



Rainbow Lodge Recovery Retreat

Information

Summer 2018



Rainbow Lodge Recovery Retreat

Welcome to the Rainbow Lodge Recovery Retreat on beautiful Powell Lake. We hope that your stay with us will be enjoyable. To make your stay memorable and safe we ask you to follow our simple guidelines. **If you have any questions please do not hesitate to ask, there is no such thing as a stupid question.**

(The following information is in no particular order of either relevance or importance)

General Information:

- In the early 50s Rainbow Lodge was developed by BC's largest logging company. MacMillan Blodel used Rainbow Lodge as an executive retreat and fishing lodge.
- Rainbow Lodge is situated on 105 acres of land and 5800 feet of lakefront.
- Rainbow Lodge is situated on Powell Lake 35 kilometers north of Powell River
- Rainbow Lodge produces its own electricity, pumps water from the lake and treats our own sewage.
- Rainbow Lodge consists of seven different buildings, the main lodge, toolshed, generator shed, studio, gazebo, the Annex and the storage shed.



Emergency Evacuation:

- In the event of an emergency, Rainbow Lodge has been deemed an approved helicopter landing zone.
- You would be required to phone 911 and give them Rainbow lodge's coordinates.
- Landing coordinates: 50 04 43.37 N and 124 21 53.40 W
- The basketball hoop needs to be moved at least 50 feet away from the landing zone.
- Unfortunately due to a lack of night vision goggles, there will only be daytime landings.

Emergency Evacuation:

- For an emergency evacuation that doesn't require the use of a helicopter. The guest will be taken down the lake by boat and then transported to the hospital for treatment.
- ***To minimize the risk of accident and/or injury please be situationally aware of your surroundings. Please think before you act, this is very important for your well-being and safety. Please ask if you are unclear about any procedure or guidelines here at Rainbow Lodge. If these special precautions are followed your stay at Rainbow Lodge will be grand.***

Buddy System:

- Please select a buddy that you will be responsible for and in turn they will be responsible for you.
- It is important to tell your buddy or if you are with your buddy to tell somebody else where and what you are doing. So if we need to look for you, we know where to start.



Hiking / Walking:

- If anybody wants to go for a hike, I would prefer to go as a group.
- If somebody wants to go hiking, the minimum amount of people must be 2
- There are Bear bangers, Horns, whistles and other supplies available.
- Please do not go hiking without alerting myself or Blair
- Please do not wander off the logging roads and tell us which way you will be going on your hike.

Fire Safety:

- Please note there are numerous fire extinguishers throughout the property i.e. bedrooms, hallways, kitchen, toolshed, generator shed etc...
- There are smoke alarms and carbon monoxide detectors in all rooms.
- If you smell or see you smoke and/or fire, please let the rest of the building know that they have to clear the building and meet on Tanner's beach.
- Once a headcount is done, then we will assess what our next step will be.

Cigarette Smoking:

- To keep the risk of fire to a bare minimum, smoking is only permitted on the front patio near the fire pit.
- Please do not throw your cigarette butts on the ground or in the water, disposal of them in the fire pit.



Fire Pit:

- Every evening (weather and fire restrictions permitting) there will be a fire for your enjoyment and warmth.
- A great place to enjoy a conversation and roast a tasty smore.
- Please keep the screen grate on the fire at all times and let the staff tend the fire for you.

Wildlife Safety:

- As you are aware, we are located in the wilderness.
- There have been sightings of bears, cougars and wolves in the surrounding areas.
- It is important if you plan to leave the property to be equipped with the necessary safety equipment.
- We do suggest that you stay on the property for your own safety.
- If you do have an encounter with the wild animal on the property, scream, yell and wave your arms, proceed immediately into the closest building.

Mice:

- Since we are in the middle of the forest, we do share the lodge with our local mouse population.
- Live mouse traps are located throughout the property.
- These mice will be trapped and released on Goat Island.

Liability Waiver:

- In order to keep our Insurance policy in good standing and our premiums to a reasonable level. All guests are required to complete a liability waiver.



