



# Sizzle 'N Splash



## Hello Rangers and 3rd year Pathfinders

Thank you for registering for our summer camp, Sizzle 'N Splash 2024 which will be held this year at Camp Oswego. In this booklet you will find important information designed to make this event fun, comfortable, and safe for everyone. Please take the time to read it carefully and if you have any question or concerns do not hesitate to contact the Responsible Guider (Vicki Sabean), or Asst. Responsible Guider (Cindy MacLean).

Responsible Guider:	Vicki Sabean	<a href="mailto:nb-camping@girlguides.ca">nb-camping@girlguides.ca</a>	506-755-0756
Asst. Responsible Guider:	Cindy MacLean	<a href="mailto:nb-coastalshoreac@girlguides.ca">nb-coastalshoreac@girlguides.ca</a>	506-210-1956

We're looking forward to great weekend making lots of friends, memories, and fun!

YIGS,  
Vicki and Cindy



## **ALLERGY ALERT!!!!**

Sizzle 'N Splash is a NUT FREE camp. It is IMPERATIVE that you are aware of this and respect it.

## DIRECTIONS to SITE

### From Moncton/Sussex

- Follow Highway 1 past Hampton

### From Fredericton

- Follow Highway 7 until it ends and joins Highway 1 East
- Follow Highway 1 through Saint John

