



# CAMP SOKIL POLICY BOOK 2020

We don't fly, we soar!  
Ми літаємо вище!

**UKRAINIAN NATIONAL FEDERATION  
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## Message from the Camp Director

It is my pleasure as returning Camp Director to welcome you to the UNF Camps family! Camp Sokil has been soaring since 1959 and I have the pleasure of running camp for a fifth season. Every year becomes more and more exciting. In my first year, we were blessed with six newly renovated barracks. A year later, we received two brand new washroom buildings. Last year, we received an outpouring of support from the Ukrainian Credit Union Ltd. (\$100,000), OYK- Toronto (\$5000), The Roman Family (\$5000) and Ubraine (\$500) along with other donors which allowed us to do major upgrades and renovations to our eating hall and kitchen! Our 60th anniversary summer was one to remember and this summer we will really soar! I cannot wait to get started.

Camp Sokil was proudly founded by the Ukrainian National Federation – Toronto Branch in 1959. The branch has assigned the important work of developing youth programming, at camp and at the branch itself, to me personally. I am proud to inform you that I will be here, ensuring that children in our youth programs are educated about our Ukrainian traditions, provided a sense of belonging and community, and are taught leadership tools that will serve them well.

I have prepared the following document for you so that the policies and regulations of Camp Sokil are accessible and understood by every parent and camper. Please ensure you read it carefully before camp – it will help answer many questions. Please do not hesitate to call or email me at anytime.

It is a joy to create and run Camp Sokil. Our camp family continues with socials and other events during the year. I look forward to working with your camper and welcoming you to the UNF Camps family!

With Warmth and Love,



Anastasia Baczyński  
Camp Director, 2016-2020

## Welcome to Camp Sokil

### **We don't fly, we soar!**

Founded by the Ukrainian National Federation in 1959, Camp Sokil is one of Canada's oldest Ukrainian Canadian recreational camps. Located on the edge of beautiful Lake Simcoe in the hamlet of Hawkestone, Camp Sokil has provided a superior summer experience for three generations of campers. "Sokil" in Ukrainian means "falcon." We at Camp Sokil have taken this beautiful animal as our symbol. Like falcons, we don't fly, we soar at Camp Sokil.

### **Mission Statement**

In line with the principles of the UNF, Camp Sokil's mission is to honour our Ukrainian heritage while providing a thoroughly Canadian context. Camp Sokil aims to provide the perfect setting for campers to develop life skills, build lasting friendships and learn about their Ukrainian ancestry. Through our dedication to quality programming, Camp Sokil prepares Ukrainian Canadian youth and children for leadership positions in society.

### **Programming**

Our programming is of the highest quality. Developed during the entire year leading up to camp, the program is focused on intellectual and emotional growth and on the building and maintenance of physical health. Primarily using the beautiful surroundings, campers run, play and learn from Mother Nature herself. Every day is carefully scheduled from 7 am to 10:00pm and is focused on play, sport, arts and crafts. Camp Sokil is an ORCKA accredited camp and our counselors are certified canoe instructors. Carefully prepared workshops and professional special guests add to the diversity of the craft, sport and life skills program. There is a special focus on Ukrainian culture at Camp Sokil, with many activities and crafts based on our rich Ukrainian traditions. There is a focus on Ukrainian language and we use it in all contexts at Camp Sokil.

### **Staffing**

Our staff is carefully selected for their strengths in leadership and role modelling. They undergo an intensive training program where they learn about best practices with working with children and young adults. They receive their instructor's certification from ORCKA during our training program. We stand behind the professionalism of our staff, who all embody Camp Sokil's ideals, values and mission.

### **The Golden Wings Team**

In 2017, Camp Sokil developed the "Golden Wings Team." This special team of volunteers are made up of people who love Camp Sokil and all it represents. It is comprised mostly of former campers, UNF members, and parents who are serious about making Camp Sokil an amazing place to grow. They provide support to the camp administrators in the areas of staff and volunteer sourcing, providing physical help when needed, donations sourcing and fund raising. They also share their special skills and talents and give workshops during the duration of Camp. The Golden Wings team helps when needed, wherever it is needed. They are true friends of Camp Sokil and deserve their "Golden Wings." Camp Sokil encourages all parents to join the Golden Wings team. Join this amazing team and "earn your wings." Contact the Camp Director at [campsokil@unfcanada.ca](mailto:campsokil@unfcanada.ca).

