

## Level 4 Quest: Participation Criteria

Wilderness trips 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 4 Quest campers will go on a 4-5 day wilderness experience** during their nine day camp session. As there are some risks associated with wilderness trips, we take our responsibility to keep campers safe and healthy very seriously. We have established the following participation criteria for Level 4 Quest 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 wilderness experiences part of our program?*

*Wilderness 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 4 Quest 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 at 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 Wilderness Experience**

- Participate in **a 4-5 day overnight wilderness experience** during their camp session. Depending on the camp, this will be a hiking or canoeing trip.
- If canoeing, paddle and portage approximately 30-60km (20-40 miles) in total, which translates roughly to 6-8 hours of travel each day
  - Portaging involves carrying a canoe and gear with your group while walking from one body of water to the next. This trip will involve portaging for approximately 100-2000m (300-6500ft) roughly 30 minutes to 2 hours a day
- If hiking, hike approximately 16 km (10 miles) per day, which translates to about 5-6 hours of hiking per day
- Hike on uneven, elevated, and rocky terrain
- Carry a backpack of approximately 30-50lbs (13-20kg), or a maximum of 25% of their body weight

- Have the ability to learn necessary outdoor skills including setting up tents, fire building, packing a bag, and cooking outdoors
- Be able to sleep in a tent on a sleeping mat (sleeping bags and sleeping mats will be provided)
- Be able to communicate needs, ideas, and concerns on an individual level and with the group
- Dress appropriately for weather including rain and high winds (rain pants and rain coats will be provided if you do 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 cabin 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 execute techniques 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)
- Pull a paddle through the water to 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.**