Boating Safety:

- All guests are welcome to make use of the kayaks, canoes, paddle boat, paddle boards and flotation devices.
- No guests are permitted to operate any of the motorized crafts.
- For your own safety a life jacket must be worn at all times well using any of the non motorized crafts.
- Please make sure that you stay insight of the lodge at all times
- Please be aware of the buddy system
- Make sure the staff is aware of your swimming ability

Fishing License:

- If you plan to do some fishing, you will need to purchase or have a freshwater fishing license.
- You may order and print your license at the lodge: <http://www.fishing.gov.bc.ca/>
- There is fishing gear available for your use.
- You may try your luck, right from the dock.
- If you decide to take a canoe or the Jon boat, there is an electric motor for your use.
- Please make sure you are wearing a life jacket and stay in sight of the lodge.

Garbage:

- There are two Bear proof garbage cans that are located behind the main lodge.
- All empty pop cans will be crushed and stored in the receptacle beside the stove.
- All cans and bottles will be rinsed and stored on the back porch for recycling.
- Any paper products will be burned in the fire pit. Please make sure that all garbage is disposed of correctly, to ensure not to attract any unwanted visitors.



Satellite Phone and Internet:

- There is a satellite phone that is available for your use, please keep your calls short.
- Remember when using the satellite phone there is a slight delay, so if you and your party are talking at the same time, neither of you will be able to hear each other.
- Rainbow Lodge phone number is 778-650-2942
- To dial Vancouver Island, Sunshine Coast or the Lower Mainland just dialed direct.
- To link to the in-house Internet the password is: rainbowlodge
- This is a perfect opportunity to unplug and disconnect with the outside world.

Cellular Booster:

- There is a cellular booster located in the main lodge

Music, Movies and Games:

- There is a huge library of DVD movies available for your use.
- There will be a nightly movie shown in the living room.
- There is a music system that will play any device with a headphone jack.
- There are plenty of boardgames available for your use.

Children:

- It is very important to know the whereabouts of your children at all times.
- Rainbow Lodge is not childproof in anyway, there are plenty of dangerous items throughout the property and lodge.
- Please make sure that your child is wearing a light jacket at all times, while outside.



Swimming:

- Feel free to enjoy the lake anytime day or night, please make sure that your buddy knows where you are at all times.
- It is safe to jump off the end of the dock, make sure you are clear of all boats etc. that are tied to the dock.

Tubing, Water Skiing, Wake Boarding and Hydro Sliding:

- All of these sports will take place either behind the Aqua trax or the Rainbow Scout
- All these activities are dangerous, always wear a life jacket and make sure the operator is aware of your swimming ability and your level of expertise in any given activity.

The Library:

- Enjoy our large selection of hardcover and paperback books, if you find a book that you can't finish, please take it home.

Wood-burning Hot Tub and Sauna and Bath:

- We have both a hot tub, sauna and bath available for your use.
- Please allow the staff to add wood or stoke the fire on either the hot tub or sauna.

In-house Drugstore:

- If you have forgotten any toiletry items and/or other health miscellaneous items, please ask and we may be able to help you out.



The Annex (Washrooms,water and food):

- There is no running water or flushable washroom facilities in the Annex.
- There is a composting toilet in the upstairs of the Annex for those nighttime emergencies.
- Make sure to add at least 1 bottle of water into the bowl to wash away the contents.
- Please only toilet paper to be deposited in the composting toilet.
- It is just a short walk to the main lodge to the outside washroom.
- Please feel free to pee (urinate) outside, the beauty of living in the wilds.
- Please do not bring food to the Annex.

The Tool shed:

- Visit the Tool shed for Life jackets, wetsuits, water shoes, footballs, masks and snorkels, fishing gears, balls and gloves etc...

The Shed:

- Visit the Shed for tubes, water skis, canoes, kayaks, paddle boards etc...

The Gazebo:

- Visit the Gazebo to relax and collect your thoughts.

The Studio:

- Visit the Studio for yoga, battle ropes, weights etc...
- Please take care of dropping weights on the floor and leave the studio neat and tidy.



The Outdoor Bath and Shower:

- Visit the Outdoor Bath to relax in the tub and enjoy the beautiful surroundings.

Drinking Water:

- All our water comes directly from Powell Lake.
- The lake water is extremely clean and clear, totally safe to drink.
- The main lodge has a charcoal purified/Ultraviolet lamp water filtration system.