## Policies and Regulations

Please read the following carefully. They constitute the administrative procedures, policies, rules and regulations of Camp Sokil. Disregard for the following may result in denial of application or dismissal from Camp without refund.

### Dates and Times: Camp 2020

#### Youth Camp (AGES 13-16)

Week 1 July 12 – July 18

Week 2 July 18 – July 25

Week 3 July 25 – July Aug 1

Youth Camp	Week 1	Week 2	Week 3
Registration	July 12   3pm	July 18   3pm	July 25   3pm
Camp Program Starts	5pm	5pm	5pm
Check Out (For Visits or Leaving Camp)	July 18   12pm	July 25   12pm	August 1   12pm

#### Kids Camp (AGES 6-12)

Week 1 August 9- August 15

Week 2 August 15 – August 22

Week 3 August 22- August 29

Kids Camp	Week 1	Week 2	Week 3
Registration	August 9   3pm	August 15   3pm	August 22   3pm
Camp Program Starts	5pm	5pm	5pm
Check Out (For Visits or Leaving Camp)	August 15   12pm	August 22   12pm	August 29   12pm

## Registration and Payment Policies

Because of high demand, registration applications received via e-mail, in person or online will be reviewed for completion of all mandatory information. If all information is complete, you will be sent an invoice to pay for camp.

**The invoice must be paid in full within 2 weeks.** Once paid, you will receive a receipt. **Your payment receipt is confirmation of registration.** You may pay via PayPal, cheque or cash in person at the UNF office at 145 Evans Ave, Toronto, ON. **All campers marked as “PAID” will receive a “Welcome to Camp” email. If you did not receive this email you are not marked as registered in the camp lists and may not have a spot secured.**

**If the invoice is not paid within the two week window, it will be considered “Missing Payment” and your application will be declined.** You will receive an email marked “Missing Payment- Camp Application Declined.” Your application will have to be resubmitted entirely and will be processed in sequence with new applications.

**If you are registering your child at camp, you must have the form filled in completely and the payment must be made in CASH only.** There is no guarantee there will be a spot for your child if you choose this registration method, and Camp Sokil encourages you to register early.

### Missing Information, or NSF – Two Week Grace Period

If the application falls into the following categories, you will be notified via email.

- Missing Information
- Incomplete Payment (NSF)

There is a 2 week (10 business days) grace period to correct the problem. If the issue is not corrected in 2 weeks from the date on the notification email, the application form will be rejected and will have to be resubmitted entirely. Please note, if payment is sent, but not does not clear, you will be charged an NSF fee of \$50 and will be given 2 weeks to clear payment.

### Registration Prices

	Early Bird Price Before April 1, 2020	Late Owl Price After April 1, 2020	UNF Members Anytime, Any Week
Individual Weeks	\$425	\$450	\$400
* All 3 Weeks	\$400	\$425	\$400
Uniform Fee	+\$25	+\$25	+\$25

\*If three consecutive weeks are not available then no discount shall apply

#### Special Note on UNF Member Fees and Uniform Fees

UNF prices apply to members of OYK, UWVA or UNF who are parents or legal guardians of the camper(s) and are up-to-date in their membership fees for the year. Membership status is checked at UNF national office on official membership lists. Uniform Fees are per camper and non-negotiable.

#### Cancellation & Withdrawal

Because of a high enrollment and limited availability of space there is no refund of fees for cancellation or withdrawal of a child from camp either before or during camp. Please give careful thought to the length of time your child will spend with us. The Camp Director reserves the right to send a camper home under certain circumstances. There is no refund of any deposits or fees. Please see below under **“Reasons for Sending A Camper Home.”**



## Registration Day

Address: 16 Taras Bl, Hawkestone, ON, L0L 1T0

Coming from the GTA:

- Travel North on 400
- Take the Highway 11 cut-off and continue north for 18Km to Oro Line 11
- Exit at Oro Line 11 (a right exit – just as you pass under the bridge)
- Keep driving through the Village of Hawkestone until you see the Camp Sokil sign on your right
- Make a right turn into Camp Sokil and follow the signs to the Gate.

