



# CAMP ONDESSONK OFF-SEASON RESERVATION FORM

*This form will serve as the ultimate guide in planning your visit!*

**Pricing valid for fall 2009 – spring 2010**

Group Coordinator: \_\_\_\_\_ Group Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone #: (\_\_\_\_) \_\_\_\_\_ Work Phone #: (\_\_\_\_) \_\_\_\_\_ Fax#: \_\_\_\_\_

Best time to reach you: \_\_\_\_\_ Email Address: \_\_\_\_\_

Arrival Date: \_\_\_\_\_ Departure Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_ Departure Time: \_\_\_\_\_

*(No later than 2:00pm, please)*

#Adult guests: \_\_\_\_\_ #Youth guests: \_\_\_\_\_ #Male guests: \_\_\_\_\_ #Female guests: \_\_\_\_\_

**Total amount due:** \$ \_\_\_\_\_

*Calculate by adding the sub-totals from the opposite side of this form. Prices are subject to change.*

- Please Call the Camp Ondessonk office at (618) 695-2489 between 8:00am and 5:00pm Monday through Friday for date and program availability.
- To confirm your reservation you must mail or fax this completed form (front and back) along with a \$50.00 deposit (\$5.00 non-refundable, \$45.00 refundable provided terms of user agreement are met) for each unit or room in the St. Noel Center and the signed Camp Ondessonk User Agreement form at least 4 weeks prior to your arrival. Please consider donating your deposit refund to our Campership Fund! (see below)**
- Camp Ondessonk proudly serves over 2,500 campers during our summer camps; a significant portion of which receive some form of campership funding to attend. Our campership fund is grown through the donations of our alumni, staff, parents, and even our campers themselves. If you would like to contribute your deposit towards helping children attend Camp Ondessonk who might never have the chance otherwise please check below. All donations are tax deductible and will be recognized in Camp Ondessonk publications.  **YES! Please put my deposit towards Camp Ondessonk's Campership Fund!****
- When completing this registration form, please indicate the closest approximation of your total expected number of guests. Once you have reviewed the program options available during your visit, you can calculate the total registration cost by adding the individual subtotals of your options on the back of this form. Please indicate the total amount due for your visit above. **100% of your total amount is due at least 2 weeks (14 days) prior to your arrival.**
- Once your registration form is received along with a signed copy of the Camp Ondessonk User Agreement form and deposit, we will contact you to arrange the details of your visit! *Thank you for choosing Camp Ondessonk!*

Camp Ondessonk must be informed of your total number of guests no later than 2 weeks prior to your arrival date. **Cancellations and drops in numbers will be permitted up to 14 days prior to your arrival date. Less than 14 days prior to your arrival date, Camp Ondessonk will accept a decrease in enrollment up to 10% of your originally confirmed total number. For any decrease greater than 10% of your originally stated numbers, including cancellation of your visit, your group will be charged 90% of your total number established 14 days prior to arrival date. Groups who fail to call Camp Ondessonk to cancel (no-call/no-show) will be charged the full amount for all services reserved.**

I agree to abide by the policies above: \_\_\_\_\_ Date: \_\_\_\_\_

**OFFICE USE ONLY**

Deposit Enclosed: Y N  
\$5.00 Non-refundable  
\$45.00 Refundable deposit, provided the terms listed in the Camp Ondessonk User Agreement are met.

**Credit Card Information (if paying by credit)**

Visa \_\_\_\_\_ MC \_\_\_\_\_ Discover \_\_\_\_\_  
Card holder name: \_\_\_\_\_  
Card Number: \_\_\_\_\_  
Exp. Date: \_\_\_\_\_ Amnt \$: \_\_\_\_\_

Signature: \_\_\_\_\_



# Camp Ondessonk: Awaken Your Spirit!

Pricing valid for fall 2009 – spring 2010

## Design your custom experience with us!

**Lodging :** Please choose from the options below. Circle requested lodging, fill in number of people staying and indicate number of nights.

**Tent Camping:** \$4.00 per person  
# people: \_\_\_\_\_ # nights \_\_\_\_\_

**Signature Rustic Cabins\*:** \$8.00 per person  
# people: \_\_\_\_\_ # nights \_\_\_\_\_

**B.O.Q. (electricity, no heat):** \$9.50 per person  
# people: \_\_\_\_\_ # nights \_\_\_\_\_

**Dorms (electricity, heat):** \$10.50 per person  
# people: \_\_\_\_\_ # nights \_\_\_\_\_

**St. Noel (w/o linens):** \$16.50 per person  
# people: \_\_\_\_\_ # nights \_\_\_\_\_

**St. Noel (with linens):** \$20.50 per person  
# people: \_\_\_\_\_ # nights \_\_\_\_\_

**Sub Total:** \_\_\_\_\_

\*Unit requested: 1<sup>st</sup> choice: \_\_\_\_\_ 2<sup>nd</sup> choice: \_\_\_\_\_  
(The entire unit can be exclusively reserved for an additional fee, call for details)

**MEAL REQUESTS:** Please take a moment to list the meals you would like our Dining Hall to provide during your visit! *Min. of 10 people when requesting meals.*

