



 **KODIAK**
Friends & Family
RETREATS

DETAILS & INFORMATION



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Winter Address:
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Summer Address:
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Greetings Kodiak family!

After a very strange and difficult year we are excited to get back to Kodiak this summer with all of you! We have spent the last year preparing for the summer of 2021 so that camp could be as safe as possible while still being the "home away from home" that our Kodiak family has come to enjoy.

Recently we had to make the very difficult decision to not operate as an overnight summer camp this year. Current restrictions in the province of Ontario do not allow us to provide the quality of program for which we have become known. **We have decided instead to offer family retreats for this summer only!** This document will take you through the details of these retreats.

We have also included our COVID-19 Protocols, which outline how we will keep the families and staff who participate in a retreat this summer as safe as possible. We will continue to monitor the COVID-19 situation and provide you with any updates as we get closer to the start of the summer.

Although this program does not compare to the overnight experience that your guest may have had with us before, we hope that your guest will want to share some of the Kodiak magic with you and the rest of your family. Your family deserves an opportunity to have fun together while creating lasting memories.

We know that you may have some questions about the family retreat program that is happening at Kodiak this summer. Please feel free to reach out to the Director of Club Kodiak, CJ, if you have any questions. You can reach her by phone (705-382-6279) or email (info@clubkodiak.com).

Thank you for choosing Kodiak, and we look forward to seeing your family at Club this summer!

Ilana, Marni & Shari Stoch
Club Kodiak Owners



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For more information you can also visit our website:

WWW.CLUBKODIAK.COM

POLICIES & PROCEDURES

SUMMER GOALS

After such a difficult year of quarantine, lockdowns and restrictions, our goal is to provide a fun, safe, Kodiak experience for our families. We aim for our retreats to offer outdoor fun, social and learning opportunities, and some much needed relaxation time in the safest possible "summer camp" environment.

In order to achieve our goals, we ask for families to adhere to the policies and procedures both listed in this document and expressed while at Club Kodiak. Together we can make the best of this unique summer experience!

COTTAGE HOUSEHOLDS

You will have exclusive access to one full cottage for your group. Everyone that you bring to stay in your cottage must be a part of a family cohort or predetermined cohort. This means BEFORE arriving at Club you must have safely combined your group into one "bubble" that will function as a household while on site. Your predetermined cohort may come in many forms, but we are open to speaking about how this would work for your family.

ACCOMMODATIONS

Groups will live in cottages with 3-4 bedrooms, a full kitchen and dining area, a washroom and a porch overlooking the lake. For more information and details, please see the "Accommodations" section of this document.

SUPERVISION

During a Kodiak Retreat, all guests are the responsibility of the caregivers that accompany them. At least one caregiver must attend scheduled activities with the guests and be nearby if guests are participating in self-serve activities. This is a great opportunity for you to get a taste of the Club Kodiak experience! Kodiak staff will be present to facilitate programming, but will not be supervising guests or acting as support personnel during retreats this summer.

COMMUNICATION - PHONES & INTERNET

Club Kodiak is not able to provide internet or phone access. Cell phone service can be unpredictable so please plan accordingly. There are several places in Burks Falls that offer free WiFi, which our staff would be happy to direct you to.

HEALTH & WELLNESS

Many of the Kodiak Retreat staff will be trained and certified in First Aid. However there will not be a medical professional on site this summer. Should you require medical attention from a Nurse or Doctor you should contact TeleHealth, or the Huntsville Hospital. We recommend that families come to camp with any medications or medical supplies that may be needed during your stay.



POLICIES & PROCEDURES

NUTS, PEANUTS, TREE NUTS OR SESAME

At Kodiak we do not have products that contain (or may contain) nuts, peanuts, tree nuts or sesame. Please make sure that you do not bring any of these products with you for your retreat.

