

CAMP ABK

SCHOOL TRIPS VISITS - OUTDOOR ED

SUMMER 2025



**OUTDOOR ED.
CENTRE GUIDE**

Contract & Agreement



WHAT WE OFFER

Teacher Checklist

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A young boy is climbing a rope in a forest. He is shirtless, wearing blue shorts, and has a green wristband. He is holding the rope with both hands and has one foot on it. The background is a dense green forest.

Overview

The 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 that promote team-building with opportunities for leadership and problem solving. All our programs are led by qualified lifeguards, and experienced activity leaders.

Camp Aush-Bik-Koong is a Christian summer camp that has been operating for over 60 years and has been registered as a non-profit corporation since 1967. Each summer around 700 campers pass through our gates as well as roughly 450 school trips students.

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.

This guide has been designed to help make your visit to Camp ABK an enjoyable and successful experience. If you have any questions, please contact our director Ryan Lidstone at (705) 941-0322, or ryan@campabk.com





PROGRAM PRICING

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.

3-Day Program

\$205.00+ HST per student (min. 20 students)

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

2-Day Program

\$147.00+ HST per student (min. 20 students)

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

1-Day Program

\$50.00 (w/o meal) + HST per student

\$63.00 (w/ meal) + HST per student

Min. 20 students required.

Teachers and chaperones are free (at the 1:12 teacher to student ration. Any additional teachers/chaperones will be charged a \$10 meal fee if meals are provided). Typically a class will arrive 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 the month of 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 the time of booking. Please make cheques payable to Camp Aush-Bik-Koong. Your school will be invoiced for the balance after your school trip.



WHAT WE OFFER

- Archery
- Canoeing
- Sports
- Low-ropes Course
- Games
- Great Food
- Campfire
- 140' Waterslide
- Rope Swing
- Swimming
- Blueberry Mountain Out-trip
- Nature Hikes
- Team-building
- Archery Tag
- Night Games
- Rec Centre (Ping Pong, Air Hockey, Foos Ball, Traverse Wall)

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. 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 to help facilitate a closer network of friends within your class. In the evening, your students will enjoy playing mixer games in front of a campfire in our Lounge. Our goal is to ensure you have an amazing class trip experience. If there is anything not on our list that you would like to try, please inquire to see if we can make it happen for you!



TEACHER CHECKLIST

Please refer to the following guide while planning your trip;

Upon Receiving Your Confirmation Letter:

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

Before May 1st :

- 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 camp 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!!!

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, and even meet with your class prior to your visit.

Off-Season Address: Ryan Lidstone, Managing Director, Camp Aush-Bik-Koong
51 Hussey St. Sault Ste. Marie, ON. P6A 4N3 (705) 941-0322, ryan@campabk.com



EXPECTATIONS

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/chaperons are expected to respect the staff, facilities, equipment and environment of Camp Aush-Bik-Koong.
- 6) While at Camp ABK, students and teachers/chaperons 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.
- 8) Cabins are examined before and after each visit. Schools are responsible for the cost of repairing damage done by students.
- 9) 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 staff at camp by remaining quiet during these hours.

Please make your students and chaperons are 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.

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 chaperons 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 chaperons 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 chaperons 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.



EXPECTATIONS CONT'D

While at Camp Aush-Bik-Koong, all students and staff/chaperones are to dress according to their school's dress code policy. The following is required while at ABK:

- Swimsuits are not to be worn in the Dining Hall
 - Shirts must be worn while participating in
-

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 that are 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.

Camp ABK is located 2 km 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.





PACKING LIST

For your visit, you will need the following:

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



HOLD HARMLESS AGREEMENT

Hold Harmless Agreement

between

CORPORATION OF CAMP AUSH-BIK-KOONG

and

(your group's full, legal name)

I, the undersigned, on behalf of _____, both during and following the
(your group name)

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 director, officers, employees, agent, or volunteers.

(your group name)

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, agents, or volunteers.

Signature: _____ **Date:** _____



SCHOOL VISITS CONTRACT

SCHOOL: _____
 ADDRESS: _____
 CITY: _____
 PHONE #: _____
 TEACHER IN CHARGE: _____
 EMAIL: _____
 GRADE: _____

DATES: FROM: _____ (DD/MM/YY)
 TO: _____ (DD/MM/YY)

OF STUDENTS: _____ GUYS, _____ GIRLS
 # OF CHAPERONS: _____ GUYS, _____ GIRLS

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

PROGRAM CHOICE (Please check one):

3-Days (2 Nights)
 2-Days (1 Night)

1 Day (meal provided)
 1 Day (w/o meal)

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: _____

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:



A signed School Visits Contract.



A 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
51 Hussey St., Sault Ste. Marie, ON, P6A 4N3

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