

Monitrice de Poche

Name:



Wednesday Duties

Breakfast Set: 7:15am until 8:00am

Breakfast Clean: 7:45am until released by LT (in time for first activity)

Lunch: 12:00pm until released by LT (in time for Siesta meeting with unit head)

Supper Set: 5:05pm until end of food service

Supper Clean: eat with campers and go to the kitchen before dessert; continues until released by LT (part-way through evening program)

REMEMBER: If you are in the kitchen, you need long pants, closed shoes & a hair net.

Woosh, Bang, Zip

Stand in a circle. Prepare your "energy ball" that will be passed around the circle. Woosh sends the ball simply to the next person. Bang changes direction. Zip sends it across the circle to who is being pointed at. Assign actions to all three that indicate direction.

Finger Sums

Mingle and get into partners. Throw fingers and the first person to add the numbers and yell the sum wins. High five your opponent and move on. Can be played with introductions between partners as well.

Activity Rainy Day Location

- A - archery - Bung (or with E)
- B - Bronze - DRoom
- C - canoe - DRoom
- D - drama - Lodge
- E - climbing - wall
- F - survie - trip shed
- H - hebertism - Lodge
- K - kayak - DRoom
- L - language - DRoom
- N - dance - Lodge
- P - pottery - basement
- R - arts - art shed
- S - swimming - DRoom
- T - tennis - Drift Inn
- W - windsurf - DRoom
- X - cross training - Lodge
- Y - sailing - DRoom

ADDRESSES

Postal Address:

NAME OF PERSON
c/o Camp Ouareau
PO Box 1090
St. Donat, QC
J0T 2C0

Civic Address:

Camp Ouareau
2464 Rte 125
Notre-Dame-de-la-Merci, QC
J0T 2A0

IMPORTANT NUMBERS

Camp's Phone Number:
819-424-5555

Jacqui's House Number:
[REDACTED]

Jacqui's Cell Number:
[REDACTED]

EMERGENCIES @ CAMP

Waterfront: "tweet-tweet-tweet!" - quickly, quietly, calmly **walk** down to the beach to participate in water search procedures. Listen for instructions.

Fire: bell that rings for 1-2 minutes **or** siren - quickly, quietly, calmly **walk** to the archery field and sit with your co-group in lines

Lost Child: same as for fire, but you will be re-directed to the office, where you and a buddy will take a cue card with a location to search for the missing child.

What to Wear? Land Activities

Every activity needs a hat, water bottle, and sunscreen.

Archery: closed-toe shoes

Climbing: closed-toe shoes, pants that cover the knee

Survie: closed-toe shoes

Drama: script

Hebertism: closed-toe shoes, long pants, long sleeves

Dance: clothes you can move in!

Cross-Training: running shoes, comfy clothes

If it's raining, everyone needs appropriate shoes and a rain coat!