



# SCHOOL VISITS

## GUIDE

***Welcome to Camp ABK – A Classroom Outdoors!***

Camp Aush-Bik-Koong Outdoor Ed. Centre is an exciting opportunity to provide your students with a unique, hands-on learning experience. They'll be challenged, and engaged in great activities they don't normally get to experience in the regular school setting. Our programs are led by qualified lifeguards, and experienced activity leaders.

We have designed this guide to help you make your visit to Camp ABK an enjoyable and successful experience. If you have any questions, please contact Ryan Lidstone at (705) 942-1142, or [ryan@campabk.com](mailto:ryan@campabk.com)

### **HISTORY**

Camp Aush-Bik-Koong is a Christian summer camp that has been operating for over 50 years. It has been registered as a non-profit corporation since 1967. Each summer we see around 700 campers. More than a decade ago, a school approached the camp about running an outdoor educational program for their class trip. The trip was an overwhelming success, with both staff and students raving about the great activities, superb food, and awesome facilities! In the years since then, Camp Aush-Bik-Koong has been providing schools in Northern Ontario with a cost effective, fun, and educational class trip alternative.

### **PROGRAM**

While at Camp ABK, your students will rotate through a variety of activities, including Archery, Canoeing, Swimming, Sports, etc. Our staff will provide instruction and time for your students to practice the new skills they have learned. We teach unique, creation-based science lessons in the ecosystems that are right on site. In addition, we can provide a guided nature walk, and an out-trip to Blueberry Mountain. Throughout your visit, your students will be engaged in Team Building Games. In the evening, your students will enjoy playing mixer games in front of a campfire in our Lounge.

In order to personalize each visit, we prefer to work closely with teachers to plan a program that will compliment what is being taught in the classroom.

## PROGRAM OPTIONS AND RATES

### 3-Day Program

\$158.00 +HST per student (min. 20 students)

Includes: meals, program, and cabin-style accommodations. Teachers and chaperones are free. At least one chaperone per 12 students. Typically, class would arrive in the morning of the first day, spend three days/two nights at the camp, and leave after lunch & cleanup on the third day.

### 2-Day Program

\$113.50+ HST per student (min. 20 students)

Includes: meals, program, and cabin-style accommodations. Teachers and chaperones are free. At least one chaperone per 12 students. Typically, class would arrive in the morning of the first day, spend two days, one night at the camp, and leave after lunch & cleanup on the second day.

### 1-Day Program

\$33.40 (w/o meal) + HST per student

\$44.10 (w/ meal) + HST per student

Min.20 students required.

Teachers and chaperones are free (at the 1:12 teacher to student ratio. Any additional teachers/chaperones will be charged a \$10 meal fee if meals are provided). Typically a class would come at 9:30 am and leave at 3:00 pm.

### Other Programs

Camp ABK is willing to provide other programs based on your needs. We're flexible! Please contact us for further details.

### Booking

Camp ABK runs school programs during June each year. Typically, we sell out on the first or second day of school each year for the following June. Call early to guarantee your spot.

### Payment

A 10% non-refundable deposit is due at time of booking. Make cheques payable to Camp Aush-Bik-Koong. Your school will be invoiced for the balance after your school trip.

## TYPICAL DAILY SCHEDULES

### **Three-Day Program**

TIME	DAY ONE	DAY TWO	DAY THREE
8:00		Wake-up and Wash	Wake-up and Wash
8:30		Breakfast	Breakfast
9:00		Cabin Clean-Up	Cabin Clean-Up
9:30	Arrive & Bunk In	Team Challenge Game	Team Challenge Game
10:00	Introduction & Rules	Geology Lesson	Orienteering Lesson
10:30	Activity Block #1	Out-Trip	Activity Block #1
11:15	Activity Block #2	Out-Trip	Activity Block #2
12:00	Ecology Lesson	Out-Trip	Pack-Up
12:30	Lunch	Lunch	Lunch
1:00	Team Challenge Game	Team Challenge Game	Tuck & Gift Shop
1:30	Tuck	Tuck	Muck Out Cabins
2:00	Activity Block #3	Activity Block #3	Depart
2:45	Activity Block #4	Activity Block #4	
3:30	Sports	Sports	
4:15	Swim	Swim	
5:30	Supper	Supper	
6:30	Camp Wide Game	Camp Wide Game	
8:00	Campfire & Mixers	Campfire & Mixers	
9:00	Snack	Snack	
9:30	Astronomy Lesson	Astronomy Lesson	
10:00	Curfew	Curfew	