### From St. Stephen

- Follow Highway 1 East through Saint John

### Camp Oswego

465 Route 850

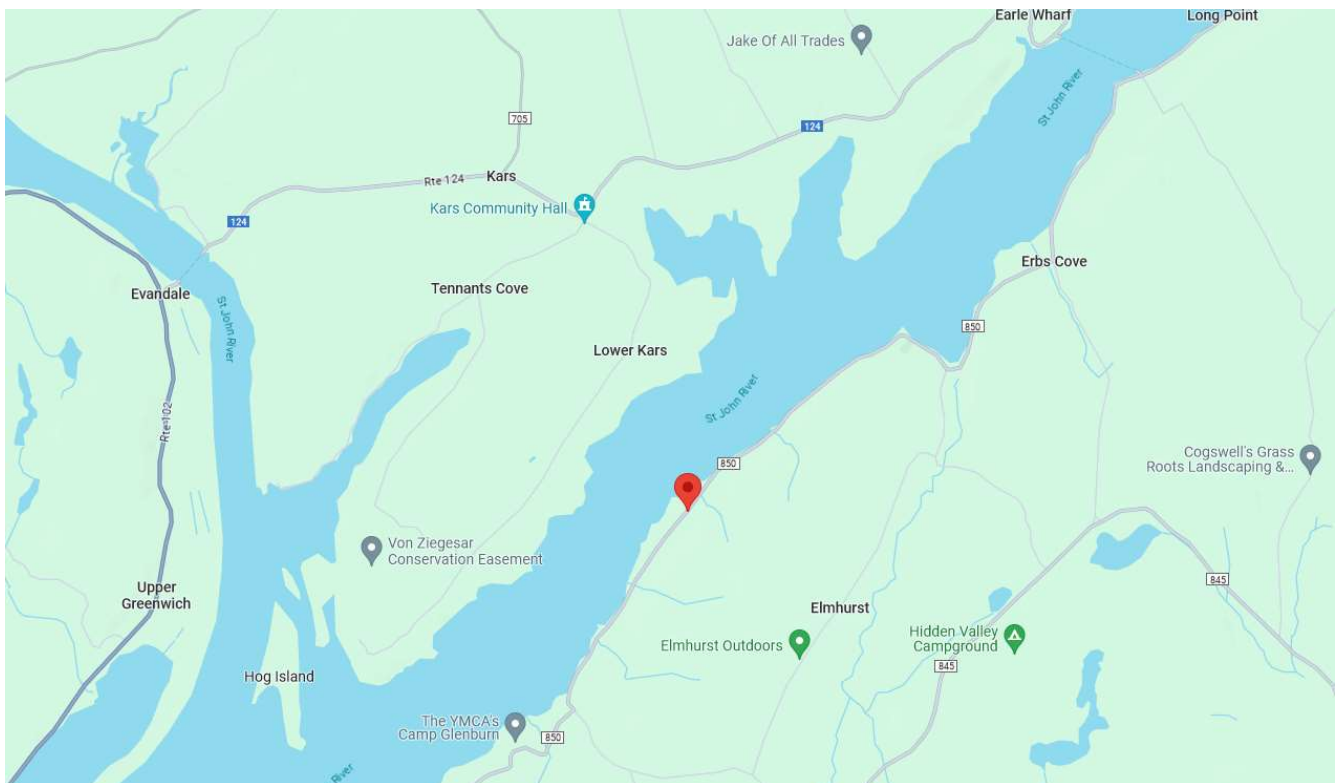
Erb's Cove, NB

E5N 1X7

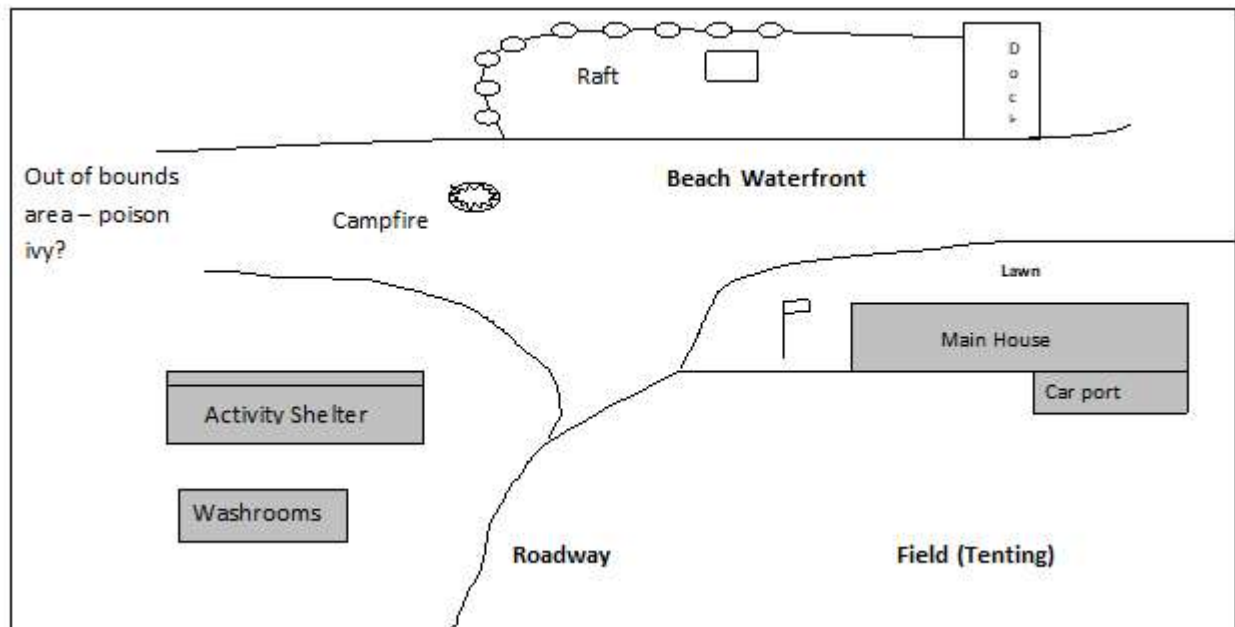
506-832-7359

### ALL

- Take Exit 141 (Quispamsis/Kingston)
- Follow 119 North to Gondola Point Ferry
- Take Ferry and Turn Right when you leave the Ferry
- Continue on the same Road and go straight through the 4-way intersection (Irving Store will be on the right-hand side)
- Continue following this road until it ends and then turn left
- Follow this road – you will pass the Belleisle Marina on your right – water on your left
- **About 2km later you will see Camp Oswego on your left**



## CAMPSITE MAP



## CAMP PROTOCOL

Quiet time is to be observed between 11:00 p.m. and 6:00 a.m.