PERSONAL VEHICLES

During your stay at Kodiak, we require that your vehicle be parked in our parking lot. You will be able to park closer to your cottage for loading and unloading, but we require that you stay on designated roads. Please do not drive on any paths, grassed areas or otherwise, as this may damage our septic beds. Please note that Camp Kodiak Inc. is not responsible for any damage incurred to personal vehicles while on our property.

ALCOHOL, DRUGS & SMOKING

If adults of legal age in your cohort would like to consume alcoholic beverages we ask that you do so discreetly within the confines of your cottage or porch. We cannot have alcohol or alcoholic consumption anywhere else around the site. If possible, we ask that your beverages not be in glass bottles, in order to avoid broken glass. If you are hiring someone to accompany and supervise your guest, please ensure you have discussed your expectations with them around alcohol consumption for themselves and your guest.

If someone has been drinking, Kodiak staff may ask them to leave program areas if they feel safety is a concern.

Possession or consumption of any recreational drugs is prohibited on Kodiak property. Please do not bring these products with you.

If adults of legal age would like to smoke a cigarette, this can only be done in the designated outdoor smoking area. Please ensure that all cigarette butts are fully extinguished and placed in the bucket provided.

PETS

While we understand that pets are important parts of many families, we will not be allowing anyone to bring pets to Kodiak this summer.

LAUNDRY

Personal laundry will not be available for families during retreats this summer. If a situation arises that requires access to laundry, please speak with a Club Kodiak staff member.



POLICIES & PROCEDURES

WATERFRONT

At Kodiak we require every staff member or visitor to wear a life jacket while in any boat (including canoes, kayaks, paddleboards, etc.). We also require every staff member and visitor to wear a life jacket while on any dock. The only exception to this rule is the dock at the beach during your designated and supervised swim times.

Kodiak will provide life jackets for all staff and guests, but you are welcome to bring a personal lifejacket if you prefer.

Kodiak Retreat groups are not permitted to use any Kodiak boat outside of designated periods. Kodiak Retreat attendees are not allowed to enter the water outside of designated periods.

Please note: there will be an opportunity for you to participate in at least one water activity each day!

MONEY & VALUABLES

You will not need any money at Kodiak, as we will be able to charge any incidentals directly to your account. While we don't expect any theft at Kodiak, we recommend leaving any valuables at home or locked in your vehicle. Camp Kodiak Inc. is not responsible for the loss or theft of, or damage to, any valuables or belongings during your retreat.

VISITORS & GUESTS

Due to COVID-19 safety protocols, visitors and guests will be prohibited at Kodiak. Only registered attendees will be able to access our site.

COVID-19 PROTOCOLS

Attached to this package you will find "Kodiak Retreats COVID-19 Protocols". It is essential that all participants attending a retreat be familiar with, and agree to abide by, these protocols

Please feel free to contact us with any questions or clarification.

FISHING

The Ministry of Natural Resources requires that all individuals between the ages of 18 and 65 hold a Fishing License to fish in Ontario. You are encouraged to bring your own fishing gear if you are interested in fishing during your stay at Kodiak.

FIRES

Campfires are a special part of a Kodiak experience, and we plan to have a campfire during every retreat this summer. We may be prevented from having a fire if there is a fire ban, but we will still gather to sing some campfire songs and have fun.

We ask that you do not create your own fire pit or light a fire anywhere at Kodiak



ACCOMODATIONS

CHECK IN

On the first day (Friday) of your retreat, check in will be between 4pm and 6pm.

The address for GPS systems is: 1181 Pickerel and Jack Lake Road. When you arrive at Kodiak, please visit the Office to check in (see attached map of Club Kodiak).

A complimentary BBQ dinner will be available between 6pm and 7pm that day.




CHECK OUT

On the final day of your retreat, please check out at the Office before 11:00am. Please ensure that you remove all personal belongings from your cottage and that you have placed all garbage in the receptacles in your cottage.

COTTAGES

Our cottages all consist of multiple bedrooms with bunk beds, a fully functioning kitchen, eating/dining space, bathrooms, and a porch overlooking the lake.

