

RKY CAMP

ON EAGLE LAKE

Thank you for registering for Fall Women's Weekend 2022!

You have made a wise decision for your mind and body to come up and join us for a relaxing weekend at RKY Camp on beautiful Eagle Lake. There will be lots of options of how you can spend your time; it is entirely up to you if you would like to sit on the dock and enjoy the peacefulness, or go on a nice long walk around the site, then treat yourself with our wellness options. Women's Weekend is great opportunity for you to participate in the various RKY Camp activities with other adults who love the outdoors and everything camp has to offer!

Please register for this program through our online registration system at www.rkycamp.org. Once you have reserved your spot online, we ask that you complete and return the registration form and waiver lower in this document.

Please read through the following information and send any questions to fun@rkycamp.org.

This year's Women's Weekend will feature:

- An indulgent, delicious menu - a great combination of healthy food and treats
- Outdoor Activities such as Canoeing, Kayaking, High Ropes, Archery, and more
- Yoga and Fitness Sessions
- Reading, relaxing, and enjoying a glass of wine by the fire
- Campfires
- Arts and Crafts
- And much more!

We will be continuing to focus our resources on more program staffing and additional classes at RKY. Esthetic/spa services may be available again to those interested, at a fee payable directly to the provider (cash only). Specific pricing will be made available before the event if this service is available.

Please see the overnight packing list and additional information below to ensure you are well prepared for a well-deserved weekend of relaxation and fun at RKY Camp!

Sincerely,
The RKY Camp Team



RKY Camp Women's Weekend

September 23-25, 2022 - \$275 + HST

ADDITIONAL INFORMATION

Women's Weekend is an exciting time to kick back, relax, and hang out with old friends and new! Our hope is that you will return home having conquered a new challenge at RKY Camp while recharging your batteries.

Women are more than welcome to come with a group of friends or as an individual. We encourage ladies to make cabin requests and arrangements so that we can ensure everyone has the best time possible.

RKY Camp will have sign-ups for each activity offered and women can choose to participate or relax. RKY activities will begin with breakfast and proceed throughout the day until after dinner. Women are able to use RKY Camp's site as they choose (Ex. morning or afternoon walk, reading in the boathouse or simply getting that well deserved sleep in).

RKY Camp Staff will only be supervising and facilitating planned activities, however feel free to use our site as your home away from home.

We ask that all women attending be 19 years or older. Daughters under the supervision of their guardians are welcome to attend.

SUGGESTED OVERNIGHT PACKING LIST

- Enough warm and cool clothes for the weekend (come prepared for all types of weather)
 - o Suggested: long pants, shorts, t-shirt x 2, long sleeve shirt, fleece & vest or thicker jacket
- Rain Jacket (umbrella, rain pants, and boots; optional but nice if it rains)
- Sunscreen, sunglasses, sun hat
- Swimsuit and towel
- Sturdy shoes for wearing around camp
- Slippers or slip-on sandals are nice for wearing inside (optional)
- Pillow and sleeping bag or bedding (please be prepared for colder temperatures at night)
- Toiletries
- Flashlight (there is no overhead lighting at RKY camp)
- Water bottle
- Toque & mittens (optional, but nice for cool nights)
- BYOB (we encourage non-glass containers)

Please register online at www.rkycamp.org
or by contacting the RKY Camp Office at fun@rkycamp.org



SAMPLE WOMEN'S WEEKEND SCHEDULE

Friday	Saturday	Sunday		
<p style="text-align: center;">6:00pm Arrival Starts Settle into Cabins</p> <p style="text-align: center;">7:30pm Welcome Meeting and Appetizers in the Homestead</p> <p style="text-align: center;">Activity Sign Ups</p> <p style="text-align: center;">8:00pm Sunset Yoga</p> <p style="text-align: center;">Sunset Tai Chi</p> <p style="text-align: center;">Campfire Social @ Duffy's</p> <p style="text-align: center;"><i>10pm-7:30am – Eagle Lake Quiet Hours</i></p>	7:00 – Early Riser Yoga 7:45 Wake Up Bell 8:00 Polar Bear Dip	7:00 – Early Riser Yoga 7:45 Wake Up Bell 8:00 Polar Bear Dip		
	8:30 Breakfast		8:00 Continental Breakfast	
	9:30	Workout Rock Climbing (High Ropes) Intro to Kayaking Lesson	9:00	Bodyweight Bootcamp Archery Waterfront Open (Swimming and Boating) Arts & Crafts (Candle Making)
	10:30	Dangle-a-Maze (High Ropes) Tai Chi Intro to Canoeing Lesson	10:30 Brunch	
	11:30	Open Waterfront Free Time	<i>After Brunch, the Tuck Shop will be open for purchases.</i>	
	12:30 Lunch		<i>Your credit card on file will be charged the following week.</i>	
	2:00	Team Tower (High Ropes) Waterfront Open (Swimming and Boating) Archery	12:00pm Goodbyes and Departure	
	3:00	Vertical Playground (High Ropes) Waterfront Open (Swimming and Boating) Hike to Beaver Dam	<i>See you in the Fall or Next Year!</i>	
	4:30	Frisbee Golf Free Time		
	5:30 Dinner			
	8:00 Sunset Tai Chi 8:00 Sunset Hike to the Beaver Dam Casual Campfire at Duffy's 9:00 Snack in the Homestead			
	Time to Relax!			
	Feel free to participate as much or as little as you would like! Thank you for respecting the mealtimes that Rhonda has set.			



