



"We don't fly, we soar!"

CAMP SOKIL REGISTRATION INFORMATION 2018



UKRAINIAN NATIONAL
FEDERATION
TORONTO BRANCH

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Message from the Camp Director

As Returning Camp Director, it is my pleasure to welcome you to Camp Sokil once again! We here at UNF-Toronto Branch have been preparing all year long to bring our campers the highest quality programming possible. Your camper will join others in learning, growing and having experiences that will remain with them for the rest of their lives.

Camp Sokil was proudly founded by the Ukrainian National Federation – Toronto Branch in 1959. We here at the organization are dedicated to the education, growth and involvement of youth. The branch has assigned the important work of developing youth programming, at camp and at the branch itself, to me personally. I am proud to inform you that I will be here, ensuring that children in our youth programs are educated about our Ukrainian traditions, provided a sense of belonging and community, and are taught leadership tools that will serve them well.

I have prepared the following document for you so that the policies and regulations of Camp Sokil are accessible and understood by every parent and camper. Please ensure you read it carefully before camp – it will help answer many questions. Of course, I am always available and it is my job to ensure you are informed about Camp Sokil. Please do not hesitate to call or email me at anytime.

It is a joy to create and run Camp Sokil. Our camp family continues with socials and other events during the year. I look forward to working with your camper and welcoming you to the UNF Camps family!

With Warmth and Love,



Welcome to Camp Sokil

We don't fly, we soar!

Founded by the Ukrainian National Federation in 1959, Camp Sokil is one of Canada's oldest Ukrainian Canadian recreational camps. Located on the edge of beautiful Lake Simcoe in the hamlet of Hawkestone, Camp Sokil has provided a superior summer experience for three generations of campers. "Sokil" in Ukrainian means "Hawk." We at Camp Sokil have taken this beautiful animal as our symbol. Like hawks, ***we don't fly, we soar*** at Camp Sokil.

Mission Statement

In line with the principles of the UNF, Camp Sokil's mission is to honour our Ukrainian heritage while providing a thoroughly Canadian context. Camp Sokil aims to provide the perfect setting for campers to develop life skills, build lasting friendships and learn about their Ukrainian ancestry. Through our dedication to quality programming, our thorough training of staff, and our "Golden Wings" Team, Camp Sokil prepares Ukrainian Canadian youth and children for leadership positions in society.

Programming

Our programming is of the highest quality. Developed during the entire year leading up to camp, the program is focused on intellectual and emotional growth and on the building and maintenance of physical health. Primarily using the beautiful surroundings, campers run, play and learn from Mother Nature herself. Every day is carefully scheduled from 7 am to 10:00pm and is focused on play, sport, arts and crafts. Camp Sokil is an ORCKA accredited camp and our counselors are certified canoe instructors. Carefully prepared workshops and professional special guests add to the diversity of the craft, sport and life skills program. There is a special focus on Ukrainian culture at Camp Sokil, with many activities and crafts based on our rich Ukrainian traditions. ***There is a focus on Ukrainian language and we use it in all contexts at Camp Sokil.***

Staffing

Our staff is carefully selected for their strengths in leadership and role modelling. They undergo an intensive training program where they learn about best practices with working with children and young adults. They receive their instructor's certification from ORCKA during our training program. We stand behind the professionalism of our staff, who all embody Camp Sokil's ideals, values and mission.

The Golden Wings Team

In 2017, Camp Sokil developed the "Golden Wings Team." This special team of volunteers are made up of people who love Camp Sokil and all it represents. It is comprised mostly of former campers, UNF members, and parents who are serious about making Camp Sokil an amazing place to grow. They provide support to the camp administrators in the areas of staff and volunteer sourcing, providing physical help when needed, donations sourcing and fund raising. They also share their special skills and talents and give workshops during the duration of Camp. The Golden Wings team helps when needed, wherever it is needed. They are true friends of Camp Sokil and deserve their "Golden Wings." Camp Sokil encourages all parents to join the Golden Wings team. Join this amazing team and "earn your wings." Contact the Camp Director at campsokil@unfcanada.ca.

Policies and Regulations

Please read the following carefully. They constitute the administrative procedures, policies, rules and regulations of Camp Sokil. Disregard for the following may result in denial of application or dismissal from Camp without refund.