**Cont. Breakfast:** \$4.00 per person  
# people: \_\_\_\_\_ # meals \_\_\_\_\_  
(Bagels, cream cheese, fruit, cereal)

**Trail Lunch:** \$4.00 per person  
# people: \_\_\_\_\_ # meals \_\_\_\_\_  
(PB&J, Chips, Fruit, Cookies)

**Picnic Lunch:** \$4.75 per person  
# people: \_\_\_\_\_ # meals \_\_\_\_\_  
(Meat and Cheese, Chips, Fruit, Cookies, and a beverage)

**Hot Lunch:** \$5.50 per person  
# people: \_\_\_\_\_ # meals \_\_\_\_\_  
(Assorted Hot Lunch selections)

**Hot Breakfast:** \$5.50 per person  
# people: \_\_\_\_\_ # meals \_\_\_\_\_  
(Assorted Hot Breakfast selections)

**Dinner:** \$7.50 per person  
# people: \_\_\_\_\_ # meals \_\_\_\_\_  
(Assorted standard Dinner selections)

**Foil Dinner:** \$5.75 per person  
# people: \_\_\_\_\_ # meals \_\_\_\_\_  
(Hobo Burgers, Chips, Cookies, Mallowes)

**Steak Dinner:** \$9.50 per person  
# people: \_\_\_\_\_ # meals \_\_\_\_\_  
(Char-broiled Steak, Baked Potato, Salad, Rolls, Desert)

**Sub Total:** \_\_\_\_\_

**Day Use Areas / Meeting Rooms :** Please choose from the options below.

**Staff Lounge:** \$33.00/half day. \$66.00/full day

**Kannon Hall:** \$33.00/half day. \$66.00/full day

**The Pavilion:** \$33.00/half day. \$66.00/full day

**St. Noel Dining Room:** \$66.00/half day. \$110.00/full

**Chapel:** \$66.00/half day. \$110.00/full day  
*For spiritual-based use only, please*

**Exclusive Use of the Dining Hall:** \$350.00/day  
*(Please call ahead to check availability)*

**Sub Total:** \_\_\_\_\_

**Adventure Programming Options:** Ages 10 and up.

Circle choices: **Teams Course:** \$16.50/person  
(3 hour session) # people: \_\_\_\_\_ **Climbing Tower:** \$16.50/person  
(3 hour session) # people: \_\_\_\_\_

**Ropes Course:** \$22.00/person  
(3 hour session) # people: \_\_\_\_\_ **Rock climbing:** \$33.00/person  
(All Day session) # people: \_\_\_\_\_

**Team Development Workshop:** \$44.00/person  
(All Day Session) # people: \_\_\_\_\_

**Leadership Development Workshop:** \$66.00/person  
(2 Day Session) # people: \_\_\_\_\_

**Sub Total:** \_\_\_\_\_

**Day Trail Ride Options:** Bring long pants and closed-toe shoes for all riding programs. *Min. of 5 riders. Max 20 riders per session.*

Circle choices: **1 hour Trail Ride:** \$18.00/person  
(Ages 10 and up) # people: \_\_\_\_\_

**2 hour Trail Ride :** \$30.00/person  
(Ages 10 and up) # people: \_\_\_\_\_

**All Day Trail Ride:** \$45.00/person  
(Ages 10 and up) # people: \_\_\_\_\_

**Overnight Trail Ride Options:** Meals included! Must bring own camping gear. *Min. of 5 riders. Max 10 riders per session.*

Circle choices: **2 Day/ 1Night Pack Trip with 3 meals:** \$75.00 per person  
(Ages 10 and up) # people: \_\_\_\_\_

**3 Day/ 2 Night Pack Trip with 7 meals:** \$125.00 per person  
(Ages 10 and up) # people: \_\_\_\_\_

**Sub Total:** \_\_\_\_\_

**Guided Nature Exploration Options:** If choosing a guided hike for your group, please bring water bottles and closed-toe shoes for foot protection!

Circle choices: **The Discovery Hike:** \$4.50/person  
3 hour session, approx. 3.5 miles  
(10 hikers or \$42.50 min) # people: \_\_\_\_\_

**The Manchester Trail :** \$6.25/person  
All Day session, approx. 6 miles  
(10 hikers or \$60.00 min) # people: \_\_\_\_\_

**The Moccasin Gap Trail:** \$6.25/person  
All Day session, approx. 9 miles  
(10 hikers or \$60.00 min) # people: \_\_\_\_\_

**Sub Total:** \_\_\_\_\_

**Other Programming Options:** Choose any of the below options that you would like to add to your group's experience with Camp Ondessonk.

Circle choices: **Campfire Program:** \$2.75/person  
(1.5 Hour Session) # people: \_\_\_\_\_

**Canoeing/kayaking:** \$5.25 per person plus a daily \$50.00 Lifeguard fee (ACA\*PA-14/20)  
(April 15<sup>th</sup>-October 15<sup>th</sup> ,3 Hour Session) # people: \_\_\_\_\_

**Sub Total:** \_\_\_\_\_



# Camp Ondessonk Registration Option Descriptions!



## Lodging:

---

### Tent Camping:

Several tent-camping sites are available for the more adventurous of our guests. Choose from Brebeuf Flats, Kane Lake or scenic Pine Lake. Call for availability.