RKY Camp Fall Women's Weekend 2022

September 23-25, 2022

\$275 + HST per guest

RKY Camp Registration 2022					
Participant Name:			Birth date:		Health Insurance Provider & Policy # (Out of province participants):
Ontario Health Card #:		Issue Date:	Expiry Date:		
Participant Contact Information			Emergency CONTACT #1		
Name Last: First:			Name Last: First:		
Address:		Apt #	Home Phone:		Cell Phone :
City:	Province:	Postal Code:		Work Phone:	Relationship to Participant:
Home Phone:		Work:		Emergency CONTACT #2	
Cell Phone:		Email:		Name Last: First:	
			Home Phone:		Cell Phone :
			Work Phone:		Relationship to Participant:

HEALTH HISTORY AND PERSONAL INFORMATION	
<p>Are your immunizations up to date: <input type="checkbox"/> Yes <input type="checkbox"/> No (Details): _____</p> <p>History of Communicable Diseases and Health Issues (Please Describe)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Asthma _____ <input type="checkbox"/> Diabetes _____ <input type="checkbox"/> Hay Fever _____ <input type="checkbox"/> Skin Conditions _____ <input type="checkbox"/> Hepatitis _____ <input type="checkbox"/> Chicken Pox _____ <input type="checkbox"/> Mumps _____ <input type="checkbox"/> Behaviour Issues _____ <input type="checkbox"/> Epilepsy _____ <input type="checkbox"/> Fainting _____ <input type="checkbox"/> Heart Condition _____ <input type="checkbox"/> Frequent Colds _____ <input type="checkbox"/> Other _____ 	<p><u>Dietary Needs:</u> <input type="checkbox"/> Vegetarian <input type="checkbox"/> Lactose Intolerant <input type="checkbox"/> Gluten Free <input type="checkbox"/> Other</p> <p>Please provide any additional required details: _____ _____</p> <p><u>Allergies</u> : Please describe any allergies that you have, including type of reaction and regular treatment: _____ _____ _____</p> <p>Please indicate any required medications while at camp and dosage _____ _____ _____</p>

If you are attending Women's Weekend with a group or a friend, please indicate their FIRST AND LAST NAMES below:

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |

Registration and Cancellation Policy

I, the undersigned custodial parent/guardian of the participant, understand and agree to the following RKY Camp policies:

- Participation in all RKY Camp programs is allocated on a first-come first-serve basis.
- All RKY Camp fees are subject to 13% HST.
- Incomplete applications will not be processed.
- **Full fee due upon registration**
- Returned cheques or payments that are unable to be processed will be assessed a fee of \$25.00 for return.
- Cancellations on or after May 1st, 2022 will be allowable for medical reasons only. To qualify for a full refund (less any administrative fees) a Medical Certificate (i.e. doctor's note) must accompany written notice of cancellation. **No refund of any amount will be granted for non-medical cancellations received on or after May 1st, 2022.**
- Refunds will not be issued where a participant is removed from the RKY Camp program for any of the following reasons: at the choice or request of the participant or the participant's custodial parent/guardian, due to behavioral issues, or due to medical reasons.
- RKY Camp reserves the right to cancel registration if the participant's medical information is not completed and if signed authorization is not returned to the RKY Camp Office prior to the commencement of the camp session.
- RKY Camp reserves the right to cancel programs two weeks prior to their start date due to poor registration numbers. In the event of a cancellation due to poor registration numbers, full refunds will be provided for each participant.
- All cancellations and withdrawals from the RKY Camp must be made in writing to the RKY Camp Office.