Participants must remain within camp boundaries unless performing assigned duties. If leaving the site for any reason, participants must sign in and out with security.

Smoking/Vaping will only be permitted in a designated area, which is at top of the camp road. Alcoholic beverages are forbidden when girls are present at any event sponsored by Girl Guides of Canada-Guides du Canada

## GENERAL INFORMATION

<b>VISITORS</b>	Uninvited visitors will not be allowed on the campsite.
<b>LIVING QUARTERS</b>	Campers will sleep in tents. The main house will be general headquarters – food services, a member of the first aid team, and staff will be stationed there.
<b>ELECTRICITY</b>	There will be no electricity available to campers.
<b>TOILET FACILITIES</b>	There are flushing toilets and sinks available to campers in the washroom building.
<b>GARBAGE DISPOSAL</b>	Garbage bags are to be placed in the appropriate drop-off area after each meal. <b>NO GARBAGE IS TO BE LEFT AT THE SUBCAMP SITES BECAUSE OF ANIMALS.</b>
<b>WASTE MANAGEMENT</b>	Recycling containers will be set up on the campsite.
<b>TELEPHONES</b>	No telephones will be available for use by campers. One phone will be made available to Guiders and staff for <b>EMERGENCY CALLS ONLY! The emergency contact number of the camp is 1-506-832-7359. <u>There is limited cell service in the area.</u></b>
<b>LOST AND FOUND</b>	Will be located in a closed box labeled Lost & found on the lodge veranda.
<b>EVACUATION DRILL</b>	An ALL-CAMP evacuation drill will be held soon after arrival. It is imperative that everyone is immediately silent and adheres to all the directions given by core staff.
<b>SECURITY</b>	The camp will be patrolled by in-camp security.
<b>ARRIVAL</b>	Girls may arrive between 3:00 pm and 4:00 pm on August 16th. Staff should be on-site no later than 1:00 pm for an Orientation meeting.
<b>DEPARTURE</b>	Closing ceremonies will take place Sunday at 12:30pm. Girls may begin departure anytime after 1pm on Sunday, Aug 18th. Staff will be needed for clean up and tear down before departing.

**GENERAL  
HEADQUARTERS**

This will be located in the main lodge. The Camp Director's Office, Security and the Communications Center will be sustained here.

**PROGRAM**

Girls will participate in several different program areas. These will provide an opportunity for the girls to join in active living, crafts, drama, and service. Staff members maybe assigned to assist the girls in designated programs. Certified instructors have been hired to supervise any water activities.

**\*\*PFD's will be worn at all times in the canoes.**

**TRADERS**

This is an exchange of small tokens or crafts. This will provide a good opportunity for girls to mix and share something from the area in which they live. The purpose is to provide a conversation piece that will help the girls to get acquainted more easily with others. Traders should not be items with great monetary value. A tag attached with the name and address if the giver is also important. Crests, pins, hat crafts, etc. may be used as traders. Take a few minutes to put some of these together. It's fun to look back on them later.

## **FOOD SERVICES**

Most meals will be prepared by, or under the supervision of our food services staff in the kitchen of the main building or outdoors. All meals and snacks are prepared based on the Canada Food Guide.

Depending upon the schedule, the girls may have an opportunity to cook some of their own meals and snacks using camp cooking method and recipes.

Campers will be responsible for washing their own dishes after each meal. All garbage after each meal must be disposed of and no garbage is to remain on the ground or on site. Garbage and recyclables are to be left in a designated area.

We will strive to accommodate any campers with special dietary needs. In some cases, a participant may be asked to provide certain items.

**A well-fed camper is a happy camper and the Food Services team  
is there to make sure everybody is happy!**

# HEALTH SERVICES

## HEALTH FORMS

A Health Form **MUST BE CARRIED** by each person at camp in the holder provided.

Please ensure that:

- **ALL** allergies to medications, insect bites and foods are listed, as well as their reaction symptoms and the usual treatment.
- **ALL** medications (both prescription and over the counter) are listed.