Dates and Times: Camp 2018

Youth Camp (AGES 13-16)

Week 1 July 8 – July 15

Week 2 July 15 – July 22

Week 3 July 22 – July 28

Youth Camp	Week 1	Week 2	Week 3
Registration	July 8 1-3pm	July 15 1-3 pm	July 22 1-3 pm
Camp Program Starts	5 pm	5 pm	5 pm
Check Out (for visits or leaving camp)	July 15 12 pm (After Church)	July 22 12 pm (After Church)	July 28 12 pm Start Load Out 2 pm Finish Load Out

Kids Camp (AGES 6-12)

Week 1 July 29– August 5

Week 2 August 5 – August 12

Week 3 August 12- August 18

Kids Camp	Week 1	Week 2	Week 3
Registration	July 29 1-3pm	August 5 1-3 pm	August 12 1-3 pm
Camp Program Starts	5 pm	5 pm	5 pm
Check Out Time (for visits or leaving camp)	August 5 12 pm (After Church)	August 12 12 pm (After Church)	August 18 12 pm Start Load Out 2 pm Finish Load Out

Registration Policies

Because of high demand, registration applications received via e-mail, in person or online will be reviewed for completion of all mandatory information. If all information is complete, you will be sent an invoice to pay for camp. **The invoice must be paid in full within 2 weeks.** Once paid, you will receive a receipt. **Your payment receipt is confirmation of registration.** You may pay via PayPal, cheque or cash in person at the UNF office at 145 Evans Ave, Toronto, ON.

If the invoice is not paid within the two week window, it will be considered "Missing Payment" and your application will be declined. Your application will have to be resubmitted entirely and will be processed in sequence with new applications.

Missing Information, or NSF – Two Week Grace Period

If the application falls into the following categories, you will be notified via email.

-Missing Information

-Incomplete Payment (NSF)

There is a 2 week (10 business days) grace period to correct the problem. If the issue is not corrected in 2 weeks from the date on the notification email, the application form will be rejected and will have to be resubmitted entirely. Please note, if payment is sent, but not does not clear, you will be charged an NSF fee of \$40 and will be given 2 weeks to clear payment.

Registration Prices

	Early Bird Price Before April 29, 2017	Late Owl Price After April 29, 2017	UNF Members Anytime, Any Week
Individual Weeks	\$375	\$400	\$350
All 3 Weeks	\$350	\$350	\$350
Uniform Fee	+\$25	+\$25	+\$25

Special Note on UNF Member Fees and Uniform Fees

UNF prices apply to members of OYK, UWVA or UNF who are **parents or legal guardians** of the camper(s) and are up-to-date in their membership fees for the year. Membership status is checked at UNF national office on official membership lists. Uniform Fees are per camper and non-negotiable.

Cancellation & Withdrawal

Because of a high enrollment and limited availability of space there is no refund of fees for cancellation or withdrawal of a child from camp either before or during camp. Please give careful thought to the length of time your child will spend with us. The Camp Director reserves the right to send a camper home under certain circumstances. There is no refund of any deposits or fees. Please see below under **"Reasons for Sending A Camper Home."**

Registration Day

Address: 16 Taras Bl, Hawkestone, ON, LoL 1To

Coming from the GTA:

- Travel North on 400
- Take the Highway 11 cut-off and continue north for 18Km to Oro Line 11
- Exit at Oro Line 11 (a right exit – just as you pass under the bridge)
- Keep driving through the Village of Hawkestone until you see the Camp Sokil sign on your right
- Make a right turn into Camp Sokil and follow the signs to the Gate.

Arrival and Parking

At the Gate the keeper will keep a list of the registered campers and will give you a parking pass. This pass entitles parents to Sunday Day Access to the Camp Sokil Grounds (No Overnight Stays).

Parking for parents has been designated in the “Day Pass Parking” area. Please proceed there, park your vehicle and complete registration before proceeding to the assigned cabin to unpack. ***Parking at the camp kitchen is not permitted.***

Registration Process

While you are welcome to arrive early and enjoy the facilities, ***please do not enter the camp grounds until the designated times.*** Please come to the camp kitchen for registration and pick up at the assigned times. Do not enter cabins without undergoing registration.

Registration for each session week begins at 1:00 pm each Sunday of Camp in the camp kitchen. At registration campers receive their uniform and are assigned to their group and cabin. Parents required to fill out a few forms and have the opportunity to provide special information about their camper including any medical instructions, pass over medications and pay for tuck shop. There is a pleasant environment provided for you in the camp kitchen while you and your camper undergo this process.