### **One-Day Program**

9:30	Arrival & Introduction
10:00	Team Challenge Game
10:30	Activity Block #1
11:15	Activity Block #2
12:00	Outdoor Ed. Lesson
12:30	Lunch
1:00	Team Challenge Game
1:30	Outdoor Ed. Lesson
2:00	Activity Block #3
2:45	Activity Block #4
3:00	Depart

## POLICIES FOR SCHOOL GROUPS

The following rules apply to all school groups who visit Camp ABK:

- 1) The school must provide at least one adult to supervise the students in each cabin. Students are separated into cabins by gender. Chaperones must be the same gender as the cabin of students they are overseeing.
- 2) Student discipline is a responsibility shared between the school teachers and Camp ABK staff.
- 3) Cellphones, Ipods, video games, knives, hatchets, gum are **NOT** permitted at Camp ABK.
- 4) Smoking, alcohol consumption, and/or drug use are prohibited on camp's property.
- 5) While at Camp ABK, students and teachers/chaperones are expected to respect the staff, facilities, equipment and environment of Camp Aush-Bik-Koong.
- 6) While at Camp ABK, students and teachers/chaperones are expected to avoid the out of bounds areas that will be clearly explained upon arrival. (Particularly the maintenance and waterfront areas, unless supervised by an ABK Staff member)
- 7) Students and Teachers/Chaperones must accept the risk inherent in the activities. Although effort is made to ensure the safety of all of the guests at Camp ABK, Camp Aush-Bik-Koong is not responsible for any accidents or injuries.
- 6) Cabins are examined before and after each visit. Schools are responsible for the cost of repairing damage done by students.
- 7) Camp curfew runs from 11:00p.m. to 7:00 a.m. During these hours, students are expected to remain in the cabins. Please respect the others at camp by remaining quiet during these hours.

*Please make your students and chaperones aware of the expected behaviour, and please supervise them during your visit. If any member of your group violates any of the rules outlined above, Camp Aush-Bik-Koong reserves the right to evict any guest from the property, particularly if their behaviour is threatening the safety of other guests and/or staff.*

## EXPECTATIONS OF TEACHERS/CHAPERONES

During your visit to Camp ABK, our staff will lead the activities and provide supervision from breakfast until the program ends in the evening (free time excluded). We require teachers and chaperones to be present at each activity and to help control student behaviour during the activity groups, even though our staff will be leading the activities.

Teachers and chaperones are to supervise their students during free time and in the evenings when the students have been dismissed to their cabins. Students are to stay in their cabins and respect the lights out/all quiet hour at Camp ABK (11:00 p.m.) Roaming the camp after curfew and pranking will not be tolerated. Please

remind your chaperones that the students are still technically “at school” while on their class trip. As such, behaviour that would be inappropriate at school is also inappropriate at Camp ABK.

## WHAT TO BRING

For your visit, you will need the following:

- A warm sleeping bag
- Clothes (pack for rain or shine and varying temperatures)
- A pair of sturdy shoes
- Towel
- Sunscreen
- Hat
- Toiletries
- Insect repellent
- Extra money to buy snacks/clothing in our gift shop (gifts range from \$5 - \$50)

*NOTE: Camp ABK has developed a reputation for superior food! While at Camp ABK students will receive a balanced, nutritious, delicious diet, with a snack each evening.*

## CAMP ABK DRESS CODE

While at Camp Aush-Bik-Koong all students and staff/chaperones are to dress according to our Dress code policy:

-Swimming Attire:

-Girls are to wear modest bathing suits that cover the torso. All other bathing suits must be covered by a dark shirt.