The kitchen will be stocked with dishes, cookware and cleaning supplies. You will be responsible for bringing all of the food, beverages and condiments you wish to have for the week. Meal planning and preparation is the responsibility of the attendees in each cottage. We will provide you with a BBQ dinner after your arrival on Friday night (between 6pm and 7pm only). Water in all of the cottages is specially treated, tested and safe for drinking!

-  **CLUB MED** (\$1200/week)
3 bedrooms, 1 full bathroom sleeps up to 8
-  **BUCKINGHAM, EMBASSY, AND TAJ MAHAL** (\$1400/week)
3 bedrooms, 1 bathroom, sleeps up to 11
-  **WHITE HOUSE** (\$1600/week)
4 bedrooms, 3 bathrooms, sleeps up to 16

(Please see attached map of Club Kodiak for cottage locations.)



RETREAT SCHEDULE

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:00		BREAKFAST (YOUR COTTAGE)					
10:00		LIFE SKILLS					CHECK OUT (OFFICE)
11:00		ELECTIVE #1					
12:00		LUNCH (YOUR COTTAGE)					
1:00		SIESTA					CHECK IN (OFFICE)
2:00		ELECTIVE #2					
3:00		ELECTIVE #3					
4:00	CHECK IN (OFFICE)	OPTIONAL GAMES					
5:00		DINNER (YOUR COTTAGE)					
6:00		COTTAGE TIME					
7:00		WORK SHOPS					
8:00		EVENING PROGRAM					

PLEASE NOTE: A MORE DETAILED SCHEDULE WILL BE PROVIDED TO YOU UPON ARRIVAL. SCHEDULE IS SUBJECT TO CHANGE (DUE TO WEATHER OR OTHER UNFORSEEN CIRCUMSTANCES).

ACTIVITIES!

DURING YOUR RETREAT YOUR FAMILY WILL HAVE THE CHANCE TO EXPERIENCE SOME OF OUR AMAZING ACTIVITIES!

SOME OF THE OPTIONS THAT WILL BE AVAILABLE DURING ACTIVITY PERIODS INCLUDE:

**CANOE/KAYAK
ARCHERY
JEWELRY MAKING
YOGA
TUBING
GUITAR**

**'PAINT NITE'
MINDFULNESS
ROCKETRY
WOOD BURNING
WATERFRONT SWIMMING
POOL SWIMMING**

THERE ARE ALSO MANY ACTIVITIES THAT WILL BE AVAILABLE DURING FREE TIME ON A SELF-SERVE BASIS, INCLUDING:

**MINI PUTT
VOLLEYBALL/BADMINTON
BASKETBALL
FISHING**

**LAWN GAMES
GAGA BALL
HIKING
FRISBEE**



WE WILL ALSO BE HOSTING CAREGIVER WORKSHOPS:

A chance to connect with parents, support workers or other caregivers of our guests who probably have many of the same questions and concerns as you do. Staff will share information and facilitate conversations surrounding topics that are important to you such as:

**CREATING A SAFE SPACE FOR HONEST AND OPEN COMMUNICATION
TALKING TO YOUR ADULT CHILD ABOUT SAFE AND HEALTHY RELATIONSHIPS
ENCOURAGING INDEPENDENCE WHILE LIVING AT HOME
TIPS TO NAVIGATING PASSPORT FUNDING**

RETREAT PACKING LIST

CLOTHING

- three-ply masks
- socks
- underwear
- t-shirts
- long-sleeved shirts
- jeans/long pants/sweat pants
- shorts
- sweatshirts/sweaters
- raincoat/waterproof jacket
- light jacket
- sunhat/baseball hat
- pyjamas
- swimsuits

BEDDING/LINENS

- light-weight sleeping bag or blanket
- sheet set (single or twin size)
- pillow
- large towels - bath and beach
- washcloths

