

St. John Ambulance

Council for Ontario

ICE'03

University of Waterloo, Waterloo, Ontario

August 2 through 5, 2003



St. John Ambulance in Ontario is hosting a Rally for our Youth from August 2, 2003 to August 5, 2003. This is an excellent opportunity for members to meet new friends from around the Province and across Canada. The program for this event includes outdoor and indoor activities to challenge, teach and enhance the skills of our young people. All participants can look forward to our famous Rally Dance, a variety of group based leadership and team building activities, a celebration of Spirit of Self and of Group in the new Millennium and a celebration of their involvement with St. John Ambulance and the Order of St. John! Arrival time will be Saturday, August 2, 2003 from 4-6pm. Departure will be on Tuesday August 5, 2003 by 3:00pm. This year's tri-annual Rally will be held on the grounds of the University of Waterloo, Waterloo, Ontario.

The organizers include members from across the Province who have been working for many months to make this opportunity a reality. In order to make it possible for all members to attend, external funding has been sought to keep the cost to a minimum. The subsidized cost for this four day, three night event has been approved at \$100 and includes all accommodations (indoors in double occupancy rooms), meals, snacks and an exciting four day program! Transportation to and from the event is to be arranged locally. Members are encouraged to car pool. It is also important to note that *this special subsidized fee of \$100 is only available to the first 400 Ontario members registering*. Our ability to subsidize our membership is limited by our budget and therefore non-Ontario members or members over our budget will be required to pay the full registration fee of \$175. This fee is applicable to all cadets, crusaders, officers and adult members attending in any capacity.

St. John Ambulance Cadets and Crusaders perform many hours of service in their local communities and their program is second to none. Rarely however, do they get the chance to meet youth members from other parts of the Province. The last Cadet Rally was held in 2000! R2K was a wonderful success with many members are still talking about their experiences! This year's event is looked at as both a reward for outstanding service and an excellent opportunity to broaden horizons, discover one's self and make new friends.

Please find attached an Application Form, a Medical Form, a Kit List and the General Rules for our Rally. All forms must be accurately completed and returned *with payment* to the address shown below, by **July 1, 2003** as accommodations must be confirmed in advance with the University. **If you fail to submit payment with your application, you might have to pay \$175 as our \$100 fee is only available to the first 400 paid registrations!** I know that many Cadet Divisions from across the Province have started local fund raising efforts to further subsidize their members. I hope that with everyone's help, this Rally will rival all of our past rallies!

I look forward to full participation and hope to see all of our youth members and their leaders in attendance! For further information contact our Community Services Department at the Council for Ontario, 1-800-268-7581.

Sincerely,
Don Smith, Ontario Provincial Youth Officer

Mailing Address: **ICE'03 - St. John Ambulance - Council for Ontario**
46 Wellesley Street East, Toronto, Ontario M4Y 1G5

Questions may be directed via email to Mr. Smith at dsmith@on.sja.ca or
by phone to Mr. Cole at 416-923-8411 or 1-800-268-7581 during business hours.

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APPLICATION / AGREEMENT / PERMISSION FORM

Note: A complete set of forms and payment must be completed for each member participating, regardless of their position. All forms must be returned by July 1, 2003 to St. John Ambulance - Council for Ontario Office.

Name _____ Unit/Division _____

Address _____ Div. Supt. _____

City/Town _____ Province _____

Postal Code _____ Email _____

Home Telephone () _____ Alternate () _____

Emergency 24 hr Contact _____ Contact # () _____

Gender M F Date of Birth _____ Age: _____

Year Joined SJAB _____ Language(s) spoken: English / French / Both

Position (circle one): Cadet Crusader Corporal Sergeant Adult/Member Officer/Other: _____

R2K Rally Involvement: Participant Group Leader/Assistant Activity Leader Logistical/Admin Support Other: _____

Desired Involvement: Participant Group Leader/Assistant Activity Leader Logistical/Admin Support Other: _____

Double occupancy room accommodation on all male and all female floors provides you the opportunity to name your roommate. This is only a request and while we will endeavor to accommodate your request, final room assignments remain with ICE registration. If your roommate's forms are not received or differ from your own, your request will not be recorded.

Requested Roommate: _____ Unit/Division: _____

1. I have accurately completed the enclosed MEDICAL FORM (for all Youth Participants). I have enclosed a cheque or money order made payable to "St. John Ambulance - ICE' 03" in the amount of \$100 [if from Ontario] or \$175 [if you are outside the Ontario; including Federal District]. Cancellations or no shows may not qualify for refund. This will depend on our ability to fill your reserved position.