-Guys are to wear shorts-style bathing suits. Shirts must be worn when not participating in waterfront activities.

-Daily Attire:

-Pants/shorts/skirts that are skin-tight or too short are not permitted. -Shirts must be modest and cover the torso.

-Shirts that refer to or advocate drugs, alcohol, tobacco, or that contain offensive words or symbols are not permitted at camp.

***We reserve the right to ask a staff or camper to change if we feel his/her clothing is inappropriate.***

## HEALTH INFORMATION

Any health issues are the responsibility of the school. It is important that Camp ABK be made aware of any special health concerns of individual students. Please bring a copy of the appropriate student health forms/records as required by your school/board. These records must be kept by the teacher in charge, and be accessible at all times. In the event of an emergency, students are taken to the hospital in either Espanola, or Elliot Lake. Any medical costs incurred will be the responsibility of the child's parent/guardian(s). Teachers or accompanying adults must make any emergency trips.

## LOCATION

Camp ABK is located 2km north of Walford, ON, on Sugar Lake Road, off the Trans Canada Highway (HWY 17). It is approximately three hours west of North Bay, one and a half hours west of Sudbury, and two hours east of Sault Ste. Marie.



# STATEMENT OF FAITH

Camp Aush-Bik-Koong is a Christian camp, and we require that all guests of our Outdoor Ed. Program agree to respect the beliefs of Camp Aush-Bik-Koong as set forth in the Statement of Faith and to do nothing by word or act or allow any member or speaker to do likewise, that will in any way detract from or be contradictory to this statement. This does not mean that you need to agree with our Christian statement of faith, simply that you must agree to respect it, just as you would any other faith.

## **The Bible**

We believe that the bible as originally given in its entirety, is the inspired and inerrant Word of God. It is the revelation of the mind and will of God to mankind and is the supreme authority for salvation by faith and Christian living (2 Timothy 3:16,17; 2 Peter 1:19,12).

## **God**

We believe that there is one God (Deuteronomy 6:4), the Creator of all (Genesis 1:2), who exists eternally in three persons (Matthew 28:19); Father (Romans 8:15), Son (Matthew 1:23; Hebrews 1:1,2) and Holy Spirit (1 Corinthians 2:9,10), and that these three possess the same nature, attributes and glory (Matthew 28:19; 2 Corinthians 13:14; Ephesians 2:18).

## **Jesus Christ**

We believe that our Lord Jesus Christ is fully God and fully man, through His conception by the Holy Spirit and virgin birth. True humanity and undiminished Deity were united in one person (Matthew 1:18-25; John 1:1,14; Hebrews 1:1-3; 1 Timothy 3:16). We believe that He died on the Cross for our sins (1 Peter 2:24), rose bodily from the dead (Luke 24:28), and ascended to His Father's right hand where He intercedes on our behalf (Hebrews 4:14-16).

## **Holy Spirit**

We believe that the Holy Spirit is fully God. We believe that the ministry of the Holy Spirit is to promote the Lord Jesus Christ (John 14-16); to baptize individuals into God's family and indwell, instruct, guide and empower every believer (Romans 8:9-11; John 14-16; 1 Corinthians 6:19; 12:12,13; Galatians 5); and to convict the world of sin, righteousness & judgment (John 16:8-11).

## **Man**

We believe that man (male and female) was created perfectly in the image of God (Genesis 1:26-2:25) for the purpose of relating meaningfully with Him. Because of Adam's disobedience, every individual is guilty before God and headed for eternal separation from Him (Romans 1:18-32; 3:10-23; 5:12-6:23; Revelation 20:11-15). Reconciliation with God is possible only through personal acceptance of Jesus Christ as Savior (Titus 3:5; Hebrews 9:12-14).