FOOTWEAR

- sneakers/running shoes
- waterproof boots/shoes
- beach sandals/flip flops

**PLEASE LABEL ALL ITEMS
WITH A SHARPIE
OR CLOTHING LABELS.**



**IT IS EASIEST TO STORE
"SOFT-SIDED" LUGGAGE
(DUFFLE / HOCKEY BAGS)
IN OUR CABINS.**

PERSONAL ITEMS/TOILETRIES

- medication
- personal medical supplies
(e.g. first aid supplies)
- toothbrush
- toothpaste
- dental floss
- soap or body wash
- comb, brush, hair elastics
- deodorant
- shampoo/conditioner
- feminine hygiene products
- sunscreen
- insect repellent (15% DEET is best)

MISCELLANEOUS ITEMS

- watch
- water bottle
- knapsack
- flashlight
- sunglasses
- baseball glove
- reading material
- games/cards
- groceries for your meals

PLEASE DO NOT BRING

- appliances
- expensive clothing, jewellery or electronics
- knife, hatchet, etc.
- nut/peanut/sesame products

**PLEASE DO NOT BRING "FLUSHABLE WIPES".
THEY ARE VERY DAMAGING TO OUR
SEPTIC SYSTEM.**

**PLEASE CONSIDER NOT BRINGING YOUR BEST OR
MOST EXPENSIVE CLOTHING TO CLUB, IN ORDER TO
AVOID THEM BEING DAMAGED OR LOST.**

GETTING READY FOR MASKS AT KODIAK

WHY DO WE NEED MASKS DURING OUR RETREAT?

- Kodiak wants to make sure everyone stays safe and healthy!
- The fewer people you have close, unmasked interactions with, the less likely you are to share germs.
- The Ontario and Canadian governments have rules in place that tell us when we must wear a mask. We need to follow these rules in order to be allowed to open Kodiak this summer.

HOW DO YOU CHOOSE THE RIGHT MASK?

- You might not feel comfortable wearing a mask right away and that is okay; there is still time to figure out what will work for you!
- Try on different shapes and styles of mask. Look for one that doesn't feel too tight, but also make sure that there are no gaps on the top, bottom, or sides. Pick a mask where the material feels soft and comfortable against your skin.
- We are asking that you bring **several reusable 3-ply masks to camp**. Please make sure that all of your masks are clearly labelled with your name.
- You cannot use a bandana or a "buff" (neck gaiter) as a mask.

PRACTICE MAKES PERFECT!

- Start slow and wear a mask for a few minutes while doing something quiet like watching tv or reading.
- Wear your mask a little longer each day until you can keep it on for 30 minutes or more.
- Once you are comfortable, try talking to someone with it on or going for a walk.
- Keep working at it until you can keep your mask on for long times during many different activities.



WHAT IF IT IS STILL UNCOMFORTABLE TO WEAR A MASK?

- When you are wearing a mask try this:
 - Put your hand on your belly.
 - Take a few breaths, making sure your belly inflates and deflates all the way.
 - Focus on your hand, your belly and your breaths, without focusing on your mask.
- Try eating a mint, hard candy, or chewing some gum under your mask.
- Find something like an ear saver, button headband, or even a monkey out of a barrel of monkeys to hold the ear elastic to ease the pressure behind your ears.
- Take your time and find what works for you, keep at it every day even if it is just a few minutes at a time

