

# Family Camp Weekend

## Family Information Package



Friday June 5<sup>th</sup> – Sunday June 7<sup>th</sup>, 2020

Location: Camp Woodeden  
2311 Oxford St W  
London, ON N6K 4P1

Fees: \$100.00/family

Online Registration Link:

<https://onpara.ca/onpara-family-camp-weekend-2020-registration/>

Registration Deadline: May 4, 2020

ONPARA will be renting **Camp Woodeden**, which is a fully accessible camp facility, to run our family camp weekend.

To learn more about Camp Woodeden and other Easter Seals camps, visit  
[:https://www.eastersealscamps.org](https://www.eastersealscamps.org)



It is with great excitement that we invite you to join us for the first **ONPARA Family Camp Weekend!**

This camp weekend is for families who have a child with a physical disability between the ages of 6 - 18. The camp will give families an opportunity to try new sports, meet other families, get connected with local sport clubs and programs, and enjoy an overnight camp experience together in a fun, supportive and inclusive environment.

Trying new sports and activities can sometimes be intimidating, but having the whole family there trying new sports together means that everyone is learning as a group. All skill levels are welcome, and absolutely no experience with adaptive sport is necessary. Sports and activities will be tailored to meet the abilities and skill levels of the participants in attendance.

This package contains all the information you will need for the weekend - camp facilities, the sports and activities that will be offered throughout the weekend, meals, accommodations, what to bring, etc. If you have questions about the weekend, please contact us, we are here to help! We can't wait to see you there!

### Contact:

**Katherine Hale**

Bridging the Gap Program Coordinator

Email: [btg@onpara.ca](mailto:btg@onpara.ca)

Phone: 416-426-7131

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### **Family Camp Eligibility – Who Can Attend?**

Family Camp Weekend is for families with a child/youth with a physical disability between the ages of 6-18. Children/youth must be accompanied by at least one parent/guardian, while a second parent and/or sibling(s) up to a maximum of 4 participants per family are encouraged to attend.

During the weekend, parents are responsible for supervising and providing medical needs for their children. Sport/activity-specific supervision and guidance will be provided during scheduled activities. Parents and siblings are encouraged to take part in all of the sports and activities offered!

### **How much does it cost?**

\$100/family (minimum)

The actual cost of running the family camp weekend is \$800/family but we don't want cost to be a barrier to participation so families are asked to contribute what they are able. Fees include all accommodations, meals, activities and equipment for the entire weekend. A minimum payment of \$100.00/family will apply to a maximum of 4 family members (including one child/youth age 6-18 with a physical disability and at least one parent/guardian).

*If you have more than 4 family members who would like to attend, or have questions about fees or who can attend, please contact Katherine Hale at [btq@onpara.ca](mailto:btq@onpara.ca) or (416) 426-7131.*

### **What is included?**

**Accommodations:** Families will have a fully accessible room to themselves with four stand-alone beds and shared fully accessible washroom facilities. The number of family members, the age of the children and any special requests will determine cabin assignments. Side rails may be available upon request.

**Meals:** All meals and snacks will be provided. You are welcome to bring extra snacks, but Camp Woodeden is a 'nut-free' environment, so please ensure that you have checked ingredients labels to ensure that there are no traces of peanut/nut products.

Friday: Dinner + Evening Snack

Saturday: Breakfast, Morning Snack, Lunch, Afternoon Snack, Dinner, Evening Snack

Sunday: Breakfast, Morning Snack, Lunch, Afternoon Snack

**Also Included:** Sports and camp activities for the whole family for the weekend and connections to local sport clubs/programs.

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Full list of ONPARA membership benefits: <https://onpara.ca/product/onpara-membership/>.

### Schedule for the Weekend

**Arrival:** Friday June 5<sup>th</sup> from 5:00 – 6:00pm **Departure:** Sunday June 7<sup>th</sup> from 3:00 – 4:00pm

#### **Friday June 5<sup>th</sup>**

5 – 6pm: Arrival + Check-In  
6 – 7pm: Dinner  
7 – 8pm: Introductions, Meet & Greet Social  
8pm: Campfire/Movie

#### **Saturday June 6<sup>th</sup>**

7:30 – 9am: Breakfast  
9 – 9:30am: Get ready for sport sessions  
9:30 – 10:30am: Sport Session 1  
10:30 – 11am: Snack Break  
11am – 12pm: Sport Session 2  
12 – 1pm: Lunch  
1 – 2pm: Free Time + Info Sessions  
2 – 3pm: Sport Session 3  
3 – 3:30pm: Snack Break  
3:30 – 4:30pm: Sport Session 4  
4:30 – 6:30pm: Optional Activities  
6 – 7pm: Dinner  
7 – 9pm: Campfire/Evening Programs

#### **Sunday June 7<sup>th</sup>**

7:30 – 9am: Breakfast  
9 – 9:30am: Get ready for sport sessions  
9:30 – 10:30am: Sport Session 1  
10:30 – 11am: Snack Break  
11am – 12pm: Sport Session 2  
12 – 1pm: Lunch  
1 – 3pm: Amazing Race  
3 – 4pm: Departures

### Sports Offered\*

- Wheelchair Basketball
- Wheelchair Tennis
- Wheelchair Rugby
- Wheelchair Athletics
- Handcycling/Para-Cycling
- Boccia
- Wheelchair Curling
- Power Chair Hockey
- Para Ice Hockey

### Optional Activities\* – All fully accessible!

- Rock Climbing
- Archery
- Quiet Games (board games, movies, crafts)
- Campfire
- Indoor bowling
- Indoor/outdoor mini golf

\*Subject to change. Will be confirmed after registration deadline – May 4, 2020.

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### **Will transportation be provided?**

No, transportation to Camp Woodeden will not be provided. Families will be expected to arrange their own transportation to camp.

### **Do parents have to participate in activities?**

No, parents are not required to participate in activities. However, parents and siblings are encouraged to participate in activities to get the full adaptive sport experience!

### **Do children have to attend activities?**

We encourage participants to participate in all activities. If they choose not to, a parent must supervise them.

### **Will the staff assist my family?**

Throughout the weekend, recreation therapists and ONPARA staff will be in attendance, however parents are responsible for supervising and providing the medical needs for their children. Participants will be supervised during scheduled sports/activities by program leaders, volunteers and athlete ambassadors.

**Questions? Contact Katherine Hale at [btg@onpara.ca](mailto:btg@onpara.ca) or 416-426-7131.**

This camp has been made possible through support from



The Canadian Foundation for  
Physically Disabled Persons