---

### Camp Ondessonk's Signature Rustic Cabins:

Arguably one of the highlights of a Camp Ondessonk visit, our 3-sided Adirondack-style cabins take full advantage of their natural surroundings. Intentionally designed and placed to maximize visitor's experience of the tranquility and inspiration of Nature, many of our units (or cabin groups) are constructed as tree-houses, allowing for great views of our many sandstone bluffs, canyons or Lake Echon. Looking for four walls, but still the rustic cabin feel? Then the unit of Tekakwitha is for you. Units can accommodate between 37 and 47 guests. We reserve the right to place multiple groups in one unit. Options exist for groups that want to guarantee sole occupancy in their chosen unit for an additional fee of \$70.00 per night. *This will ensure private use of the entire unit.* Call the Camp office for more details!

---

### Bachelor Officer's Quarters (B.O.Q.) :

This bunk-house style lodge is complete with four walls, screened in windows, large covered deck, and electricity. This lodge is not heated in the winter. Accommodates up to 27 guests.

---

### Camp Ondessonk Dorms:

Choose from two bunk-house style dormitories, both with enclosed windows, covered decks, electricity, and within short walking distance of a shower/bath house. The Camp Ondessonk Dorms are heated in the winter months and boast an intimate view of a deep, wooded gorge. Upper Dorms can accommodate up to 22 guests, Lower dorms 26 guests.

---

### The St. Noel Retreat and Conference Center:

For our guests who enjoy active days spent in the great outdoors and evenings spent in the luxury of a private room. St. Noel's bunk-house style rooms accommodate 8 to 10 people with a private bath and boast either a view of our horses as they graze away the evening hours, a small deck for taking in the sunrise, or a cozy fire place. Amenities include a reading lounge, dining area, meeting area, and wireless internet access. Guests have the option of providing their own bedding, or using our linens for an additional fee.

---

---

## Meeting Rooms / Day Use Facilities:

---

### The Camp Ondessonk Summer Staff Lounge:

This rustic lodge provides a great atmosphere for gatherings and meetings. Plenty of seating, restrooms, a large sandstone fireplace and attached game room.

---

### Kannon Hall:

Kannoncioni, or The Kannon was at one time the Camp Ondessonk Dining Hall. This large screened in building is perfect for large group gatherings, picnics and various activities. Large, all-screen walls allow continuous flow of the fresh Shawnee air while keeping the rain out!

---

### The Pavilion:

Sheltered picnic pavilion great for cookouts. Short distance to a full view of the Camp Ondessonk Grotto, Lake St. Isaac, and Lake Echon!

---

### St. Noel Dining Room:

Indoor meeting or dining area with air-conditioning and electricity. Can be set up with many table and seating configurations. Great for meetings, presentations, meals, and large group gatherings.

---

### The Chapel of the North American Martyrs:

The Chapel of the North American Martyrs is an incredible place for worship and reverent gatherings. Beautiful in design and setting, graceful in construction, this chapel truly represents the connections between God and His natural creation. Please reserve for spiritual purposes only.

---

### Exclusive Use of the Dining Hall:

Large spacious dining hall with heat, electricity, and beautiful rustic fireplace. Sound system including microphone is also available. Can be set up with many table and seating configurations up to 520 people. Great for meetings, banquets, special meals, and extra large group gatherings. Please call ahead for availability.

---

---

## Guided Hikes:

---

### The Discovery Hike: 3 hour hike, approximately 3.5 miles. Moderate terrain.

This guided hike explores the natural and cultural history of Camp Ondessonk and the surrounding sandstone formations of the Shawnee National Forest.

---

### The Manchester Trail: All Day Hike, approximately 6 miles. Moderate to rugged terrain. Manchester Trail Patch available for purchase upon completion!

This engaging loop trail highlights the incredible natural wonders of Camp Ondessonk, including Cedar Falls, the highest free-falling waterfall in the state of Illinois!

---

### The Moccasin Gap Trail: All Day Hike, approximately 9 miles. Moderate terrain. Moccasin Gap Trail Patch available for purchase upon completion!

Explore the ridges and canyons of the surrounding Shawnee National Forest, including a visit to a retired Civilian Conservation Corps fire tower with majestic views!



# Camp Ondessonk Specialty Program Options!



## Adventure Programming:

---

### **Team's Course Experience** (3 Hour Session)

Set deep in our surrounding hard-wood forest, this program has several developmental goals in mind with a primary focus on group development. Participants will be introduced to a series of challenging "obstacles" which they must negotiate as a unit through strong creativity, communication, problem solving, and peer support. Each element is facilitated with every participant's physical and emotional safety a top priority at all times, and followed up with a guided reflection examining the group's growth and learning processes throughout the challenge. Great for bringing together and strengthening your youth group or scout group! For ages 10 and up, please. Must wear closed-toe shoes to participate.

---

### **High Ropes Course Experience** (3 Hour Session)

Arguably one of our most popular programs, a High Ropes experience engages your entire group while focusing on each individual's personal development. Climbing above the forest floor while on belay, participants will address issues of fear, doubt, and personal expectations, in turn experiencing success in accomplishing this unique personal challenge. All facilitators participate in a thorough and demanding professional training process, and participant safety is our primary objective at all times. For ages 10 and up, please. Must wear closed-toe shoes to participate.

---

### **Climbing Tower** (3 Hour Session)

Our Climbing and Rappelling Tower is an exciting and challenging program component that allows participants to stretch their comfort zone and push their perceived limits in a safe and controlled environment. For ages 10 and up, please. Must wear closed-toe shoes to participate.