## INSURANCE

Parents/Guardians are responsible for any medical fees not covered by medical insurance, i.e. prescriptions, eyeglass repair and/or dental care.

## ALLERGIES

Participants requiring Epi-pens or Ana-kits for severe allergic reactions must carry them on their person at all times. It is imperative they know how and when to use them. Medic-Alert bracelets should be worn for those subject to severe allergic reactions. Food allergies must be noted on Health form – this camp will be nut free.

## ASTHMA

Inhalers should be carried with the participant to use as needed. Please be certain the inhaler contains enough medication for the duration of the camp.

## MEDICATION

All medications that a participant may require, **both prescription and over the counter**; creams, ointments, eye/ear drops, inhalers, pills (i.e. Tylenol, Gravol, Benadryl or antihistamines) **MUST** be brought to camp, in their original container with complete instructions for dispensing. Place medications in a zip-loc bag and **clearly label** with participant's name. Because medications can be adversely affected by heat and/or wet conditions, they will be collected by the first aid team at registration for storage in a cool/dry area.

## PREVENTATIVE MEDICINE

Always wear a hat, eat well, drink plenty of fluids, get lots of sleep, wear comfortable closed-toe shoes or sturdy closed toe sport sandals, and use sun screen and have insect repellent handy.

## **Personal Kit List**

**Bedroll**, which includes:

- Warm sleeping bag
- Ground sheet and cord for tying
- Air mattress and pump, Insulate or foam pad
- Pillow (optional)
- Warm blanket
- Flannelette sheet (liner for bag)
- 1 small sleeping buddy (optional)

Bedroll must be in either waterproof stuff sacks or rolled and tied in a ground sheet. No garbage bags please.

### **Toilet Articles:**

To be contained in a 4 L plastic container with lid to be used as your personal wash basin.

- Soap in a container
- Face cloth and towel
- Toothbrush and toothpaste
- Unbreakable tumbler
- Comb, brush, hair elastics etc.
- Lip protector (with sun screen)
- Non-scented, non aerosol deodorant
- Sanitary supplies
- Facial tissues
- Portable personal first aid kit (no food items)
- Unscented baby wipes

**Dishes:** strong unbreakable dishes in a mesh bag

- Plate, bowl, cup, knife, fork, spoon
- J-cloth (can be used as a serviette)
- Clothes pins

**Clothing:** Enough for 3 days

- T-shirts or shirts (NO tank tops, halter tops, spaghetti strap tops or belly button shirts)
- Shorts
- Long sleeved shirt
- Long pants
- Sweatshirt
- Underwear and socks (at least one pair of warm socks)
- Warm jacket
- 2 prs. of comfortable sturdy sneakers/shoes/hiking boots (no clogs or slides)
- Sturdy sports sandals or water shoes for canoeing – NO flip flops
- Sturdy rain gear that covers from head to toe
- Rain boots
- Swim suit/beach towel and a plastic bag
- Pyjamas
- Uniform shirt
- Camp hat

**Miscellaneous**

- PFD Personal Floatation Device (if you have one)
- Small daypack
- Sun screen
- Hand sanitizer
- Leak-proof water bottle
- Non-aerosol insect repellent
- Waterproof sit-upon or folding camp chair
- Flashlight with extra batteries
- Notebook
- Pen, pencils, markers
- Autograph book (optional)
- Cloth bag for dirty laundry
- Camera (optional)
- Swaps (optional)
- Sunglasses (optional)
- Book to read (optional)
- Camp blanket (optional)
- Extra gadget cord

## LEAVE VALUABLES AT HOME

All items are the responsibility of the owner. There is limited cell phone service in this area – we will not provide charging locations for any electronic equipment.

**Note those that are sleeping in tents: you will need to bring the following;**

- Tent and tent pegs. Tents should be lightweight and waterproof
- Rope for storm lashing, gadgets, clothesline etc.
- Mallet/hammer
- Tent repair kit
- Tarps
- Whisk broom



**Note to staff considering bringing tent trailers:** Space at this site, suitable for trailers, is limited so please seek approval from Vicki Sabean.

**See you there!!**