### Arrival and Parking

At the Gate the keeper will keep a list of the registered campers and will give you a parking pass. This pass entitles parents to Day Access to the Camp Sokil Grounds (No Overnight Stays). Parking for parents has been designated in the “Day Pass Parking” area. Please proceed there, park your vehicle and complete registration before proceeding to the assigned cabin to unpack. **Parking at the camp kitchen is not permitted at anytime. You will be asked to leave. Please do not ignore this rule as it is unpleasant for all involved.**

### Registration Process

While you are welcome to arrive early and enjoy the facilities, **please do not enter the camp grounds until the designated times.** Please come to the camp kitchen for registration and pick up at the assigned times. Do not enter cabins without undergoing registration.

**Registration for each session week begins at 3:00 pm each starting day of Camp in the camp kitchen.** At registration campers receive their uniform and are assigned to their group and cabin. Parents have the opportunity to provide special information about their camper including any medical instructions, pass over medications and pay for tuck shop. There is a pleasant environment provided for you in the camp kitchen while you and your camper undergo this process. Campers who decide to extend their stay, provided space is available, must re-register and pay in full at this time.

**No supervision will be given until 5pm on Registration Day.** Parents are welcome to stay to view the opening ceremonies at 5pm.

### Bunking and Group Requests

We at Camp Sokil know that parents wish to make their camper's stay comfortable and pleasant. However, we cannot accommodate requests for bunking and switching groups. The Camp is very small and campers are always together, grouped by age and sex in their cabins and groups. (For resources on emotional safety of children at camp, please see our post on the Parent's Resources on our website.) **Please do not make requests on Registration Day as all groups and cabins are already created and assigned.** We cannot "remove" campers from cabins once they are already settled to make room for requests. **If there are concerns, please contact the Director at [campsokil@unfcanada.ca](mailto:campsokil@unfcanada.ca) before the beginning of camp.**

### Visitation Day

As per popular vote, Visitation Day is now every **Saturday**. Parents must sign their campers back in at 5PM on Saturday evening.

Parents **must** sign out their children with the counselor when taking them for a visit or when they are taking them home after camp. If parents are returning children from a visit, they must "sign in" their children with the counselor no earlier or later than 5pm. This process will happen at the Camp Grounds.

All campers must be checked out by their parents each Saturday between 12:00pm and 5:00PM while we prepare for the next week's program. Feel free to use the beach, go to town or just have a nice picnic together. **No supervision will be provided during the 12:00-5:00 pm window at camp.** If you are unable to come that day, you must arrange another responsible adult for your camper's supervision and notify the Camp Director in writing (email). No children or teenagers are allowed to roam the grounds during this time without supervision. Prepare accordingly.

Please note, visitation during the week is not permitted.

## Policy on Lateness Checking Out

Make sure you give yourself enough time to arrive on time. **If you do not check out your camper by the allotted time, you will be surcharged 20\$ /hour for supervision. This is strictly enforced as counselors need rest at this time as well. Please be considerate. We teach our future leaders that being on time is showing respect for others.**

## Last Day of Camp

**Signing out procedures and lateness policy are still in effect on the last day of camp.**

## Medications Policy

The Camp staff will not administer any medication unless written consent is received. The medication permission form will be available for signing at registration. Medications shall include all over the counter (non-prescription) medications as well as medications available only by prescription. **Please place your camper's medication in its original manufacturer's packaging into a Ziplock bag, write clear and detailed instructions and place in the bag, and label the bag with your child's full name. Please hand this in on Registration Day as you are registered. All medications will be kept in the camp office. No medications are to be kept or administered by campers.**

Pharmacy labels are required for all prescriptions. Over the counter medication must be sent in the original container with the camper's name written on it.

## Electronic Devices and Cell Phones Policy

It is important to be aware of Camp Sokil's strict "No Cell Phones" policy. Cell phones are disruptive to counselors who are there to engage campers in the joys of co-operative play and the wonders of nature. Camp Sokil has an emergency cell phone line that can be used when an emergency arises, either at camp or at home. **The number is (647) 964-3472. Parents are requested to restrict use of this line and use it in times of emergency only.** Campers who need to speak to their parents because of an emergency at camp will, of course, be allowed to call home.