---

### **Sandstone Rock Climbing Day** (All Day Session)

Southern Illinois, one of the Midwest's premiere sandstone climbing destinations, provides endless opportunities for learning and perfecting the life-long, active sport of rock climbing. This program option will take your group from basic knots and safety systems to developing climbing technique, all the while enjoying the several sandstone top-rope routes set at our very own Pakentuck area. This is an all-day program, so participants will need to either pack a lunch, or Camp Ondessonk can provide a sack lunch. For ages 10 and up, please. Must wear closed-toe shoes to participate.

---

### **Team Development Workshop** (All Day Session)

This program options sets aside the entire day for your group to sharpen their communication and cooperation skills. Participants will advance from a series of ice-breaker and problem solving activities to an extended session on the Ondessonk Teams Course. This program option is ideal for groups who are just coming together for the first time. This is an all-day program, so participants will need to either pack a lunch, or Camp Ondessonk can provide a sack lunch. For ages 10 and up, please. Must wear closed-toe shoes to participate.

---

### **Leadership Development Workshop** (2 Day Session)

This extensive program has been developed for people, including –but not limited to– youth group leaders, teachers, scout masters and human resource managers, who want to provide an introduction to the concepts of leadership, fellowship, cooperation, and personal development for the groups of people, young and old, that they work with. The two-day Leadership Development Workshop incorporates a Team Development Workshop and either an all day High Ropes Course or a Sandstone Rock Climbing experience to create a highly engaging and focused exploration of key leadership components. Participants will be introduced to key concepts early on in the experience that will remain constant as they progress through the workshop. Several guided reflection sessions will allow participants to examine these concepts throughout the program, allowing opportunities to practice what they are discovering about themselves, and their group as a whole. Participants will need to either pack a lunch, or Camp Ondessonk can provide a sack lunch each day. For ages 10 and up, please. Must wear closed-toe shoes to participate.

---

---

## Equestrian Programming:

---

### **One-hour Trail Ride:**

This guided trail ride is an excellent opportunity for those with minimal riding experience to enjoy a leisurely walk through Ondessonk's pastures.

---

### **Two-hour Trail Ride:**

Ideal for riders with a little more experience, this ride is similar to the one-hour ride, but allows for an extra hour to explore our extensive networks of pasture trails and the adjoining hardwood timber.

---

### **All Day Trail Ride:**

This ride gives participants the opportunity to explore outside of our pastures and see some of the splendid beauty hidden within the Shawnee National Forest. This ride features areas of historical significance to Southern Illinois and includes such destinations as a retired railroad bed, an old-fashion wooden bridge, a forest service observation tower, part of the River to River trail, Solomon's Ridge, Cedar Falls (Pakentuck), and Durbin's barn. Ride length will vary depending on the size of the group and time spent at featured destinations. Choose to bring your own sack lunch or arrange for a picnic lunch provided by camp (additional fee). This is an intermediate level program and is not recommended for very young riders. Please make reservations 4 weeks prior to the program.

---

### **Overnight Trail Rides:**

This ride covers some of the many rugged and scenic trails that draw so many riders to the Shawnee National Forest. Riders will also enjoy dinner and breakfast cooked over a campfire, tell stories of the day, and experience the wonders of the woods at night. Riders are expected to bring their own sleeping bags and other overnight gear. Participants may choose between a 2 day, 1 night ride including 3 meals, or a 3 day, 2 night ride including 7 meals! This is an intermediate level program and is not recommended for very young riders. Please make reservations at least 4 weeks prior to the program.

---

---



## Camp Ondessonk: *Awaken Your Spirit!*



# User Agreement Form

*This form must be signed and returned with registration form and deposit for reservation.*

Thank you for choosing Camp Ondessonk! Please read the following information pertaining to Camp Ondessonk's policies and procedures, emergency procedures, Illinois state laws, and important safety information. By helping us uphold these policies and guidelines you can ensure a safe and enjoyable visit for your group as well as our many other guests who make Camp Ondessonk their destination of choice for experiencing the grandeur of the Shawnee National Forest. **Failure to abide by these policies and procedures may result in a forfeiture of your deposit and / or eviction from Camp property.** The Group Coordinator listed on your group's registration form must sign this User Agreement and include it with the registration form and deposit to confirm your reservation.

### Check-in / Check-out:

Please check in at the Camp Ondessonk Office located in the St. Noel Center upon arrival if within the Office Hours of 8:00am – 5:00pm. If after hours, please feel free to move in to your reserved lodging and check in with the Camp Office the next morning. **On your departure day, please be moved out of your reserved lodging by 1:00pm. All guests must depart Camp no later than 2:00pm on their departure day.** Lodging must be left in a clean, undamaged state. Any fires must be **completely** extinguished.

### Stewardship:

The destruction, injury, defacement or removal in any manner of any natural feature is strictly prohibited. Please refrain from harassing or attempting to capture any wild animals; the cutting of any trees, flowers, or plants; defacing any structures with carvings, writing, or painting, or leaving behind any litter. Help us maintain the natural beauty of this special place!

