and escort your campers to the Walking Gate at the end of 6th Line. Counsellors will be there to greet your children and walk them into camp. You may also pull up to the intersection of 6th Line & Houston for a quick 'stop & drop' before turning left and continuing along Houston (no U-turns allowed!)

How To Drop Off & Pick Up Your Camper by Boat

If you are dropping off your camper by boat, please be patient as we can only accommodate one boat at the dock at a time. Campers MAY NOT disembark from your boat onto the camp dock without a staff member present.

If you are picking up by boat, please call the office 705-456-2938 by 3:30pm so we can inform our staff and have your camper(s) ready and waiting down by the dock. Again, please be patient as we can only accommodate one boat at the dock at a time.



Camp Arrowhead: Just a bus ride away!

We are excited to once again to offer bussing this summer to share our amazing camp with campers in the city!

Staff members will accompany campers each day on the bus. Staff will be there to engage and care for the children on the bus ride. Our transportation partner, Attridge Coach Lines, prides itself in ensuring the safe and personal touch to alleviate any questions or apprehensions parents may have. Parents can contact Attridge dispatch (905-638-4824) at anytime to find out about route development, so communication is never an issue. If your child will not be on the bus in the morning, please message their assigned bus captain no later than 8:00am.

Although we encourage social interaction, if parents wish, campers can bring items to help entertain themselves on the bus ride (books, activities, eReaders, iPods, iPads, phones, etc.). When the campers arrive at camp, the bus captain will collect these items in the bus bag and store them in the camp office safely during the camp day. The items will be returned to the campers when they board the bus in the afternoon. Please be sure to label any items sent to camp.

If you have any bussing related questions, please contact our Camp Director.

South Bus: Faywood ABC, 95 Faywood Blvd, Toronto Pick-up 8:15am sharp Drop-off 5:15pm approx

North Bus: Bathurst St./Rutherford Rd. Plaza (laneway behind What a Bagel), 9360 Bathurst Street, Thornhill
Pick-up 8:15am sharp Drop-off 5:00pm approx



Let's Do Lunch!

Our popular and healthy-option lunch order program will return this year! Campers may opt in for any or all of the days. All lunches come with a juice box. A lunch order form will be sent to parents two weeks prior to the start of each session. See below for the link to the Session 1 order form.

Monday: Macaroni & Cheese / Egg & Cheese McMuffin / Egg McMuffin

Tuesday: Grilled Cheese / *NEW*: Beef Burger

Wednesday: Penne Butter / Penne Tomato / *NEW*: Penne Rose

Thursday: *NEW*: Kosher Hot Dog & Potato Chips

Friday: Pizza

SESSION 1 PARENTS:

Click Here to Order Lunch:

[2023 Session 1 Lunch Form](#)



Let's Bring Lunch!

Camp Arrowhead is an allergy sensitive and aware environment.

Read Labels Carefully. Check all ingredients. When in doubt, leave it out!

For more information check out www.foodallergyca.ca

Waste-free Lunch Guidelines

A waste free lunch contains no throwaway packaging. Food and drinks are packed in reusable containers within a lunch bag or box. All containers are re-sealable, so that leftover food and drink can be consumed (or composted) later.

Camp Arrowhead tries to practice a 'boomerang' lunch program (all uneaten food and waste material is returned home) which reduces waste and minimizes our environmental impact.

Other lunch tips!

Be sure to pack lunches with a small ice pack or in a sealed lunch container. Please label all food containers and water bottles.

There are two designated snack times during the day. If your child takes the bus to camp, please send them an additional snack for the way home. For younger campers, it is helpful to label the end of the day snack!



Bronze Levels Swim Opportunity - Hawks/CITs

We are excited to offer Bronze Swim courses this summer, taught by our co-Head of Waterfront, Corey Wachtel.

The course will be offered twice this summer: Course 1 for Hawks/CITs campers attending Sessions 1 & 2 and Course 2 for Hawks/CITs campers attending Sessions 3 & 4. Your camper must be attending for the two consecutive sessions listed above to be eligible.

