



CARRIER SEKANI
FAMILY SERVICES

Creating wellness together.



www.csfs.org

Camp / Cabin Rules

Rule Reminders:

- No open food in cabins
- No going into other people's cabins
- Everyone in a cabin is responsible for keeping it clean & maintaining wood stove
- A man and a woman cannot be left alone to walk or boat (**need a 3rd person**)
- Clean up after yourselves, be respectful and kind
- No items are to be left sitting in the shower rooms or laundry rooms
- Make full use of your time here

Cabin Checks:

Cabins maybe checked during your 28 day stay. They are checked for safety and cleanliness purposes. If anything is found in a cabin that should not be there (drugs, alcohol, sharps, hidden medication), there will be consequences at the discretion of the camp counsellors.

Drug Testing:

Clients understand and agree to random drug tests anytime during the 28-day program as requested by staff.

Administration of Medication:

Medications are to be dispensed at the times below by **COUNSELLORS ONLY**. Please be on time and respectful to the system, as medications will only be administered at these times. Unless discussed otherwise.

8:45 AM

12:45 PM

5:45 PM

7:50 PM

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#8-870 Highway 16 W
Burns Lake, BC V0J 1E0
Phone: 250.692.1800
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The Gong / Rings:

- 1 ring = group is starting
- 3 rings = meal time - **8am Breakfast** -
- Continuous ringing = fire/ emergency; Meet at Muster Point

Cleaning:

You're responsible to keep your areas clean. If your areas (table & cabin) are dirty, for if you leave personal items in shared spaces there will be a talk between you and your counsellor, and appropriate repercussions will occur. Please remember everyone is here to heal and everyone must do their part to ensure the best possible environment for healing.

Daily Sleeping Cabin Chores:

- Beds are made
- Floors are swept and washed as needed
- Window sills are dusted as needed
- Garbage is removed
- Decks are swept as needed
- No food is left opened in the sleeping cabins

Expectations:

- Clients are expected to attend all activities and groups
- Clients must respect all rules and protocols of our treatment center not following protocols or rules may result in early discharge
- Any threats, violence, abuse of any kind will not be tolerated and will result in an early discharge from the program
- Since we are a Co-Ed treatment center, clients must respect peoples' boundaries and are prohibited from developing any intimate or sexual relationships



- There is no computer access or access to internet, tablets or cell phones please ensure you are prepared by paying your bills, filling out EI and managing your financial affairs (online banking) prior to coming to camp
- We do not make any store trips please ensure that you have enough snacks, nicotine/cigarettes for 28 days

Phone calls:

- Clients are allowed to make only **2 phones calls** throughout the 28 days of treatment no expectations allowed
- Family emergencies will be directed to staff and clients will be notified appropriately

Personal Time Ideas:

- Read a book
- Create using the art and craft supplies; colour some relaxing pictures
- Go for a canoe ride (Please remember you need to inform a counsellor and use a 2-way radio; no going alone)
- Go for a nature walk (Please remember you need to inform a counsellor and use a 2-way radio; no going alone)
- Take a moment to reflect in your personal journal
- Play a board game, in the main cabin or lawn games (horseshoe/bocche ball)
- Do some exercise or go for a swim



Laundry days

Sunday – Elders & Pink Cabins
Monday - White & Green Cabins
Tuesday - Yellow & Purple Cabins
Wednesday - Elders & Pink Cabins
Thursday – White & Green Cabins
Friday - Yellow & Purple Cabins
Saturday – Open to Everyone

Reminder: No washing laundry while people are showering. If there are constant showers on your laundry day talk to a counsellor and they will help on resolving the problem.

These Laundry days are in effect during the whole camp. Laundry is to be done outside of workshops, ceremonies, and group activities. Laundry is to be done during your own personal time. No laundry can be done after 10 pm.

Nenachalhya (We thank you)