### Vehicles:

You are welcome to drive to your reserved lodging to drop off camping and personal gear. Once unloaded, please return your vehicle to the Camp Ondessonk parking lot. You may keep a total of **one (1) vehicle per unit** for emergency purposes. **All** other vehicles must be returned to the Camp parking lot immediately after unloading. All-terrain vehicles (ATV's) are prohibited. Guests riding in the back of pickup trucks on Camp Ondessonk roads is strictly prohibited. Please, for the safety of all of our guests, observe our 20mph speed limit on the Camp Ondessonk entrance road and the 10mph speed limit when driving around Lake Echon. **Any infraction of the vehicle policy will result in immediate forfeiture of your deposit.**

### Lodging Areas:

Please be aware that no open flames are allowed in units or outhouses. Campfires are only allowed in designated, pre-established fire pits and must be supervised at all times. Camp fires must be properly extinguished before departing. To maintain a peaceful and rustic setting, the use of gasoline powered generators by camping visitors is prohibited. All lodging must be left in the condition found upon arrival (ie. pick up trash, put all benches or bunks/beds back in place, etc.) Please avoid unnecessary discharge of fire extinguishers. **Failure to abide by the preceding policies will result in forfeiture of your deposit.** Please report any damage to your reserved lodging or surrounding area upon arrival so your group will not be held accountable!

### Fishing / Boating / Biking:

Anyone 16 years of age or older must have a fishing license in order to fish at Camp Ondessonk. No fishing is allowed in Lake St. Isaac, Camp's swimming lake. Guests are not allowed to use personal watercrafts on any body of water at Camp. Bicycle use is restricted to camp roads and the cinder path. Off road or trail use is strictly forbidden on Ondessonk property. An appropriate helmet should be worn by all bicycle riders.

### Pets:

Please, no guest's pets allowed at Camp Ondessonk.

### Quiet Time:

Loud, disturbing noise is not permitted between the hours of 11:00pm and 7:00am. Please be considerate of other guests!

### Smoking, Alcohol, and Drug Use:

Smoking is not permitted inside any Camp Ondessonk building or in the presence of children that are not your own. Please be considerate of our non-smoking guests when choosing to light up. Alcoholic beverages are prohibited in activity areas (swimming lake, barn, ranges, etc.) or in common areas (chapel, dining hall, LeCouer, etc.) Alcohol may only be consumed in your reserved lodging. We advise those responsible for the supervision of children to refrain from the consumption of alcohol while at Camp Ondessonk. Consumption of Alcohol by persons under the age of 21, as well as possession or use of illegal drugs, at Camp Ondessonk is strictly prohibited and will result in forfeiture of deposit and eviction from Camp.

### Legal Concerns:

All local, state and federal laws apply while at Camp Ondessonk. Particularly underage drinking; illegal drug use; use of fireworks; removal of Native American artifacts; as well as hunting, fishing, and other conservation laws. Infractions may be referred to the Johnson County Sheriff at the discretion of the Executive Director.

### Safety Regulations:

- 1) Firearms and explosives of any kind are strictly prohibited.
- 2) Swimming, boating, horseback riding, rock climbing, or use of any Camp Ondessonk program areas or equipment is permitted **only** under the supervision of Camp Ondessonk staff. (ACA\*PA-14) (ACA\*PA-20) (ACA\*PA-23)

- 3) PFD's (personal flotation devices) must be worn by all guests when boating at Camp Ondessonk.
- 4) All activity areas, including the barn, pastures, archery range, Riflery range, boating and swimming lake areas, and the handicrafts shelter are off-limits to guests without authorized supervision.
- 5) Please refrain from entering the Camp Kitchen, the Central Maintenance Building, private residences, and other reserved lodging sites without invitation.
- 6) Poison Ivy is common at Camp Ondessonk! Please learn to identify it in order to avoid contact. If you believe you have been exposed, wash the area with soap and water immediately.
- 7) Venomous copperhead snakes are common at Camp Ondessonk. Do not pick up any snakes! The best precaution is to avoid contact with any snake. If a snake is encountered, back off, choose another route, and inform a Camp Ondessonk staff member. Do Not Kill Snakes at Camp Ondessonk. If bitten, seek medical care immediately.
- 8) Ticks are common at Camp Ondessonk. Of particular importance are deer ticks. Learn to identify these tiny ticks, and always conduct thorough tick-checks after spending time in the out-of-doors. If a tick has attached itself to your skin, remove the tick and keep for future identification in the event a rash or other symptoms should appear.
- 9) Absolutely no harassment of other groups will be tolerated at Camp Ondessonk. **Failure to abide will result in forfeiture of deposit and eviction from Camp Ondessonk.** Report any harassment to the Camp Ondessonk staff member on duty.

**Emergency Procedures:**

A Camp Ondessonk staff member is on duty every day and can be reached by dialing 105 from Camp telephones. A phone can be found in the Staff Lounge Building, in the library/sitting room of the St. Noel Center, as well as the beach front of our swimming lake. Camp Ondessonk employs staff trained in CPR and First Aid.

Guests are responsible for their own first aid, emergency care and emergency transportation. We advise guests to include a CPR and First Aid certified individual as part of their group. Be aware of the following information in regards to the members of your group: Names, addresses, emergency contact names and numbers, health info (allergies, medications, restrictions, health conditions, etc.) and a signed permission from parents/guardians to treat minors in your group. The nearest ambulance service is in Vienna, IL (13 miles south on HWY 45). The nearest emergency medical treatment service is in Harrisburg, IL (21 miles north on Hwy 45) or Marion, IL (21 miles via the interstate).