## **Salvation**

We believe that salvation is available only on the basis of the shed blood of the Lord Jesus Christ (1 Peter 1:18,19). We believe that salvation can not be earned by any person through good behavior, but is an act of God's grace given to all who repent of their sins and believe in the Lord Jesus as Savior (Ephesians 2:8-10).

## **The Return of Christ and Future Events**

We believe in the personal, imminent, and premillennial return of our Lord Jesus Christ to receive believers to Himself, judge the wicked and establish His Kingdom on earth, where He will reign in righteousness (Matthew 24:25; 1 Thessalonians 4:13-5:10; Revelation 19:11-22:21). We believe in the bodily resurrection of the Just to everlasting blessedness with the Lord (Revelation 22:4,5) and of the Unjust to everlasting conscious punishment and separation from God (Revelation 20:10-15).

## **The Church**

We believe that the Church is not a building, but a living organism composed of all people who have placed their faith in the Lord Jesus, who is the only Head of His Church (Ephesians 1:22,23). We believe that a local church includes believers in a given locality who meet together to pray and worship the Lord, practice the ordinances. Baptism and the Lord's Supper should be a priority to every believer but will not result in a person's salvation (Matthew 28:18-20; Mark 14:12-16; Acts 8:26-40; Romans 6:3-5; 1 Corinthians 11:17-34).

## **Angels**

We believe in the true existence of spirit beings. Innumerable good angels serve God in many ways and serve His children, giving guidance and protection (Acts 8:26). God, His People, and His angels are opposed by evil angels whose head is Satan, the Devil (Job 1:6-12; Zechariah 3:1; Ephesians 2:1-3; 6:11,12). Satan was defeated when Jesus rose from the dead and will someday be cast into the Lake of fire forever (Revelation 20:11-15).



# TEACHER CHECKLIST

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## When You Receive Your Confirmation Letter

- Mail contract and deposit by the date required
- Arrange your transportation

## Before May 1<sup>st</sup>

- Contact Ryan about a date to visit your school and make a presentation to your class about their visit to Camp ABK.

## One Week Before Visit

- Ensure students have returned their signed Health Record Forms (as required by your School Board)
- Discuss and review what students are to bring (and what they are not to bring)
- Discuss and review rules and behavioral expectations with class
- Create Cabin Lists
- Contact Ryan to make aware of any medical/dietary concerns of specific students

## Before You Leave The School

- Ensure you have all the health record forms
- Ensure you have a copy of your cabin list
- Ensure students have everything they need (and do not have prohibited items)
- Count students, staff, and volunteers
- Get ready to have **FUN!!!** See you at **Camp ABK!!!**

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If you need any help arranging your class trip, do not hesitate to contact us. We want to make sure that your visit goes as smoothly as possible. We're available to walk you through the planning process, individualize your visit, even meet with your class prior to your visit.

Off-Season Address:

Ryan Lidstone  
Managing Director  
Camp Aush-Bik-Koong  
624 McNabb St., Sault Ste. Marie, ON P6B 1Z4  
(705) 942-1142  
ryan@campabk.com



# SCHOOL VISITS

## CONTRACT

### SCHOOL

SCHOOL: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ P.C. \_\_\_\_\_  
PHONE #: \_\_\_\_\_ FAX #: \_\_\_\_\_  
TEACHER IN CHARGE: \_\_\_\_\_  
EMAIL: \_\_\_\_\_  
GRADE: \_\_\_\_\_

### YOUR VISIT

DATES: From: \_\_\_\_\_ (dd/mm/yy)  
To: \_\_\_\_\_ (dd/mm.yy)

# OF STUDENTS: \_\_\_\_\_ guys, \_\_\_\_\_ girls  
# OF CHAPERONES: \_\_\_\_\_ guys, \_\_\_\_\_ girls

**Please note: Camp ABK requires one chaperone per 12 students. Chaperones must be the same gender as the campers in the cabin (ie. Only male chaperones for boys cabins and vice versa)**

PROGRAM CHOICE (Please check one):

- 3-Days (2 Nights)                       1 Day (meal provided)  
 2-Days (1 Night)                          1 Day (w/o meal)

### YOUR AGREEMENT

I \_\_\_\_\_ (please print) agree that students, teachers and volunteers from \_\_\_\_\_ School will be attending Aush-Bik-Koong Outdoor Ed. Centre on the dates indicated above.