Camp is an opportunity to learn about independence. Most campers go through “home sickness” and it is a part of learning how to adapt to a new environment. If campers are severely unhappy, we will accommodate as best we can to allay the camper’s fears, including calling home. We ask parents to be strong and support their child’s growth by re-assuring them that they will come home soon and that camp is a safe and fun place to be. **Please do not call your child everyday nor request them to call everyday.** This is disruptive to their independence and growth and may cause them to worry about missing home. **Cell phones brought will be held in the Camp Office.**

### Special Diets Policy

Camp Sokil goes to great lengths to ensure the safety and quality of our meals and snacks. Our kitchen staff are Food Handler Certified and look into balance of macro-nutrients – protein, carbohydrates and fats. We serve a range of fruit and veggies and purchase HACCAP certified Beef and Chicken.

If your child has an allergen that needs to be avoided, please indicate the allergen, severity and emergency medication list on the registration form. If your child needs an EPI Pen for his/her allergy, you and your family doctor will need to sign a separate permission form and action plan that will be emailed to you for completion.

If your child has special dietary replacements such as:

- Gluten Free Products
- Vegetarian/Vegan
- Restrictions for religious reasons

Due to provincial health and safety laws, we are not allowed to store or serve any food that has not been purchased by our food handler certified chefs. Therefore, if your child requires a special individual menu and meal plan, we will charge a fee of \$50 a week on top of registration to account for the provision of an individualized meal.

### Snacks Policy

**Camp Sokil has a strict “No Outside Snacks” policy. We ask that you do not send campers with snacks.** There are campers with various allergies that may react to odors that certain snacks may give off. Also, snacks in the cabins attract vermin and insects which are a danger to the campers’ safety and well-being. Lastly, during lights out, counselors will have a difficult time controlling consumption of snacks in the cabin. This may lead to tummy aches and even consumption of allergens if campers share with others.

We have a Tuck shop place where campers are allowed purchase some “fun” snacks. (See “Tuck Shop” below.) It is the only way we can accommodate the allergy, environmental and health concerns with snacking. We know camp should be fun, but it should also be safe and healthy for all concerned. Snacks will be confiscated and returned on visitation day or the last day of camp. Please see “Special Note on Items Not Allowed at Camp Sokil below.” You will indicate you agree to be bound by this policy in the registration form and may have liability issues if you choose to ignore this policy.

### Tuck Shop

Once a week the campers may purchase small amounts of treats. On Registration Day, parents are encouraged to leave a deposit of \$10 at check in time in order that your child can participate in the purchase of small treats. No more than \$10 per Week should be deposited. The campers are permitted to buy items from an assortment of pop, ice cream, potato chips and candy. The tuck shop also supplies stock items like toothbrushes, batteries, writing kits, stamps, etc. Campers will receive credit that can be re-filled weekly. Campers will not need money at camp.

### Policy on Leftover Tuck Shop Money

It has been brought to the administration’s attention that over 600 children in Orillia go to bed without enough food to eat. It is in line with the UNF’s philosophy of leadership, community and growing good citizens that we help our neighbours in need if we can. Any money that is not used up on the tuck shop card will be donated to The Sharing Place Food Bank in Orillia. In no way do we pressure children with this information. They are free to use up all their tuck money and are not told of this policy unless they ask.

### **Parents’ Role in Supporting Policies**

Parents are key players in the support of these policies. If you allow your child to bring items to camp that are not allowed and tell them to hide them, you are encouraging your child to be deceptive and untruthful. These policies are not in place arbitrarily and serve important purposes. Parents are important role models, and by disregarding these policies you are unwittingly training your child that it is acceptable to break rules. This sets a precedent that is unfavourable to their success in society and confuses their moral compass. It will also cause you trouble as a parent when you request them to obey your rules. It is difficult to say no, however as parents, you can appreciate that sometimes it is the proper answer.