**Supervision:**

Please plan for a minimum of two adult chaperones if bringing a group of minors to Camp Ondessonk. An adult, 25 years old or older, must chaperone overnight visits if there are any guests under 21 in your group. It is imperative that chaperones maintain the group's behavior throughout your entire visit, and remain in a supervisory role at all times. Chaperones must be 18 years of age or older. See below for suggested supervision ratios:

4-5 year old children	1 Chaperone for every 5 children (1:5 supervision ratio)
6-8 year old children	1:6 supervision ratio
9-14 year old children	1:8 supervision ratio
15-18 year olds	1:10 supervision ratio

**Camp Ondessonk waiver of claim forms:**

All guests must fill out and return a Camp Ondessonk program waiver/health form to be hosted by Camp Ondessonk or to participate in any Camp Ondessonk programming. You can make photocopies of the Camp Ondessonk Waiver of Claim form and Personal Medical History form attached to this registration packet, or you can download a copy of the form from our website: [www.ondessonk.com](http://www.ondessonk.com) and bring all completed forms for all members of your group upon check-in. A form must be completed for each member of your group. A parent or guardian must complete the form for minors. Guests will not be allowed to participate in any Camp Ondessonk sponsored activity or program if they arrive without a completed Waiver of Claim and Personal Medical History form or a parent/guardian on site to complete the form.

**Camp Ondessonk and the Catholic Diocese of Bellville, IL:**

Guests are expected to observe and respect the basic values and morals of the Catholic Church. Co-habitation is only acceptable with married couples.

**I agree to abide by the policies and procedures outlined in the Camp Ondessonk User Agreement. I further acknowledge and understand that I am responsible for the enforcement of the policies and procedures outlined in this User Agreement in regards to the group I am hosting at Camp Ondessonk. I fully understand that any failure to uphold the policies and procedures outlined in the Camp Ondessonk User Agreement Form will result in a forfeiture of my deposit and possible eviction from Camp Ondessonk property.**

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## Camp Ondessonk Waiver of Claim

I hereby release to Camp Ondessonk and/or the American Camp Association the right's of my or my child's photograph, image, likeness and/or voice as recorded on video tape or film for the purpose of promotion, videos, yearbooks, website or publications. I hereby release any and all claims against Camp Ondessonk, Catholic Diocese of Belleville, its representatives, or officers arising in connection with the usage of my or my child's photo, likeness and/or voice. I acknowledge that this release is formal and final and understand that Camp Ondessonk, Catholic Diocese of Belleville, may proceed in reliance thereon. The undersigned in this release desires to assist in the work of Camp Ondessonk, Catholic Diocese of Belleville, by making their or their child's image likeness or voice available.

In order for children to participate in horseback riding programs at Camp Ondessonk, a parent or guardian is required to complete and sign this release. Under the Equine Liability Act, each participant who engages in an equine activity expressly assumes the risk of engaging in and the legal responsibility for injury, loss or damage to person or property resulting from the risk of equine activities. For value received, the receipt of which is hereby acknowledge, I, on behalf of myself or my minor child/ward, (please print participant's name)

\_\_\_\_\_ hereby release, indemnify and hold harmless, Camp Ondessonk, Diocese of Belleville, Department of Outdoor Ministry and their employees, clergy, volunteers, officers, board members and/or agents from and against any and all claims, losses, suits, damages, or costs (including attorney fees) arising out of, resulting from or relating to my or my minor child/ward's participation in equine activities, including but not limited to horseback riding in or around the premises operated by Camp Ondessonk. I acknowledge and understand that participation in equine activities involve inherent risks, including but not limited to (1) the propensity of an equine to behave in dangerous ways that may result in injury to the participant; (2) the inability to predict an equine's reaction to sound, movement, objects, persons, or animals; and (3) the hazards of surface or subsurface conditions. Notwithstanding this knowledge and awareness, I assume all risks of my or my minor child/ward's participation in equine activities and legal responsibility for injury, loss, or damage to person or property resulting from the risk of such activities.

I, as a participant or as a parent/guardian of a participant, understand I or my child will be participating in activities that involve periods of physical exertion, balancing, heights (up to 80 feet), lifting, pushing, pulling and climbing. I know most activities will be outdoors where I and/or my child will need to watch for slippery and/or uneven footing, limbs and branches, insects or animals and possible exposure to extreme or inclement weather. I acknowledge that my child must be at least 10 years of age to participate in the challenge course program. I fully understand that this physical activity involves risk of injury. I understand the risks may include loss or damage to personal property. I understand that I and/or my child will not be forced to do any activity and that despite all reasonable precaution taken, a guarantee of absolute safety is impossible. I and/or my child agree to exercise good personal judgment and to ask for help if I and/or my child are concerned about personal safety and to be responsible for deciding if a proposed activity is appropriate for myself/him/her. I and/or my child agree to inform the instructors of any physical, mental or medical condition that might affect my/his/her ability to participate or affect other members of my group. I and/or my child also realize that failure to tell that information could result in serious harm to myself/him/her or others. I also state that I and/or my child are not under and will not be under the influence of any chemical substance including alcohol. I and/or my child agree to comply with safety instructions given and to be responsible for my/his/her own personal safety and well being. I agree to hold Camp Ondessonk, its Directors, Officers, Employees, Agents and/or Associates harmless for any accidents, injury, loss of or damage to property that may occur on this problem. I understand that all possible precautions are taken to insure that all programs and activities sponsored by Camp Ondessonk are conducted by mature and qualified personnel in a safe and responsible manner. I understand that Camp Ondessonk in the challenge course program will provide a minimum staff/participant ratio of 1:14. I voluntarily assume the risks of the activities and I and/or my child agrees to report any injuries before leaving the premises. In the event of an emergency, I understand every attempt will be made to contact the parent/guardian. In the event that the parent/guardian cannot be reached, I give permission to Camp Ondessonk to secure proper medical treatment. I understand that any medical expense not covered by Camp Ondessonk medical insurance will be billed directly to me or to my insurance company. I have read and understand all materials outlining the Challenge Course, including this waiver and agree to abide by these terms. I understand that if my child is riding the bus, in the event of an accident, Camp will telephone the parent, however, in the event I cannot be reached by phone, I hereby give permission for medical attention by a physician for my child. I am aware this is a waiver and a release of liability and I sign it voluntarily.