Loss/Theft and Vandalism

RKY Camp is not responsible for lost, stolen or misplaced belongings of any kind. All valuables and belongings are brought to RKY Camp at the risk of the participant. RKY Camp reserves the right to charge any user of our site should equipment be intentionally broken, vandalized, or destroyed.

Removal from Camp Program

I, the undersigned participant, understand and agree that intentional behavior by a participant that puts the participant or others at physical or emotional risk may result in immediate dismissal from the RKY Camp program. In addition, possession of illegal or harmful substances will result in immediate dismissal from the RKY Camp program. Any expenses incurred due to dismissal from the RKY Camp program will be my sole responsibility. I, or a person I have designated in writing, must be available myself should I be dismissed from the RKY Camp program or should any emergency arise which requires emergency transportation of myself. I acknowledge that no refund will be provided to participants leaving camp prior to the end of the program due to disciplinary action.

Media Release and Promotional Materials

I understand that RKY Camp reserves the right to publish, reproduce, distribute and use for promotional purposes any videos, photographs and audio recordings of all participants enrolled in their programs. These materials shall be used without any compensation and are the property of RKY Camp. Photos, video and audio clips may appear on but are not limited to RKY Camp print materials, website, social media and other media outlets.

Assumption and Acknowledgement of Risk

I understand that there is some risk involved in the activities offered by the RKY Camp, both on and off the camp property. I have been given the opportunity to inquire about the safety and behavior standards enforced at RKY Camp. I understand that despite all reasonable precautions being in place to provide proper organization, supervision, and equipment for all activities, circumstances may arise which are not foreseeable or which are beyond the control of the RKY Camp. I understand and acknowledge that RKY Camp is not responsible for any damages caused by the delay or failure to perform or complete any activities or to provide any transportation or accommodation related to the program when the delay or failure is due to fires, strikes, floods, acts of God, lawful acts of public authorities, or delays or defaults caused by common carriers, which cannot reasonably be foreseen or provided against.

I acknowledge and assume any and all risks associated with my participation in the program. I wish to participate in the program.

I have disclosed all the necessary information about my needs and abilities on the registration form. I am aware that I may be removed from the program if I fail to share the requested information with RKY Camp. Participation in camp requires that every participant have health insurance coverage. In addition, certain health/medical information must be made known to RKY Camp staff so that camp staff are prepared to respond appropriately should the need arise. I will inform RKY Camp of any changes in my health. In case of emergency I grant RKY Camp officials authority to act on my behalf. To the best of my knowledge, I am in good health.

I will notify the Camp if I am exposed to an infectious disease during the three weeks prior to arriving at camp. In case of surgical or medical emergency where I am unable to make decisions for myself, and my assigned emergency contact is not immediately available for consultation, I hereby give permission to the physician, selected by the Camp Director, to hospitalize, secure proper treatment for and to order injections, anesthesia or surgery for myself.

Canadian Anti-Spam Law

Much information pertaining to your program is transmitted through email.

I consent to receive information via email from RKY Camp. You may unsubscribe at any time by responding to any emails with an unsubscribe request. Your email is strictly for RKY Camp purposes and will not be shared in any way.

Release, Indemnity, and Waiver

In exchange for RKY Camp permitting me to participate in the program, I hereby release and indemnify RKY Camp, including its respective officers, directors, employees, volunteers and agents, and their successors and assigns, from any and all claims arising from, connected with, or in preparation for, participation in RKY Camp programs or activities, including for personal injury and property damage sustained in consequence of loss, injury or damage to me, howsoever caused, including any and all claims in tort, negligence or breach of contract.

Furthermore, I waive any and all rights to participating in a class action lawsuit against RKY Camp.

Any claims and/or lawsuits against RKY Camp, including its directors, staff, volunteers, agents or assigns, shall take place under the exclusive jurisdiction of the laws and regulations of Ontario, and the applicable law to be applied to any dispute shall be the laws of Ontario.

In order to ensure the safety and well-being of all participants, I acknowledge that RKY Camp reserves the right to alter the program at any time without compensation to participants. I agree to assume any expense(s) arising from program dismissal.

I confirm that I have read and are in agreement with the above AUTHORIZATION, ASSUMPTION, RELEASE AND INDEMNITY and I have read and agree to abide by RKY Camp's terms and conditions.

In signing this AUTHORIZATION, ASSUMPTION, RELEASE AND INDEMNITY, I consent to myself, _____, participating in the RKY Camp.
(PRINT NAME)

Signature of Participant

Printed Name of Participant

Date