Campers who decide to extend their stay, provided space is available, must re-register and pay in full at this time.

No supervision will be given until 5pm on Registration Day. Parents are welcome to stay to view the opening ceremonies at 5pm.

Bunking and Group Requests

We at Camp Sokil know that parents wish to make their camper's stay comfortable and pleasant. However, we cannot accommodate requests for bunking and switching groups. The Camp is very small and campers are always together, grouped by age and sex in their cabins and groups. (For resources on emotional safety of children at camp, please see our post on the Parent's Resources on our website.) Please do not make requests on Registration Day as all groups and cabins are already created and assigned. We cannot "remove" campers from cabins once they are already settled to make room for requests. If there are concerns, please contact the Director at campsokil@unfcanada.ca before the beginning of camp.

Visitation Day

Visitation Day is every Sunday **after Church** (Approx 12PM). Parents must sign their campers back in at 5PM on Sunday evening.

Parents **must** sign out their children with the counselor when taking them for a visit or when they are taking them home after camp. If parents are returning children from a visit, they must "sign in" their children with the counselor no earlier or later than 5pm. This process will happen at the Camp Grounds (not on the street in front of the church as this is dangerous.)

All campers must be checked out by their parents each Sunday between 12:00pm and 5:00PM while we prepare for the next week's program. Feel free to use the beach, go to town or just have a nice picnic together. **No supervision will be provided during the 12:00-5:00 pm window at camp.** If you are unable to come that day, you must arrange another responsible adult for your camper's supervision and notify the Camp Director in writing (email).

Please note, visitation during the week is not permitted.

Policy on Lateness Checking Out

Make sure you give yourself enough time to arrive on time. ***If you do not check out your camper by the allotted time, you will be surcharged 20\$ /hour for supervision. This is strictly enforced as counselors need rest at this time as well. Please be considerate.***

Last Day of Camp

Please note that if you are staying for the final week of camp (week 3) the last day of camp is a Saturday, not Sunday. Signing out procedures and lateness policy are still in effect on the last day of camp.

Medications Policy

The Camp staff will not administer any medication unless written consent is received. The medication permission form will be available for signing at registration. Medications shall include all over the counter (non-prescription) medications as well as medications available only by prescription. ***Please place your camper's medication in a Ziplock bag, write clear and detailed instructions and place in the bag, and label the bag with your child's full name. Please hand this in on Registration Day as you are registered. All medications will be kept in the camp nursing office. No medications are to be kept or administered by campers.***

Pharmacy labels are required for all prescriptions. Over the counter medication must be sent in the original container with the camper's name written on it.

Electronic Devices and Cell Phones Policy

It is important to be aware of Camp Sokil's strict "No Cell Phones" policy. Cell phones are disruptive to counselors who are there to engage campers in the joys of co-operative play and the wonders of nature. Camp Sokil has an emergency cell phone line that can be used when an emergency arises, either at camp or at home. ***The number is (647) 964-3472. Parents are requested to restrict use of this line and use it in times of emergency only.*** Campers who need to speak to their parents because of an emergency at camp will, of course, be allowed to call home.

Camp is an opportunity to learn about independence. Most campers go through "home sickness" and it is a part of learning how to adapt to a new environment. If campers are severely unhappy, we will accommodate as best we can to allay the camper's fears, including calling home. We ask parents to be strong and support their child's growth by re-assuring them that they will come home soon and that camp is a safe and fun place to be. Please do not call your child everyday nor request them to call everyday. This is disruptive to their independence and growth and may cause them to worry about missing home.

Cell phones brought will be held in the Camp Director's office.

Snacks Policy

Camp Sokil has a strict "No Outside Snacks" policy. We ask that you do not send campers with snacks. There are campers with various allergies that may react to odors that certain snacks may give off. Also, snacks in the cabins attract vermin and insects which are a danger to the campers' safety and well-being. Lastly, during lights out counselors will have a difficult time controlling consumption of snacks in the cabin. This may lead to tummy aches and even consumption of allergens if campers share with others.

We have a Tuck shop place where campers are allowed purchase some “fun” snacks. (See “Tuck Shop” below.) It is the only way we can accommodate the allergy, environmental and health concerns with snacking. We know camp should be fun, but it should also be safe and healthy for all concerned. Snacks will be confiscated and returned on visitation day or the last day of camp.