### No Bottled Water at Camp Sokil

As of 2019, it is now not allowed to bring cases of water to Camp Sokil. Cases of water lead to the following:

1. Dehydration – Children use up their water before the end of the week and have no receptacle to re-fill. Also, they become confused which bottles are theirs during activities and do not drink at all.
2. Waste – Camp Sokil is overflowing with water bottle garbage. The receptacles are full and the amount of barely used water bottles littering the lawn is disheartening for the planet and for parents who have spent money on a waste.

Water at Camp Sokil monitored on an hourly basis and comes directly from an artisan source. Our water lines are exclusively used for Camp. The water is very clean and safe to drink. **You will be REQUIRED to bring a refillable water bottle to camp or be charged \$10 for the purchase of one upon arrival.**

### Photo and Video Use

Camp Sokil Staff will periodically take photos and videos of Camp Activities and upload them to our Facebook page to inform parents about camp and its progress. A media release form will be part of the registration process. Photos may be used for UNF promotional and informational activities such as Camp advertisements, Website Newsletter Updates, and Community Information packages. The UNF Reserves the right to retain and use such material for internal and promotional purposes.

### Liability Waiver

As is standard at most camps in Ontario, parents will be required to sign a liability waiver upon Registration. This waiver is a requirement for your camper's participation at Camp Sokil.

## Reasons for Sending a Camper Home

Unfortunately there may be times when campers must be sent home. Refunds for sickness, injury or behavioural issues will not be applied. Camp Sokil retains the right to send campers home for the reasons described below.

### Sickness

If your child is too sick to participate in the program, parents will be contacted to pick the camper up. A written doctor's note with "able to return date" is required to return to camp. Minor illnesses do occur and the camp nurse will assess whether there is a need for a doctor's visit. Medicine will be administered if the medical waivers signed at registration indicates the camper is allowed to receive the medication necessary to treat the minor illness. If a doctor is needed, it is the parent's responsibility to pick up and arrange the doctor's visit and doctor's note for return to camp.

### Injury

In the case of a injury, the camper will receive emergency medical attention as is required. Parents will immediately be contacted. If camper is able to still participate in the program to a large degree, parents can request to allow the camper to re-join camp. Re-admittance will be at the discretion of the Camp Director and written note from a doctor with a "able to return" date will be required if the injury required a doctor's visit.

### Behaviour

It is the policy of Camp Sokil to set limits for children which will ensure a safe and secure environment while demonstrating respect for the individual needs of children. At Camp Sokil, campers are expected to show respect for themselves, others, the sites they visit, and the wildlife they encounter.

A 3- step resolution model will be used in dealing with behavioural issues. It will be the responsibility of our Counselors to ensure campers are aware of this model, as well as our expectations for keeping campers safe and happy while at camp. This model is intended to assess, monitor and manage issues of behaviour. As required, parents will be consulted on behaviour issues on an escalated basis.

On the first case of physically violent behaviour, offensive or hurtful language, willful damage or theft of property, campers will immediately be placed into a mediation process by the Camp Director.

### Special Note on Bullying

Camp Sokil does not tolerate bullying in any form. Our counselors are specifically trained on the differences between conflicts and bullying. Camp Sokil encourages monitoring and support for conflict resolution versus top down solutions. Campers are given skills to deal with conflicts/disagreements in a safe and appropriate way should they arise. Camp Sokil also defines what bullying is. Bullying is about one camper applying and enforcing direct or indirect control over another camper, using any method available. It is defined, explained, and workshopped with campers

they are clear on Camp Sokil's expectations of behaviour. If bullying does occur, it is taken seriously. On the first offense, the camper is placed into a mediation process by the Camp Director. On the third offense, the offending campers will be sent home.

Issues of sickness, injury, behaviour and bullying are documented and shared with parents as they occur. If issues of behaviour and bullying cannot be resolved, the camper will be asked to leave the camp. The parents input will be heavily considered. Staff and camper safety, and program continuation will be held as a priority.