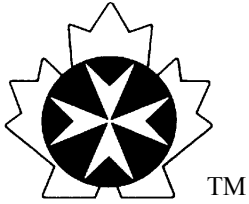
2. I need special consideration due to the following situation [diet / medical / religion / other] include details:

3. A variety of group and individual challenges/experiences makeup our program. Do you consent to allow your son/daughter's participation in supervised and controlled rock climbing (for example); should your son/daughter wish to participant in such a confidence building challenge? (Circle One) **YES** **NO**

4. By signing this form we/I have read, understood, and agree that our/my child *shall abide by all the attached rules* while attending this rally. While we/I understand that every reasonable precaution will be taken by the leaders/Officer(s)-in-Charge, should an accident or illness occur, we will not hold the leaders/Officer(s), nor St. John Ambulance responsible. I/We further acknowledge that if our/my child is required to be sent home, this will be arranged at my/our expense.

i. _____ ii. _____

Signature of Self if 18 or older, or Parent(s)/Guardian(s) if under 18 years of age. If signed by a Legal Guardian, please provide proof of guardianship. *** All participants 18 years of age and over at ICE'03 must have a Police Record Check on file with our Provincial Headquarters.



St. John Ambulance

MEDICAL INFORMATION FORM

Please ensure that all information on this form is as complete as possible, the form should be completed and signed by the parent and submitted with registration. **PARTICIPANTS WITHOUT MEDICAL FORMS WILL NOT BE PERMITTED TO RALLY.** For the purposes of ICE'03, this Medical Information Form should be completed and submitted with registration to ensure that all paperwork is in order. It is for the safety of your child that we cannot permit participants without medical forms. Should one's medical condition change following submission of this form, written details and/or a new Medical Form should accompany the participant and be submitted at the registration desk.

Name _____ Date of Birth (Y/M/D) _____ Gender _____

Address _____

City/Town _____ Postal _____

Telephone Numbers (Home) _____ (Alternate) _____

Alternate Emergency Contact _____ (Phone) _____

Doctors Name _____ (Phone) _____

Provincial Health Card Number _____ Full Name on Card _____
Being in possession of one's Provincial Health Card is recommended while at ICE'03

Secondary Health Card/Insurance Information _____

Medical History

Is your child subject to any allergies (drugs, food, insect stings, etc.)? If so, please list them indicating type or reaction and usual treatment. _____

Has your daughter started menstruating? Yes No

If no, has menstruation been explained to her? Yes No

Is your child presently subject to any of the following conditions at present? (Please tick)

Asthma	Ear Trouble	Menstrual Cramps	Sleepwalking
Bed Wetting	Fainting	Migraines	Tonsillitis
Bronchitis	Frequent Colds	Motion Sickness	Nosebleeds
Convulsions	Hay Fever	Nightmares	Weak Joints

Please explain the usual treatment for any conditions indicated: _____

Does your child have any chronic condition (such as diabetes, heart trouble or epilepsy) which the Officers should know about? Indicate any medication or treatment necessary for this condition _____

Please turn over, and complete the other side

Name _____ Date of Birth (Y/M/D) _____ Gender _____

List any medications(s) your child is bringing. These must be clearly labeled with the patient's name, dosage and frequency. Please indicate any medications that must be kept with the child at all times (e.g. medications for severe allergic reactions). We recommend that all other medications be handed to the Officer-In-Charge upon arrival, to ensure that Medication schedules are correctly followed while the child is with us. ICE'03 will have Infirmiry Staff on hand 24 hours a day. _____

Date of last Tetanus shot _____ (Otherwise it will not be assumed)

Can your child take acetaminophen? (E.g. Tylenol) Yes No (tick one as appropriate)

Please indicate which of the following illnesses or operations your child has had, as well as any immunizations received.

Illnesses		Operations		Immunizations			
Heart Disease		Rheumatic Fever . .		Appendectomy		German Measles . .	
Hepatitis		Mononucleosis		Tonsillectomy		Measles	
Pleurisy		Tuberculosis				Mumps	
Pneumonia						Whooping Cough . .	
						Poliomyelitis	

Note any recent illness, operations or injuries not included above: _____

The camp program includes sports, swimming, hiking, pitching tents, and other physical activities. Does your child have any physical or emotional problem which could prevent full participation in such a program? Yes No
If so, please state the particulars: _____

AS THE PARENT(S) OR GUARDIAN(S) OF THE ABOVE NAMED CHILD, I/WE HEREBY STATE THAT THE ABOVE INFORMATION IS TRUE, TO THE BEST OF MY/OUR KNOWLEDGE. I/WE AUTHORIZE THE OFFICER(S)-IN-CHARGE TO SECURE SUCH MEDICAL ADVISE AND SERVICES AS MAY BE DEEMED NECESSARY FOR THE HEALTH AND SAFETY OF MY/OUR CHILD.

Signature of Father/Guardian

Signature of Mother/Guardian

Please Print Name

Please Print Name

Date: _____

Date: _____

THIS FORM MUST BE COMPLETED AND SIGNED IN ORDER FOR YOUR CHILD TO ATTEND THIS FUNCTION.

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KIT LIST

Note: Clothing displaying profanity, racial, offensive or sexist remarks shall not be permitted to be worn by any participant. Revealing or questionable clothing is not acceptable to be worn at our Rally. Interpretation of such materials will be at the discretion of Rally Administration. Sleeveless shirts or open toed shoes should also not be worn within the dining areas within residence.