Campers enrolled in the course are committed to dedicating the time and focus required. This is a physically intensive course, as well as being intensive in first aid knowledge. Campers are required to swim everyday and to complete the "book work" required by the course at camp and on their own time.

Successful completion of the course is dependent on the camper's ability to perform throughout the course, and they must pass the instructor evaluation before continuing on to the exam.

To enroll your Hawk or CIT camper in this course, you MUST complete the **Bronze Participation Form** no later than June 30 for Course 1 (Sessions 1 & 2) and no later than July 28 for Course 2 (Sessions 3 & 4).

- Eligibility:
- Campers aged 10+ who have completed Rookie/Ranger/Star Patrol are eligible for Bronze Star
 - Campers aged 12+ with required skill level (to be assessed) are eligible for Bronze Star
 - Campers aged 12+ who have completed Bronze Star are eligible for Bronze Medallion
 - Campers who have completed Bronze Medallion are eligible for Bronze Cross

Sunday July 2nd
Community Event:
Meet the Staff
12:30-2:00pm

CAMP ARROWHEAD SUMMER '23 CALENDAR



DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
SESSION 1 WEEK 1 THEME: HOLLYWOOD <i>July</i>	FIRST DAY!	3	4	5	6	7 HOLLYWOOD DRESS UP DAY		
SESSION 1 WEEK 2 THEME: AROUND THE WORLD		10	11	CIT TRIP 	12	13	14  COUNTRY DRESS UP DAY	
SESSION 2 WEEK 1 THEME: ANIMAL WEEK		17	18	ANIMAL DAY!	19	20	21  COMMUNITY EVENT: CIT-LED ONEG SHABBAT ANIMAL DRESS UP DAY	
SESSION 2 WEEK 2 THEME: OUTER SPACE WEEK		24	25	CIT TRIP  HAWKS BEACH DAY COMMUNITY EVENT: CHICKADEES/SPARROWS - BRING A PARENT TO CAMP DAY	26	27	28  OUTER SPACE DRESS UP	
SESSION 3 WEEK 1 THEME: CIRCUS WEEK		31	<i>August</i>	1	COMMUNITY EVENT: STAFF/PARENT/COMMUNITY BASEBALL GAME 	2	3	4  CIRCUS DRESS UP
SESSION 3 WEEK 2 THEME: SURVIVOR WEEK	COMMUNITY EVENT: AGM- 9:45AM 	7	8	CIT TRIP 	9	10	11 DRESS IN YOUR SURVIVOR WINNER COLOURS (TBD) 	
SESSION 4 WEEK 1 THEME: HALLOWEEN WEEK TIE DYE WEEK (BRING WHITE T-SHIRT)		14	15		16	17	18  HALLOWEEN DRESS UP	
SESSION 4 WEEK 2 THEME: SPIRIT WEEK (DRESS UP EVERYDAY)	SPORT DRESS UP DAY 	21	PJ DRESS UP DAY 	22	CIT TRIP  HAWKS BEACH DAY BACKWARD CLOTHES DAY 	23	24	25 SWIM THE LAKE DRESS AS YOUR FAVOURITE STAFF DAY  ARROWHEAD SWAG DAY COMMUNITY EVENT: CLOSING CEREMONY 



Community Events

We are excited to be able to open our gates again to our community members. Details will be sent by e-mail closer to each event!