#### Special Note on Items Not Allowed at Camp Sokil

As with all camps, Camp Sokil intends to provide a safe and healthy environment for all our campers and staff. As such, items that are not allowed at camp will be confiscated if found. These items shall be kept in the camp office, and an immediate phone call to parents will be made. Possession of these items may result in sending the camper home immediately, without refund. Items of this nature may include, but are not limited to:

- Drugs, Tobacco, Vaporizers and/or Alcohol
- Illicit/Violent literature or media
- Weapons of any kind
- Candies, chocolates, or cookies that are unwrapped in plastic bags/homemade packaging

The Camp Director reserves the right to call the police if the item is dangerous to the safety of staff and campers.



## **Camp Checklist**

*What to take (and not to take) to summer camp.*

### What to Leave at Home

- Electronic games or personal listening devices
- Expensive items/precious items that will devastate camper/parent if lost or broken
- Cell phones
- Snacks/Gum/Juices
- Aerosol Cans of any kind
- Perfume/Scented Products
- Aggressive/Gun toys

### What to Bring

- Appropriate clothing for the week  
(It fluctuates from hot to cold often at Hawkestone – please provide comfortable options for both situations. We suggest parents look at weather reports in advance.)
- Raincoat/Boots
- Comfortable running shoes
- Backpack
- Hiking shoes (if you have them)
- Pair of flip flops/Sandals (preferably waterproof)
- Personal Toiletries (with as little scent as possible to avoid attracting insect bites)
- Sleeping Bag, Pillow with Pillowcase, Bed Sheet (single size)
- Hat
- Sun Screen
- Sunglasses
- **Sturdy Re-fillable water bottle (you will be charged for one if you do not have one)**
- Swimming suit
- Beach Towel
- Shower Towel
- Water shoes (if you have them, they are good to have)
- Flashlight and Batteries
- Laundry Bag
- Emergency/Regular Medication (See Medication Above)
- A properly sized lifejacket with the camper's name clearly marked if you have one
- Apron for messy crafts

### Optional (but fun!)

- Musical instruments
- Song books
- Hallowe'en costume/Costume for skits

- Swimming Goggles
- Small board game/deck of cards
- Pen, Paper, Stamped and addressed envelopes
- Notebook/Journal
- Books/Magazines
- Book of Activities
- Water toys that squirt

### Lost and Found

We have a lost and found box at Sokil, however encourage parents to **label absolutely everything**. Many campers arrive with identical items and it is hard to parse what belongs to whom especially in a cabin environment. Labelling stops issues of inadvertent “theft” and therefore, stops potential conflicts before they begin. It also helps your camper identify their belongings in a lost and found box. Label your child’s full name with a fine permanent marker or purchase wash proof labels. If you would like to purchase labels, Camp Sokil has a fundraising campaign at Mabel’s Labels where 20% of proceeds will go back to camp for every purchase. This money goes back to programming directly and helps Camp Sokil soar higher. The beautiful camp themed labels will make your camper proud of labelling their things (just give him/her the labels, point to the big pile of “camp stuff” and say “go!” I can almost guarantee your camper will start labelling immediately.) The labels can be purchased at [camps.mabelslabels.com](http://camps.mabelslabels.com). Go to the CAMPS section and select “Camp Sokil” and every purchase you make will help Camp Sokil grow!

**Things left at camp will be brought back to 145 Evans Ave after the finish of camp in August (but not in-between weeks or camps).** You must arrange to come on Visitation Day to retrieve whichever item the camper has lost if you wish to retrieve it before the end of camp. Items not claimed by October 1 after the finish of camp will be donated to charity.

## The 10 Rules of Camp Sokil

1. We are a Canadian Ukrainian camp and honour our heritage and ancestors by speaking Ukrainian as much as we can
2. We believe all campers deserve to be respected – Bullying, Name Calling, Violence, Theft or Destruction of Property is not tolerated.
3. We will work out our differences in a calm and respectful, “owl” way.
4. We will follow our counselors lead and participate in the program with enthusiasm
5. We will not bring snacks into the cabin
6. We will not be distracted by cellphones/technology
7. We will keep ourselves, our activity areas and our cabins clean
8. We will respect meal times and lights out
9. We will stick with our buddy, especially at swim time
10. We are here to learn, interact and have fun!

Camp is where we learn about independence, leadership, friendship, co-operation, effective communication, respect and teamwork and we will apply these skills at all times!

We don't fly, we soar!  
Ми літаємо вище!