Tuck Shop

Once a week the campers may purchase small amounts of treats. On Registration Day, parents are encouraged to leave a deposit of \$10 at check in time in order that your child can participate in the purchase of small treats. No more than \$10 per Week should be deposited. The campers are permitted to buy items from an assortment of juice, ice cream, potato chips and candy. The tuck shop also supplies stock items like toothbrushes, batteries, writing kits, stamps, etc. Campers will receive credit that can be re-filled weekly. Campers will not need money at camp.

Policy on Leftover Tuck Shop Money

It has been brought to the administration’s attention that over 600 children in Orillia go to bed without enough food to eat. It is in line with the UNF’s philosophy of leadership, community and growing good citizens that we help our neighbours in need if we can. Any money that is not used up on the tuck shop card will be donated to *The Sharing Place Food Bank* in Orillia. In no way do we pressure children with this information. They are free to use up all their tuck money and are not told of this until the end of camp. An email will be sent detailing how much money was donated in total to this worthy cause.

Parents’ Role in Supporting Policies

Parents are key players in the support of these policies. If you allow your child to bring items to camp that are not allowed and tell them to hide them, you are encouraging your child to be deceptive and untruthful. These policies are not in place arbitrarily and serve important purposes. Parents are important role models, and by disregarding these policies you are unwittingly training your child that it is acceptable to break rules. This sets a precedent that is unfavourable to their success in society and confuses their moral compass. It is difficult to say no, however as parents, you can appreciate that sometimes it is the proper answer.

Photo and Video Use

Camp Sokil Staff will periodically take photos and videos of Camp Activities and upload them to our Facebook page to inform parents about camp and its progress. A media release form will be part of the registration process. Photos may be used for UNF promotional and informational activities such as Camp advertisements, Website Newsletter Updates, and Community Information packages. The UNF Reserves the right to retain and use such material for internal and promotional purposes.

Liability Waiver

As is standard at most camps in Ontario, parents will be required to sign a liability waiver upon Registration. This waiver is a requirement for your camper's participation at Camp Sokil.

Reasons for Sending a Camper Home

Unfortunately there may be times when campers must be sent home. Refunds for sickness, injury or behavioural issues will not be applied. Camp Sokil retains the right to send campers home for the reasons described below.

Sickness

If your child is too sick to participate in the program, parents will be contacted to pick the camper up. A written doctor's note with "able to return date" is required to return to camp. Minor illnesses do occur and the camp nurse will assess whether there is a need for a doctor's visit. Medicine will be administered if the medical waivers signed at registration indicates the camper is allowed to receive the medication necessary to treat the minor illness. If a doctor is needed, it is the parent's responsibility to pick up and arrange the doctor's visit and doctor's note for return to camp.

Injury

In the case of a injury, the camper will receive emergency medical attention as is required. Parents will immediately be contacted. If camper is able to still participate in the program to a large degree, parents can request to allow the camper to re-join camp. Re-admittance will be at the discretion of the Camp Director and written note from a doctor with a "able to return" date will be required if the injury required a doctor's visit.

Behaviour

It is the policy of Camp Sokil to set limits for children which will ensure a safe and secure environment while demonstrating respect for the individual needs of children. At Camp Sokil, campers are expected to show respect for themselves, others, the sites they visit, and the wildlife they encounter.

A 3- step resolution model will be used in dealing with behavioural issues. It will be the responsibility of our Counselors to ensure campers are aware of this model, as well as our expectations for keeping campers safe and happy while at camp. This model is intended to assess, monitor and manage issues of behaviour. As required, parents will be consulted on behaviour issues on an escalated basis.

On the first case of physically violent behaviour, offensive or hurtful language, willful damage or theft of property, campers will immediately be placed into a mediation process by the Camp Director.

Special Note on Bullying

Camp Sokil does not tolerate bullying in any form. Our counselors are specifically trained on the differences between conflicts and bullying. Camp Sokil encourages monitoring and support for conflict resolution versus top down solutions. Campers are given skills to deal with

conflicts/disagreements in a safe and appropriate way should they arise. Camp Sokil also defines what bullying is. Bullying is about one camper applying and enforcing direct or indirect control over another camper, using any method available. It is defined, explained, and workshopped with campers they are clear on Camp Sokil's expectations of behaviour. If bullying does occur, it is taken seriously. On the first offense, the camper is placed into a mediation process by the Camp Director. On the third offense, the offending campers will be sent home.