Bathing and Shower Water:

- There is an on-demand propane fired water heater, that is used to heat all the water for the lodge.
- Since we are in such a remote location all the propane has to be brought from Powell River.
- We request in order for us to make the best use of our propane, please keep your showers short.
- We do suggest to use the lake for all your bathing needs.
- There is soap, shampoo and Loofas available for bathing in the lake.
- There is nothing better than waking up in the morning and having a bath in the lake.

Heating the Lodge:

- There are four airtight fireplaces in the lodge.
- Just ask and we would be more than happy to light a fire for you.

Cooling the Lodge:

- There are ceiling fans in all the bedrooms in the main lodge.
- There are portable fans available for the Annex.



Electricity Generation:

- Rainbow Lodge is completely self-sufficient.
- We have two Diesel generators for producing electricity.
- These generators will usually run in the evening for a hour or two, to top up the batteries for the night.
- This is an excellent time to have a shower or do the evening dishes.

Solar Power at the Lodge:

- We have a bank of solar panels located on top of the tool shed roof.
- We are able to store enough power from the sun to operate the lodge for the day and sometimes into the night.
- Please be mindful of electricity and turn off the lights and fans when you leave the room.

Septic System:

- Rainbow Lodge has its own on site septic field system.
- Please take care of how much toilet paper is used.
- Please ensure that you do not put anything in the toilet that you haven't eaten first.
- In other words, your waste and toilet paper only are to be deposited in the toilets.



Meals Times and Snacks:

- Since we are not on any defined schedule these mealtimes are approximate.
- Breakfast 8 AM
- Lunch 12 noon
- Dinner 530 PM
- There are snacks and drinks available in the kitchen at all times.
- Please clean up after yourself.
- Please do not take food to your rooms.
- If you are snacking in the living room please clean up after yourself.

Meal Preparation:

- Blair and Joe will be in charge of preparing your meals.
- We always appreciate help, so please ask and we will be sure to put you to work.
- If there are any special requests please let us know and we will see what we can do.

Bear-Tooth Falls Beach Barbecue:

- Depending on your length of stay, you will be able to join us for a beach barbecue at Bear-Tooth Falls.
- We tend to make this trip once every 3 to 4 days.
- Ask Joe or Blair for details.

Dishes and Clean up:

- We request that everybody helps with the dishes and clean up after the meals.
- Before the dishes are put in the sink please make sure that they are wiped clean with a paper towel or cloth.



Washer and Dryer:

- There is a washer and dryer available for use.
- Please be aware that these machines can only operate when the generator is on.
- Make sure not to sit on the leather couches with wet shorts or hang wet shorts on the wood bed frames, this will result in a water stain on the couch and/or bed frame.

First Aid:

- If there is a need for first aid, please report directly to Joe or Blair (both of us have taken the level 3 first aid training course)
- We have a full range of first aid equipment: Oxygen, AED (Automated External Defibrillator), Spine board, Hard collars etc...

Chopping Wood:

- Please leave the chopping of wood to Blair and Joe.
- My liability insurance does not cover this activity.
- This is for your own safety and enjoyment of your trip.

Helping Out:

- Rainbow Lodge is not a resort or hotel.
- We request of everybody to help with the day-to-day running of the lodge.
- To keep this lodge running is definitely a communal effort. We ask if everybody could keep their room's tidy, make their beds and pick up after themselves.



Being a Good Person:

- We want to keep Rainbow Lodge as a safe and peaceful place for everybody.
- We do our best to live by spiritual principles (Accountability, Respect, Compassion, Honesty, Acceptance, Open Mindedness etc..)
- Rainbow Lodge has zero tolerance for:
 - Use of drugs or alcohol.
 - Physical fighting, bullying, threatening language, stealing, sexual-harassment or racism and bigotry.
- If any of these or any other acts (that are deemed unspiritual) are committed; it will result in a boat ride back to Powell River.

Rainbow Lodge T-Shirts and Jackets:

- T-shirts and jackets are available for purchase.
- T-shirts are \$10
- Jackets are \$25



Thank you for taking the time to read the Rainbow Lodge informational booklet. Since this is an organic work, please let us know if there's something that we should add.

**I hope that you enjoy your stay here at
Rainbow Lodge...**