I further acknowledge that (1) I am the parent/guardian of the minor child/ward identified above OR I am the participant identified above; (2) I have read this release in its entirety; (3) I fully understand and accept its terms; (4) I have executed this release voluntarily; (5) I understand that 50% of payment is due two weeks prior to the date of arrival, and the balance is due upon arrival. Should the camp need to litigate in cases involving any unpaid fees I will be responsible for the camp's legal expenses including any NSF fees.

I hereby approve this application for myself or my child to attend Camp Ondessonk and, in consideration of the benefits to be derived, expressly waive any and all claims against the Catholic Diocese of Belleville, Camp Ondessonk, the Department of Outdoor Ministry, or its representatives on account of accident or sickness that may be incurred to the above mentioned person or his or her property in connection with an incident during this camp's activities.

Participant or Parent/Guardian Printed Name \_\_\_\_\_

Participant or Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

# PERSONAL MEDICAL HISTORY

**IMPORTANT** – Please be thorough in providing the information requested. Failure to disclose information could result in serious harm to you as a participant in the program(s).

**If You Circle YES To Any Question Below, Describe Pertinent Details in Text Box.**

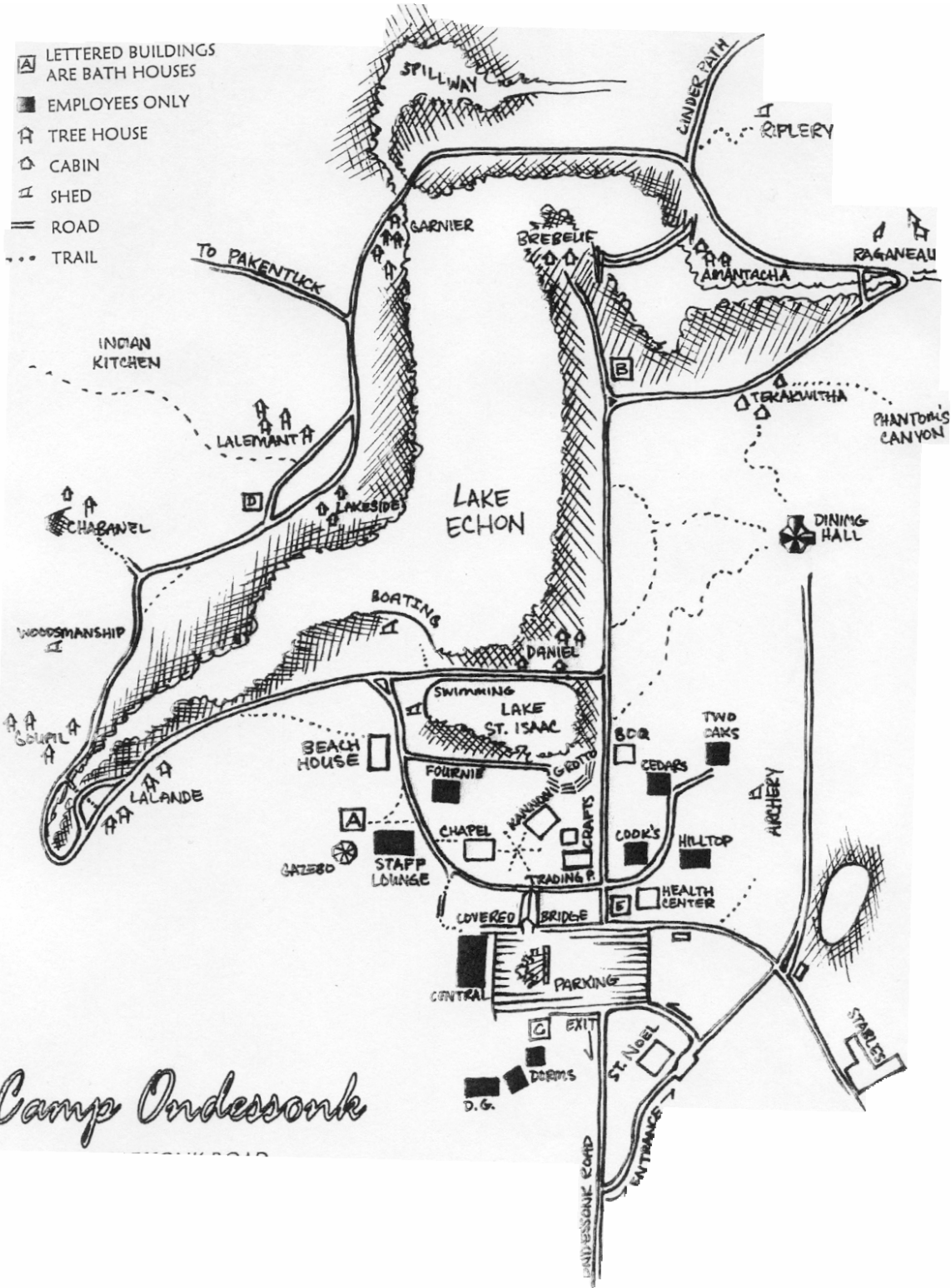
Attach an additional sheet, if necessary.

