



RAVENS
C A M P S

Ravens Sports Days F.A.Q.

Where Should We Go When We Arrive?

You can enter the Carleton University Campus from Colonel By Drive, or from Bronson Ave. at Sunnyside. Please stay on University Drive, and enter Lot # 5 at the entrance between the Field House and Tennis Bubble. Follow the lane to the right and drop-off your students at the north entrance to the Sports Centre. Our Ravens Sports Day Staff will direct you and your students from there. Please note that this is a **firelane**, for drop-off / pick-up **only**. Please ask your students to stay on the bus upon arrival as our staff will come onto the bus to greet them. **Please tell drivers to park in the rear portion of lot P7 if they will be staying for the day.**

How Does Lunch Work?

All students will be provided with a well-balanced lunch at the Residence Commons cafeteria as part of the Ravens Sports Day student fee. We encourage teachers and parent volunteers to accompany the group to lunch to aid our staff in safety supervision. If possible, please advise us of the total number of teachers, parents, adult observers and/or bus drivers who will accompany your group(s) to lunch, upon your arrival.

How Can We Accommodate Different Dietary Restrictions?

Our cafeteria is prepared to deal with many different dietary restrictions. Our cafeteria is a peanut and tree nut free eating environment. Please let us know **in advance** of any students with special dietary restrictions so we can notify the cafeteria that some meals will need some special attention. Please note that the cafeteria **does not allow any outside food into the cafeteria.** so please let us know if there is something that we can do to help ease the transition for those with dietary restrictions.

Please Explain the Groups Lists (Waiver Forms)

Once you register for your Ravens Sports Day, please fill out the waiver forms sent to you via e-mail (also available online). Please divide your students into the number of activity groups confirmed for your school. By doing this in advance, it will save valuable organization time in the morning upon your arrival. It is very important that these waiver forms include ALL medical or special needs information about your students (e.g. medical conditions, serious food allergies, recent injuries etc.) **We ask that you please e-mail these 'signed' waiver forms to michael.cicchillitti@carleton.ca at least one week prior to your Ravens Sports Day date.**

Is It Safe To Bring Valuables?

Please advise your students **NOT** to bring cash, electronics, expensive shoes or other expensive articles of clothing. The team-rooms that we use for students have combination door locks, however, many students share them, and security of personal valuables **cannot** be guaranteed.

Do Teachers Need To Participate?

That is up to you! We have some teachers who prefer to join in and others who prefer to find a quiet spot at one of our campus coffee shops to mark, work on report cards or plan for next year. The Ravens Sports Day Staff will closely supervise your students throughout the day and will consult teachers/supervisors only for behaviour management support. Your assistance with 'crowd-control' during the drop off, pick up and at the cafeteria is appreciated. You are welcome to observe the activities and/or participate

How Are You Prepared to Deal With Injuries / Medical Emergencies?

Our staff are trained in Standard First Aid/CPR and our Lifeguards have more advanced training. Safety and prevention are our priorities, however accidents do happen. In the event of an injury, we have an athletic therapists on-site, and Carleton Health Services is 5 minutes away. We also have departmental and campus emergency procedures in place to respond to any emergency.

Should We Bring OHIP / Emergency Contact Information?

We will rely on YOU to have quick access to the OHIP numbers for ALL your students and staff, as well as Emergency Contact numbers, in event this information is required.

Do You Follow OPHEA Guidelines For Sport Safety?

Yes, please visit this link for more information. <http://safety.ophea.net/>

Are Your Facilities Wheelchair Accessible?

Yes, all of our facilities are accessible including our pool that has a P.A.L. Pool Lift.

Can You Guarantee That I Will Get All Of The Sports I Requested?

A Ravens Sports Day regularly runs from 9:30am - 3:30pm. However, if your day is shorter in length we may not be able to fit all of your sports requests into your schedule. Please note that sending your sport request does not guarantee that you will get these sports. We will do our very best to accommodate all requests, but when days are full certain sports may not be available.

Can We See Our Schedule In Advance?

Typically, the schedules are created the week before the date of your trip. While we are not able to send your personalized schedule to you we can deal with any questions/concerns you may have leading up to your trip.

Can You Provide Bilingual Instruction (English & French)?

Yes, many of our staff and varsity athletes are bilingual.

Can Students Bring Their Own Snacks?

Students may bring their own snacks, however we do not have a designated snack time during the day. All food that is brought into our facility must be peanut and tree nut free.