

Level 2 Explore: Participation Criteria

Campout experiences are an important component of our program and challenge our campers to discover their personal strengths and capabilities. Each level of the program builds on the skills from previous levels and includes increased challenges and leadership opportunities.

Our Level 2 Explore campers will go on a 2-3 day overnight campout experience during their nine day camp session. As there are some risks associated with wilderness experiences, we take our responsibility to keep campers safe and healthy very seriously. We have established the following participation criteria for Level 2 Explore campers to ensure that campers have a safe and successful camp experience.

If you have any questions or are unsure if the camper meets these criteria, please contact us at 1-888-585-0829.

Why are campout experiences part of our program?

Campout experiences are unique in producing lasting and meaningful change because campers learn by doing. Young people are not often trusted with the kinds of decisions and responsibilities that we hand over to them on trip. Campers are encouraged to explore the unknown when out on trip. The thrill of an adventure in the wild means that young people are more open to the experience itself, and more creative while participating in it. Frequently, campers excel in their leadership skills on trip.

Level 2 Explore Campers must be able to:

Maintain Safety

- Keep themselves emotionally and physically safe
- Treat others with respect at all times and refrain from any bullying, harassment (physical, sexual or other) and/or physical violence
- Refrain from being in the possession of, or using, drugs, alcohol, or tobacco
- Maintain safety, behaviour and communication abilities in a 1:8 staff to camper ratio
 - We do not have the staff capacity to dedicate the attention of a single staff member to individual campers.

Participate in the Campout Experience

- As part of a group of 8-10, participate in a 2 - 3 day overnight campout experience. Depending on the camp, this will be a hiking or canoeing trip
- If hiking, hike approximately 12-22km in total over 3 days, which translates to roughly 4-5 hours of hiking per day
- If canoeing, paddle and portage approximately 12-15km (7.5-9 miles) in total over 3 days
 - Portaging involves working with the group to carry a canoe, gear, paddles, and barrels across land to get from one body of water to the next. Portages on your trip are approximately 500m (1600ft) in distance, and can take about 45 minutes to complete
- Carry a backpack of approximately 30-50lbs (13-20kg), or a maximum of 25% of their body weight
- Hike on uneven, elevated, and rocky terrain

- Have the ability to learn outdoor skills including setting up tents, fire building, packing a bag, cooking outdoors, etc.
- Be willing to sleep in a tent (sleeping bag and sleeping mat are provided)
- Be able to communicate needs, ideas, and concerns on an individual level and with the
- Dress appropriately for weather including rain and high winds (rain pants and rain coats are provided if the camper does not have them)
- Demonstrate respect for the environment
- Stay in a location where the distance to reach the nearest advanced medical care may be over an hour

Show Leadership and Communicate Effectively

- Demonstrate willingness and ability to participate with group in daily team building and responsibilities
- Work as a team to make decisions in potentially challenging or stressful conditions. This includes having a willingness to accept differences and problem solve in interpersonal and group settings
- Effectively communicate information about personal injury or need for assistance to others. Participants must be able to do so at a distance of up to 50 meters and in conditions with potentially inclement weather (such as rain) or limited visibility at night

Have a Willingness to Learn and Follow Instructions

- Effectively perceive, understand and follow direction by others so that participants will be able to successfully complete procedures to manage potential risks
- Stay alert and be able to focus while traveling in potentially inclement weather
- Recall, perceive, and understand potential hazards and risks identified by staff, and respond appropriately based on staff direction if these hazards arise

If participating in a Canoe Trip (canoeing skills will be taught)

- Exit a canoe into the water to practice safety procedures and perform as needed, which includes putting their head underwater (mandatory life jackets are provided)
- Have the capacity to pull a paddle through the water to steer and propel a canoe forward
- Stand in the water and wade through potentially slippery conditions

Illness, Injury, and Mental Health Concerns?

It is important that you inform us before coming to camp if you are sick or injured, or experiencing mental health concerns. If you cannot attend your camp session due to illness, injury, or mental health, we will do everything we can to get you into another session when you are feeling well.

If you are sick or injured, or concerned about your mental health

please contact us at 1-888-585-0829.