CLUB KODIAK

PICKEREL & JACK LAKE ROAD

CLUB KODIAK SIGN

DRIVEWAY

PARKING LOT

ARCHERY RANGE

POOL

BASKETBALL

STAFF COTTAGE

OFFICE

BUCKINGHAM

CLUB MED

EMBASSY

TAJ MAHAL

PROPERTY MANAGER'S HOUSE

CLUB HOUSE

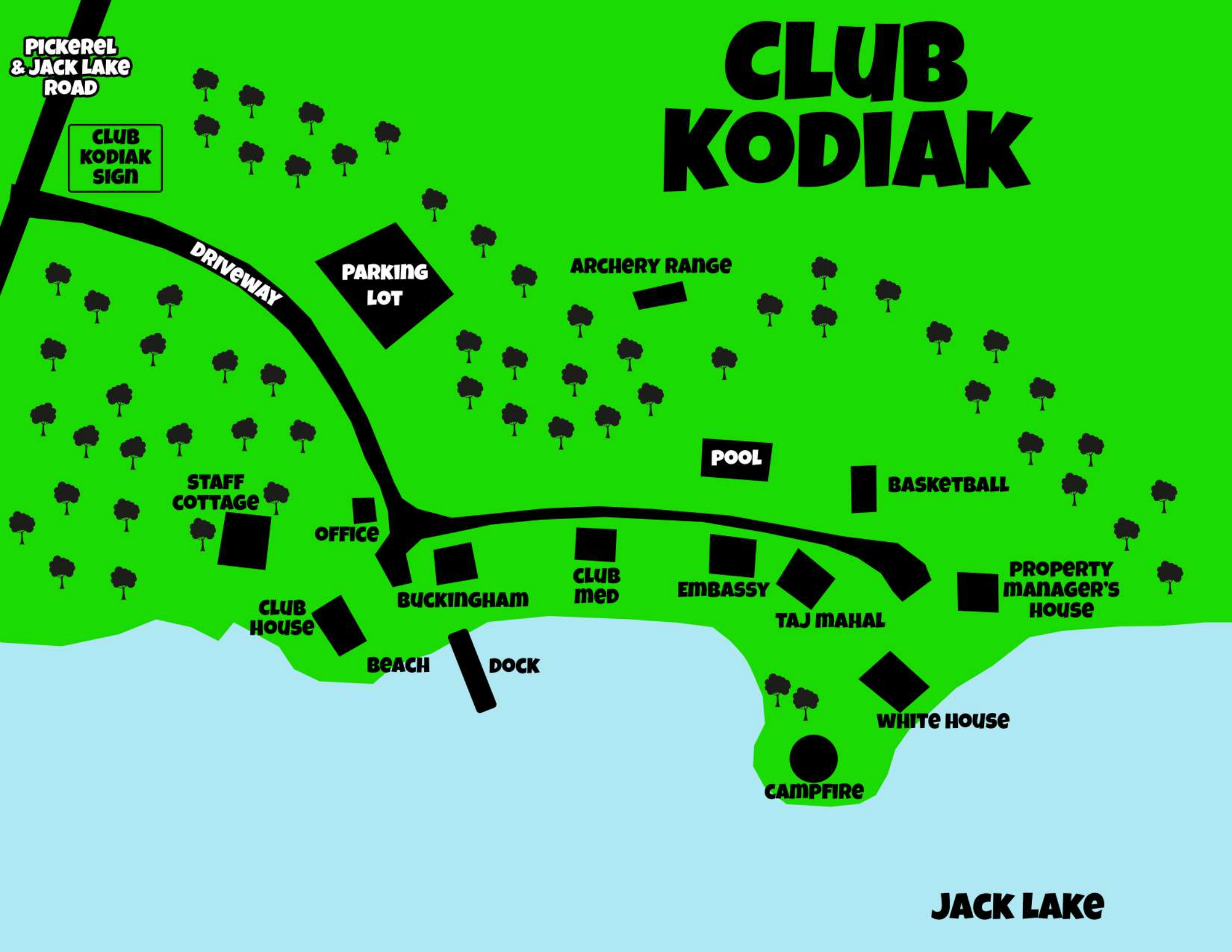
BEACH

DOCK

WHITE HOUSE

CAMPFIRE

JACK LAKE



**IF YOU HAVE ANY QUESTIONS OR CONCERNS,
PLEASE DON'T HESITATE TO CONTACT US.**

SEE YOU THIS SUMMER!



ClubKodiak.com



Club Kodiak



@ClubKodiak

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