**DESCRIPTION**

1. Date of last tetanus shot _____.		
2. Which of the following has the participant had: ___ Measles ___ Chicken Pox ___ German measles ___ Mumps    Hepatitis ___ A, ___ B, ___ C TB Mantoux Test: Date of last test _____ Result: ___ Negative ___ Positive Date of Vaccine: _____ DTP _____ TD(tetanus/diphtheria) _____ Polio _____ MMR _____ Haemophilus influenza B _____ Hepatitis B _____ Varicella (chicken pox)		
3. Do you have any present medical problems, mental, psychological or physical limitations?	Y	N
4. Are you taking any prescription or non-prescription medication? (List all and reasons for taking)	Y	N
5. Have you had any surgeries or been hospitalized for any reason?	Y	N
6. Are you allergic to any insect bites, medications or foods? (List all) Do you carry an epi-pen?	Y	N
7. Have you ever had a head injury or been knocked unconscious?	Y	N
8. Do you smoke? If so, how much?	Y	N
9. Do you have impairments of vision or hearing?	Y	N
10. Wear glasses, contacts or protective eye wear?	Y	N
11. Have you ever been diagnosed or currently under treatment for high blood pressure?	Y	N
12. Had mononucleosis in the past 12 months?	Y	N
13. Do you have heart murmurs, episodes of irregular heartbeat, shortness of breath, chest pain on exertion?	Y	N
14. Have you ever been diagnosed as being at risk for heart disease or is there any history of heart disease in your family?	Y	N
15. Have problems with sleepwalking?	Y	N
16. Are you engaged in a regular program of exercise? ( Explain any restrictions to activity )	Y	N
17. Do you have asthma? If so, do you carry an inhaler?	Y	N
18. Do you have diabetes, thyroid trouble or other endocrine problems?	Y	N
19. Have you had or do you have ulcers, heartburn or other intestinal disorders? (Describe)	Y	N
20. Have you ever had seizures? (Describe)	Y	N
21. Do you have problems with your neck, back, arms, shoulders, ankles or knees that limit you? (Describe symptoms and limitations)	Y	N

Printed Full Name: \_\_\_\_\_ My Birth Date is: (mo/day/yr) \_\_\_\_\_

- ◻ LETTERED BUILDINGS ARE BATH HOUSES
- ◼ EMPLOYEES ONLY
- 🌳 TREE HOUSE
- 🏠 CABIN
- 🏠 SHED
- == ROAD
- ... TRAIL



Camp Ondessonk





## Camp Ondessonk Recommended CLOTHING & EQUIPMENT LIST

Your days at Camp Ondessonk may very well be active ones; you could be outside most of the day, rain or shine, and getting dirty is a definite possibility. So here's an idea of what to bring or wear while you are here, and what to leave at home.

Remember, our programs are conducted primarily in the out-of-doors, **regardless of the weather**. Each participant **must** be dressed for the rain and cold. He or she also needs to have loose-fitting clothing that is suitable for hiking and sitting on the ground. The clothing you bring to Camp will get dirty, so please leave expensive or designer clothes at home.

### ESSENTIAL

**Bedding:** Sleeping bag or a 2-blanket roll with sheet & pillow.

**Clothing:** 1 waterproof rain coat or poncho  
 1 set of sleep-wear  
 3 shirts  
 1 pair socks for each day, 2 wool for cold weather  
 2 pair long pants  
 2 pair shoes (**1 pair boots or mud shoes**)

<b>Seasonal:</b>	<u>In warm or hot weather:</u>	<u>In cool or cold weather:</u>
	2 pair shorts 3 tee shirts	1 pair mittens/gloves 1 hat that covers ears 2 pair wool or thick socks 1 neck scarf 1 pair long underwear 1 warm coat 2 heavy sweaters or sweat shirt

**Other:** 1 towel and wash cloth  
 1 soap (in box) & shampoo  
 1 toothbrush & toothpaste  
 1 deodorant  
 1 brush or comb  
 1 large bag for dirty laundry  
 Water bottles!

### OPTIONAL

camera, sunscreen, insect repellent (no aerosol sprays), flashlight.

### PLEASE REFRAIN FROM BRINGING

Any dangerous or destructive items that include but are not limited to: knives, matches, or fireworks. We also advise guests to leave all radios, electronic games, chainsaws, firearms and valuables at home.