Issues of sickness, injury, behaviour and bullying are documented and shared with parents as they occur. If issues of behaviour and bullying cannot be resolved, the camper will be asked to leave the camp. The parents input will be heavily considered. Staff and camper safety, and program continuation will be held as a priority.

Camp Checklist

What to take (and not to take) to summer camp.

What to Leave at Home

- Electronic games or personal listening devices
- Expensive items/precious items that will devastate camper/parent if lost or broken
- Cell phones
- Snacks/Gum/Juices
- Aerosol Cans of any kind
- Perfume/Scented Products
- Aggressive/Gun toys

What to Bring

- Appropriate clothing for the week
(It fluctuates from hot to cold often at Hawkestone – please provide comfortable options for both situations. We suggest parents look at weather reports in advance.)
- Raincoat/Boots
- Comfortable running shoes
- Backpack
- Hiking shoes (if you have them)
- Pair of flip flops/Sandals (preferably waterproof)
- Personal Toiletries (with as little scent as possible to avoid attracting insect bites)
- Sleeping Bag, Pillow with Pillowcase, Bed Sheet (single size)
- Hat
- Sun Screen

- Sunglasses
- **Sturdy Re-fillable water bottle**
- Swimming suit
- Beach Towel
- Shower Towel
- Water shoes (if you have them, they are good to have)
- Flashlight and Batteries
- Laundry Bag
- Emergency/Regular Medication (See Medication Above)
- A properly sized lifejacket with the camper's name clearly marked if you have one
- Apron for messy crafts

Optional (but fun!)

- Musical instruments
- Song books
- Hallowe'en costume/Costume for skits
- Swimming Goggles
- Small board game/deck of cards
- Pen, Paper, Stamped and addressed envelopes
- Notebook/Journal
- Books/Magazines
- Book of Activities
- Water toys that squirt

Lost and Found

We have a lost and found box at Sokil, however encourage parents to **label absolutely everything**. Many campers arrive with identical items and it is hard to parse what belongs to whom especially in a cabin environment. Labelling stops issues of inadvertent "theft" and therefore, stops potential conflicts before they begin. It also helps your camper identify their belongings in a lost and found box. Label your child's full name with a fine permanent marker or purchase wash proof labels. If you would like to purchase labels, Camp Sokil has a fundraising campaign at *Mabel's Labels* where 20% of proceeds will go back to camp for every purchase. This money goes back to programming directly and helps Camp Sokil soar higher. The beautiful camp themed labels will make your camper proud of labelling their things (just give him/her the labels, point to the big pile of "camp stuff" and say "go!" I can almost guarantee your camper will start labelling immediately.) The labels can be purchased at camps.mabelslabels.com. Go to the CAMPS section and select "Camp Sokil" and every purchase you make will help Camp Sokil grow!

If things are eventually left behind, and if they have a full name on them, you will be contacted for pickup of items. **Things left at camp will be brought back to 145 Evans Ave after the finish of camp on August 18, 2018 (but not in-between weeks or camps).** You must arrange to come on Visitation Day to retrieve whichever item the camper has lost if you wish to retrieve it before the end of camp. **Items not claimed by two weeks** after the finish of camp on August 18, 2018 will be donated to *Help Us Help the Children* to be distributed amongst children living in orphanages all across Ukraine.

The 12 Rules of Camp Sokil

1. We are a Canadian Ukrainian camp and honour our heritage and ancestors by speaking Ukrainian as much as we can
2. We believe all campers deserve to be respected – Bullying, Name Calling, Violence, Theft or Destruction of Property is not tolerated.
3. We will work out our differences in a calm and respectful, “owl” way.
4. We will follow our counselors lead and participate in the program with enthusiasm
5. We will not bring snacks into the cabin
6. We will not be distracted by cellphones/technology
7. We will follow our counselors’ instructions because they keep us safe
8. We will keep ourselves, our activity areas and our cabins clean
9. We will respect meal times and lights out
10. We will stick with our buddy, especially at swim time
11. Camp is where we learn about independence, leadership, friendship, co-operation, effective communication, respect and teamwork and we will apply these skills at all times
12. We are here to learn, interact and have fun!



We don't fly, we soar!
Ми літаєм вище!