- | | |
|-----------------------------------|---|
| SUNDAY, JULY 2, 12:30-2pm: | MEET THE STAFF! Come by for a pre-camp visit. Snacks will be served. New campers (and their families) especially encouraged! |
| FRIDAY, JULY 23, 3-4pm: | CIT-LED ONEG SHABBAT! Join us for a camp-style service to welcome shabbat. |
| WEDNESDAY, JULY 26, 1:30-3:30pm: | Chickadees/Sparrows families are invited to spend the afternoon with their campers at camp. Join us for special activities and A LITTLE BIT LIVE! An interactive Musical with Ira Pettle. |
| WEDNESDAY, AUGUST 2, 6:30-8:30pm: | STAFF vs. PARENTS BASEBALL GAME. The tradition returns! |
| SUNDAY, AUGUST 6, 8:30-10:30pm: | COMMUNITY BONFIRE - Adults Only!
Hosted by the Camp Arrowhead Board of Directors. |
| MONDAY, AUGUST 7, 9:45-11am: | ANNUAL GENERAL MEETING |
| THURSDAY, AUGUST 24, time tbd: | SWIM THE LAKE! |
| FRIDAY, AUGUST 25, 7:30-9pm: | CLOSING CEREMONY!
Celebrate the achievements of our campers and send off summer with the Burning "A"! |



Apparel



\$18.95

YOUTH

\$20.95

ADULT

Unisex T

Black or Dark Heather Grey

Sizes: YXS to YXL / AS to A3XL

add \$2 extra for 2XL & 3XL



\$36.95

YOUTH

\$38.95

ADULT

Sweatpants

Black

Sizes: YS to YXL / AS to A2XL

add \$2 extra for 2XL

Additional Options

Name Back

\$6.95ea



\$43.95

YOUTH

\$46.95

ADULT

Pullover

Black or Dark Heather Grey

- Lake Simcoe included down arm

Sizes: YS to YXL / AS to A2XL

add \$2 extra for 2XL



Apparel - How To Order



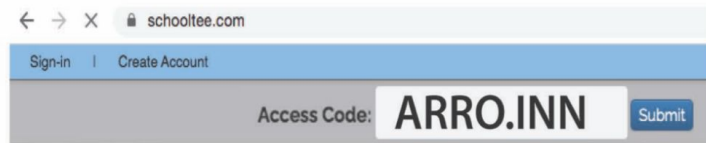
ARROWHEAD

2022/2023 CAMP WEAR

ORDER YOUR CAMP APPAREL ONLINE @ SCHOOLTEE.COM

STEP 1.

- Input School Access Code



STEP 2

- Choose desired garment(s) / Add to cart

STEP 3

- Go to cart to checkout
- Complete the prompted "Create an Account" steps to continue to checkout & input payment details.
- Email receipt upon successful order completion

** Please note website compatible with Google Chrome or Firefox browsers
*CHECK SIZES CAREFULLY! WE CAN NOT REPLACE SIZING MISTAKES**



All garments are screen printed
with your School Logo

Enter Your School Access Code to View Products

Access Code: **ARRO.INN**

Online Orders Due:

June 23, 2023 for July 6 delivery

July 10, 2023 for July 26 delivery

August 8, 2023 for August 16 delivery



Call For Donations

LOOSE PARTS PLAYGROUND [Loose Parts Play](#) promotes imagination, cooperation, and it's different every day! We are looking for materials for our own LPP here at Arrowhead. How can you help? Drop off large and safe materials such as tires, milk crates, wood planks, large boxes, old building toys etc. The linked article has a great list of suggestions. If you have materials to drop off, please place them **BEHIND** our trash bins between the court and the office.

SPORTS EQUIPMENT De-clutter the garage and bring us your (gently) used baseball gloves and tennis racquets (kids and adult sizes welcome).

PING PONG TABLE Finally get it out of your basement! Let us know and we'll even come get it!

TOYS & GAMES Make the Happy Room even happier!

SUGGESTIONS? Let us know if you've got something you think we can use at camp and we'll let you know if we can use it!



On the next page you will find the expectations of a Camp Arrowhead camper.

These expectations are the basis of our Code of Conduct or the “Arrowhead 10 Commandments”. Even if your child has been at Arrowhead for many years, please take some time to review and discuss these with your camper(s) prior to this summer.



Code of Conduct: The Arrowhead 10 Commandments

1. I will participate in all camp programs to the best of my ability
2. I will use appropriate language.
3. I will respect my cabin mates and counsellors.
4. I will care for my belongings, camp property and equipment.
5. I will be an inclusive member of my cabin grouping, unit and the Arrowhead community.
6. I will follow camp safety rules.
7. I will wear a hat, sunscreen and appropriate footwear each day.
8. I will wash my hands frequently, especially when eating and using the bathroom.
9. I will leave all electronics (including phones) at home or in the bus bag.
10. I will have fun, be a good sport and have a positive attitude.