- 2 pair of running shoes
- at least 4 pair of socks
- at least 4 pair of underwear
- pyjamas and a bath robe
- 2 pairs of jeans or casual pants
- 2 pairs of shorts
- at least 4 shirts or T-shirts [observe note above]
-
- sun screen and sun hat [highly recommended]
- Raincoat, rain hat, boots
- Swim Suit and Bathing Towel [there are water based activities in our program]
- day pack (light backpack) for carrying swimming gear and clothing
- warm (light) sweater or a jacket [**ICE'03** may offer *seasonal* challenges]
- Towel and face cloth
- Toilet articles [brush/comb, soap, toothpaste, toothbrush, tissue]
- insect repellent [optional]
- flashlight [optional]
- camera and film [optional]
- combination or key lock [for gymnasium lockers]
- notebook and pencil/pen [optional]
- Summer Dress SJA Uniform for our traditional Rally closing ceremonies. Uniform shirt, tie, head dress, black pants, black shoes and black socks.
- Small amount of money, to purchase snacks or souvenirs if desired. There will be an assortment of St. John Ambulance souvenirs from our Provincial and National Stores available during the lunch and dinner hours on the Saturday/Sunday and Monday. There will also be a snack bar open at our Rally Dance on the Monday evening.

Notes

- Accommodation for this year's Rally will be double occupancy residence rooms. There are twenty-five rooms to an all male or all female floor all sharing common washroom and shower facilities per floor.
- Only one piece of luggage should be brought; bedding is provided by the University.
- Mark everything with the participant's name: First and Last names
- Walkmans and other electronic equipment are not recommended and will only be permitted during designated free time periods and should be clearly labeled with participant's name: First and Last names.
- In a large camp, security of one's personal possessions is always a concern. It is therefore recommended that participants do not bring valuables or large sums of money to camp. A small amount of money for purchasing snacks, pop and St. John souvenirs is still recommended.
- The above items are considered minimal and failure to bring some items may restrict full participation in some parts of the program. [ie. Swim wear and a bath towel are essential]

ICE'03

GENERAL CAMP RULES

1. All members (including Officers) shall submit a signed copy of the appropriate Agreement/Permission form indicating that they have read and agree to the rules, and in the case of members under 18 years of age, have parental/guardian permission to be at this event. Registration payment is required from all leaders and participants. Your payment rate, \$100 vs \$175, depends on being registered within the first 400 participants.
2. All youth members shall submit a properly completed and accurate Medical Form prior to the event. This form shall be signed by the member if 18 years of age or older, and by the parent(s) / guardian(s) otherwise. The form shall be held by our Rally Medical Coordinator. The form shall be kept in confidence at all times. Disclosure of all pertinent medical conditions/treatments is required to ensure the safety of our participants.
3. For the purposes of these General Rally Rules, the phrase “Officer(s)-in-Charge” refer to the Rally Committee Chair (the Provincial Youth Officer), Provincial Staff Officers and Rally Committee Coordinators.
4. Any sickness or accident must be reported to the Medical Coordinator and leaders/Officer(s)-in-Charge. All members are encouraged to use our Medical Services, should medications require refrigeration or the member require supervision with their medication usage or treatments.
5. Appropriate standards of behavior for a youth rally are expected by all participants throughout the rally.
6. For the security of our participants in residence and to permit cafeteria and venue admittance on campus, a wrist ban policy will be used. Rally wrist bands shall be worn at all times and will identify all participants.
7. While under the care and guardianship of the Officer(s)-in-Charge of this rally, all participants will respect the law and the implications and rules that must be observed.
 - a. The Tobacco Control Act of Ontario was passed in 1994 and prohibits smoking in many public places, including schools and on school property; as well, prohibits selling or supplying of tobacco products to anyone under 19 years of age; guardians and parents are not exempted from this law.
 - b. In light of our location and our concerns, smoking will only be permitted in designated outdoor common areas within residence. Smoking within all residence buildings, corridors, lounges and in all public areas and within personal rooms is strictly forbidden during our Rally.
 - c. Smoking within any buildings and within Federation Hall (during the dance) will not be permitted.
 - d. Any use or possession of illicit drugs or medications which are deemed to not be for documented medical use purposes by the participant in question will face immediate removal from the camp.
 - e. There shall be no alcohol consumed by any participant of this Rally over the duration of the event.
8. While within residence, only the two designated members assigned to a residence bedroom will be permitted to be in the designed bedroom. All social gatherings indoors within residence will be held in designated common areas and lounges and NOT within anyone’s residence bedroom.
9. The Rally Administration may implement additional rules as required for the safety and well-being of the participants and for the success of Rally.
10. All activities will be properly supervised. Members under 18 years of age shall be supervised by the leaders/Officer(s)-in-Charge of the event. Members who fail to conduct themselves in an acceptable manner, or by action or inaction endanger themselves or others, the Rally Administration may return the member to their parent(s) or guardian(s), at the parent(s) or guardian(s) expense.
11. Members 18 years of age or older shall remain with/at the event unless given permission to leave by the Officer(s)-in-Charge. Members who fail to conduct themselves in an acceptable manner, or by action or inaction endanger themselves or others, the Rally Administration shall require the member to leave under his/her own supervision and expense. All members 18 years of age or older who register to participate at our event will be expected to participate with our activities as assigned.