



# ORC Rowing Camp

Canada's Oldest Rowing Club Founded 1867

Club House  
10 Lady Grey Drive  
Telephone  
(613) 241-1120

Mailing Address  
P.O. Box 1457  
Station B  
Ottawa, ON  
K1P 5P6

## 2025 Summer Camp Rules

### 1. Drop-off and Pick-up

Parents or authorized individuals (listed in the authorization register) must drop off and pick up the child **inside the ORC**, by the office or in the Andy Binda Boathouse. Please note: You must contact the coordinators to add or remove an authorized person. Otherwise, we will not release a child without parental consent. If your child is authorized to leave on their own, we require this to be indicated in the google form. (Rebecca Cocchetto–[everybodyrows@ottawarowingclub.com](mailto:everybodyrows@ottawarowingclub.com))

### 2. Labeling Personal Items

We strongly encourage that all personal belongings be labeled with the camper's name. The ORC is not responsible for lost items, but we will do our best to help recover them.

### 3. Daily Items to Bring

Each day, campers must bring:

- running shoes (indoor and outdoor) and sandals
- a change of clothes
- a rain jacket or long-sleeved shirt for cooler days
- comfortable clothes for exercise
- a water bottle
- a cap or hat
- sunscreen
- a plastic bag for wet clothes

4. **Food Restrictions**

Foods containing **nuts or peanuts** are strictly prohibited.

5. **Medication**

If your child needs medication, inform the camp leader  
Ideally, discuss this in advance with **Rebecca Cocchetto**.

6. **Meals and Snacks**

Each camper must bring **one lunch and two snacks** daily, as well as a water bottle.

7. **Respect and Behavior**

Campers must show respect to counselors, assistant counselors, coordinators, ORC staff, members, and fellow campers.

8. **Drop-off and Pick-Up**

The camp is scheduled from 8:30 am to 3:30 pm. We encourage you to arrive at least 15 minutes early to start on time. Counselors will be at the Club starting at 7:30 am.

Campers who are waiting for pick-up may wait inside by the Club office until 4:30 pm.