



# 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

## 1. ADMINISTRATION:

- Coordinator for the camp: **Rebecca Cocchetto**  
(everybodyrows@ottawarowingclub.com)
  - Communication with parents: Available by email, office phone, or by appointment
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## 2. CAMP LEADERS

This summer, the camp will host two **enthusiastic leaders**, Lana and Ellen, both of whom have completed **CPR and first aid training**. They have also received **specific rowing training**.

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## 3. CAMP OPERATING HOURS

- **Morning drop-off:** 7:30-8:30 AM
  - **Program start:** 8:30 AM
  - **Half-day ends:** 11:30 AM
  - **Lunch:** 11:30-12:30
  - **Afternoon pick up :** 3:30-4:30 PM
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## 4. CAMP RESOURCES

On this site, you will find:

- Schedules
  - Various documents such as camp rules, and general camp information
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## 5. DROP OFF AND PICK UP : 7:30-8:30 AM and 11:30 AM (Half-day)/ 3:30-4:30 PM (Full-day)

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### 5.1 MORNING PROCEDURE:

- Park your vehicle in the parking lot in front of the boathouse (down the driveway and past the initial construction)
  - **No Camp Leaders will be present before 7:30 AM.**
  - Drop-off is upstairs inside the Andy Binda Boathouse (the first building you see upon arrival)
  - **Campers must report to the Camp Leaders upon arrival.**
    - If someone else is picking up your child, their name must be on the Google form, or your child must be designated as someone who can leave by themselves on the Google form
    - <https://docs.google.com/forms/d/e/1FAIpQLSfEOQScieHlr-poDdBVvE4-raEXfLXkHeib7m-siUKHAaOvpq/viewform?usp=header>
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### 5.2 EVENING PICK-UP

The pick-up location will be the same as the drop-off location—upstairs inside the Andy Binda Boathouse.

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#### 5.2.1 Early Pick-Ups

Camp programming runs from **8:30 AM to 3:30 PM** for full-day campers, and **8:30 AM to 11:30 AM** for half-day campers.

We ask that you pick up your child **after 3:30 PM** for full day campers and 11:30 am for half-day campers, and limit early departures to emergencies.

A high number of early pick-ups disrupts the groups and counselors.

If you need to pick up your child before 3:30 PM or 11:30 AM, please **email us in advance** so we can prepare your child.

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## 6. PARENT COMMUNICATION SYSTEM

Important reminders are sent by the coordinators via **email** before and during each session.

Coordinators are available by **phone, email, or appointment**.

## 7. MEDICATIONS AND FIRST AID


It is **very important** to bring all necessary medications (e.g., asthma inhalers, EpiPens) to camp.

Please note that we **do not administer any over-the-counter medications** (e.g., Tylenol, Aspirin), even with parental consent.

Coordinators are available to schedule a **phone or in-person meeting** with any parent who wishes to discuss their child's medical condition in more detail.

## 8. PROGRAMMING

Below is a typical weekly schedule for the day camp. All **pink time slots** are on-water rowing programming: campers will either be sculling (two oars each) or sweeping (one oar each), and will explore rowing through different on-water activities! All **blue time slots** are on-land, rowing-specific timeslots. The rowing machine ("erg") is a great way to build rowing technique and receive immediate feedback from camp leaders!

 [Camp Schedule](#)

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### 8.1 LUNCH

You must provide a **cold lunch** for your child every day of the week. While microwaves are available at the ORC, we aim to use them as little as possible for **efficiency and practicality**, and we appreciate your cooperation in this matter.

### 8.2 VARIOUS ACTIVITIES

#### NO FREE TIME!

We have a policy at camp where **free time is not scheduled**, and campers won't have time to get bored!

All activities are prepared in advance, incorporating a mix of **on-water and off-water**

**training, and calm activities** as needed. All programming information can be found in the shared google sheet.

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## **INCLEMENT WEATHER**

The ORC aims to keep youth **outside** and on the Ottawa River, exploring the sport of rowing and avoiding screentime. However, the weather is **out of our control** and can make being outside unpleasant or unsafe. In the event of **heavy rain or thunderstorms**, campers will be redirected inside to remain safe.

A movie **may be shown** in such cases to avoid overcrowding the indoor spaces.

Please note:

- A movie can only be shown **once per camp session**, and **only in the case of severe rain or thunderstorms**.
  - The **coordinators will choose** the movie if this situation arises, to ensure that it is appropriate for the camp setting.
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## **9. SEVERE ALLERGIES**

Several children this summer will have **severe allergies** to **nuts, peanuts, fish, or shellfish**.

**At no time** will children be allowed to eat foods containing ingredients that could trigger allergic reactions. This is a **critical safety issue**.

Coordinators are fully available to schedule a **phone or in-person meeting** if you would like to provide more detailed information about your child's allergies.