

Level 5 Navigate: 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 5 Navigate campers will be going on a hiking 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 Navigate campers to ensure that campers have a safe and successful camp experience.

If you have any questions or are unsure whether 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 5 Navigate 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 Campout Experience

- As part of a group of 8-10, participate in a hiking experience
- Hike distances of approximately 10km a 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 outdoor skills including, but not limited to, setting up tents, fire building, packing a bag, and cooking outdoors
- 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 are 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 is approximately one hour or less

Show Leadership and Communicate Effectively

- Demonstrate willingness and ability to participate with the 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 (such as rainy or windy weather)
- Recall, perceive, and understand potential hazards and risks identified by staff, and respond appropriately based on staff direction if these hazards arise

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.