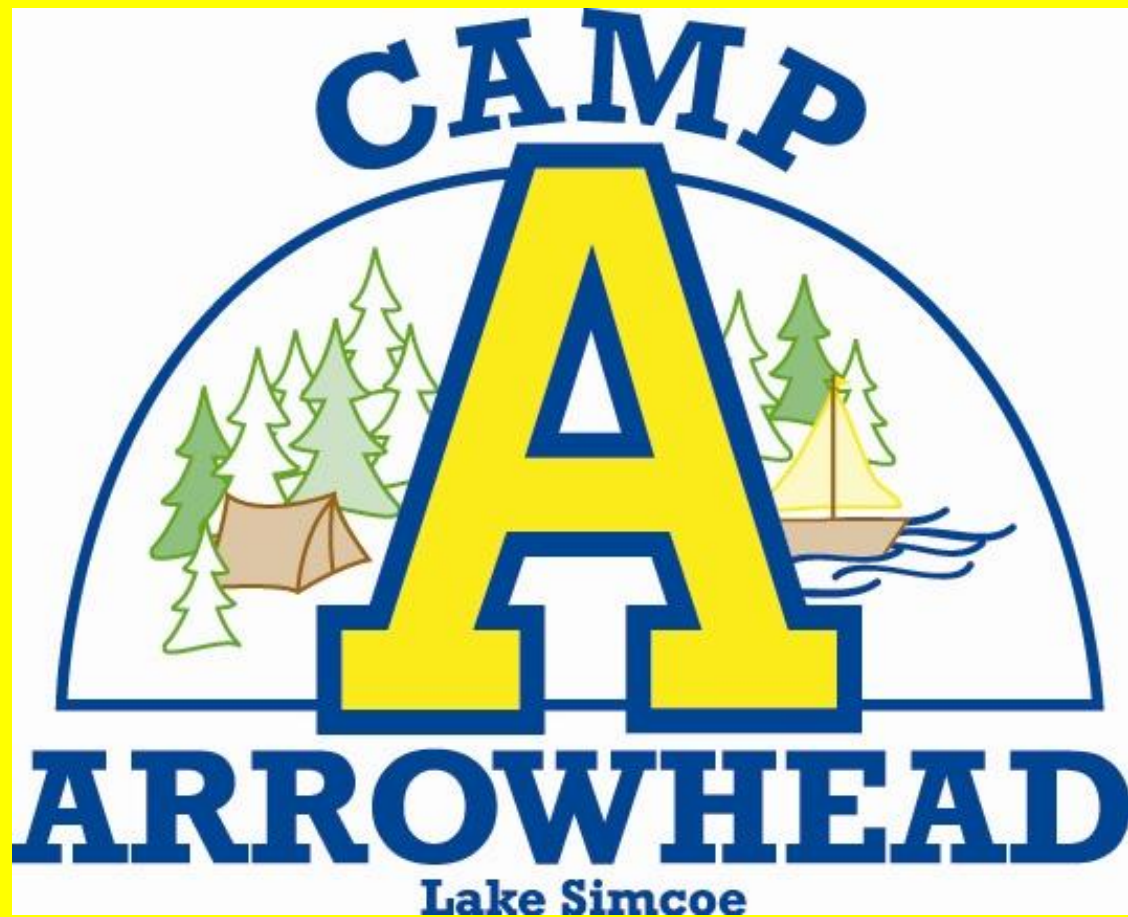


Camper Briefing Request Form

You may request a conversation with our Camp Directors prior to the beginning of your child's first session at camp to share any concerns or ask any questions.

Please complete the linked form to request a camper briefing with Lawrence or Alex.

[Camper Briefing Request Form](#)



The Place To Be in '23!