As guests visiting Camp Aush-Bik-Koong:

- 1) We agree to respect the beliefs of Camp Aush-Bik-Koong as set forth in the Statement of Faith and to do nothing by word or act or allow any member or speaker to do likewise, that will in any way detract from or be contradictory to this statement.
- 2) That my booking is not settled until Camp Aush-Bik-Koong has received and accepted my contract and 10% non-refundable deposit

- 3) We agree to pay the balance owing in a timely fashion. Payment will be made in cash or cheques only.
- 4) We agree to abide by the guidelines described in the School Visits guide and those posted on the grounds. The signer accepts the responsibility of communicating these guidelines to the leadership of the Guest Group and will follow through to ensure compliance.
- 5) We understand that we will be charged for any damages and/or excessive cleaning expenses.
- 6) Any health issues are the responsibility of the school.
- 7) If our group is underwritten by no formal organization or fellowship I, the undersigned agree to be held responsible for the insurance and financial obligation shown above.
- 8) We will provide a certificate of insurance naming Camp Aush-Bik-Koong as an additional insured for a minimum liability coverage of \$2,000,000.00. Most schools submit this in January.

As the contact person, I understand and accept the contents of this contract. It is my responsibility to assure that my group understands:

- 1) the above terms,
- 2) accommodation and programming details, and
- 3) Fee payments.

As group coordinator, I undertake to see that Camp Aush-Bik-Koong is fully paid.

I agree to be responsible to ensure that the guidelines outlined in the School Visits Manual are followed by all students, teachers, and volunteers.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## MAILING INFORMATION

You should contact Camp ABK to confirm your dates before filling out the information sheet.

In order to process your request and guarantee your dates we need to receive the following:

- Signed School Visits Contract                       Signed Hold Harmless Agreement
- A certificate of insurance **naming Camp Aush-Bik-Koong as an additional insured** for a minimum liability coverage of \$2,000,000.00.
- 10% non-refundable deposit (payable to Camp Aush-Bik-Koong)

Please mail to:                      Camp Aush-Bik-Koong  
624 McNabb St., Sault Ste. Marie, ON. P6B 1Z4

Once we have received your contract and full deposit your booking will be confirmed.



# **HOLD HARMLESS AGREEMENT**

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## **Hold Harmless Agreement**

between

**CORPORATION OF CAMP AUSH-BIK-KOONG**

**AND**

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(your group's full, legal name)

I, the undersigned, on behalf of \_\_\_\_\_, both during  
(your group name)

and following the term of this agreement, undertake to indemnify and save harmless the Corporation of Camp Aush-Bik-Koong from and against any and all loss, cost, damages, expense and liability (statutory and common law) in connection with the injury or death of any person or any property or other damage sustained by \_\_\_\_\_, it's directors, officers,  
(your group name)

employees, agent or volunteers, which may arise out of my/our use of the camp property, EXCEPT where and to the extent such loss, cost, damages, expenses and liability arises out of acts or omissions of the Corporation of Camp Aush-Bik-Koong, it's directors, officers, employees, agent, or volunteers.

I/we also undertake to conduct my/our activities in a safe and careful manner and I/we assume full responsibility for the conduct of my/our employees, members, volunteers and for their safety, EXCEPT where and to the extent the direct acts or omissions of the Corporation of Camp Aush-Bik-Koong, it's directors, officers, employees, agent, or volunteers.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_