

## **Southern Alberta Bible Camp – Outdoor Education Trip**

As a welcome to junior high the Grade 6 students build community early with their Grade 6 Outdoor Education Camp. This is a new phase in life and we feel a fantastic way to be introduced to junior high. We will be building community by getting to know new teachers and new students and making new connections by working as ONE GROUP of grade 6's in a totally different environment, outside the walls of the classroom.

### **What are some activities we will be doing at Outdoor Education?**

Outdoor Ed is a great opportunity to bond as a community through team building exercises, playing together, working together and laughing together. We will have an opportunity to do archery, survival skills, orienteering and other camp activities. It will be an incredibly rich and dynamic experience. It will also provide great opportunities for spiritual conversations to take place and for us to specifically focus on drawing closer to God.

### **Where are we going?**

The adventure-filled THREE days will take place at SABC, on the Traver's Reservoir, Lomond , AB. Check out the camp [sabc.ca](http://sabc.ca)

We will be leaving GCA **Wednesday morning, October 11th, and returning in time for dismissal at 3:20 P.M. on Friday, October 13th.** The Outdoor Education experience is a required part of the grade 6 physical education curriculum and has been included in your child's school fees.

**Please complete the forms in PowerSchool by Friday, June 16<sup>th</sup>, 2023**

**Volunteers Needed:**

In addition to the four grade six teachers, we are in need of male and female parent volunteers to accompany the group. The chaperone volunteers will be actively engaged in the camp activities much like a camp counselor. Duties will include:

- Meal cleanup
- Small Group activity supervision
- Assistance with evening activities and bedtime routines
- Dorm parenting

Outside of this, adults are welcome to participate as much as time and equipment allow to support our staff. Most adults enjoy their time with the kids and helping us with the program at camp. We like to make everyone feel like part of the team!

Camp staff and teachers are off duty between the end of evening activities and breakfast. Parents are responsible for supervision of the students during this time by being a “dorm parent” for two nights. This time spent with your child has, in the past, proven to be extremely rewarding for both parent and child.

We require parent volunteers to be able to stay overnight. Coming up for the day and leaving is not something we can accommodate for the camp experience.

Additionally, all parent volunteers are required to have a current (not expiring) police check submitted with the school. Please ask at the elementary office if you have one, otherwise arrange for this to be completed before the end of the school year.

**Driving your own vehicle?**

You are most welcome to accompany the group on the bus; however, if you prefer, you may drive your own vehicle and park it at the camp for the duration. If you are driving, we suggest that your child ride on the bus. If your child rides with you, they are unable to have a friend accompany them due to insurance and liability precautions.

# Getting ready for camp!

## WHAT TO BRING (NO uniforms are needed):

- **Small backpack for bus containing:**

1. Water bottle (optional) – lots of drinking water is available at camp
2. Cameras; however, cellphones will not be permitted.
3. Label ALL medications and put in a labelled Ziploc bag. This baggie will be collected en mass before we leave GCA. Please keep this bag OUT of main luggage when arriving on the Wednesday.
4. \*\*\*You will BRING this backpack with you INTO the school on the Wednesday. You WON'T leave it with your 'checked luggage'.

- **ONE main bag (which you won't see again until you arrive at camp) containing the following:**

*Note: If you are a parent volunteer, who is driving, please keep your child's luggage with you in your vehicle.*

5. Duffel bag for clothes and toiletries that **YOUR CHILD MUST BE ABLE TO LIFT AND CARRY**. We have witnessed huge bags coming along which are both too big and too heavy for a grade 6 student. It is better to pack two smaller bags than one large one that is too heavy.
6. With 100 students & numerous adults, lots of luggage needs to get loaded. It is much easier to get all of the luggage to fit if we have soft bags compared to hard suitcases.
7. Garbage bags – some prefer to pack sleeping bags and your gear in bags, and if you want to do this, excellent. Please **CLEARLY LABEL THE OUTSIDE** of the bag with your child's first & last name. Black garbage bags all look identical.
8. Extra, unused garbage bags – extra bags are always needed!
9. Bible
10. Warm Sleeping bag and pillow (or bedding for a single bed). It's camp, not a hotel. You get a mattress, and that's it. **Extra blankets can also be packed.**
11. Toiletries
12. Bug spray
13. A few towels – again, it's not a hotel. Bring towels for showers
14. Warm, and appropriate, pajamas
15. Indoor footwear (runners or slippers)
16. Flashlight (optional)
17. **NO GUM.**

**THINGS TO LEAVE AT HOME** - Money. There is nothing to buy. There is no tuck shop.

**Cellphones** - No phones are permitted during the retreat (this includes bussing to & from).

## **CLOTHING**

1. It's camp so pack accordingly:
  - extra sweatshirts
  - extra socks
  - jeans
  - shorts
  - t-shirts
  - socks
  - extra changes of clothing
  - **PLEASE EXERCISE MODESTY**

## **TO DO CAMP ACTIVITIES (SUCH AS WALL CLIMBING), THE CAMP SUGGESTS THE FOLLOWING:**

2. **Comfortable clothes that stretch** easily to allow free movement during activities.
  - Athletic wear /sweats to protect knees
  - Long sleeves will help protect your arm during archery.
  - Very tight or very loose clothes do not work well with safety equipment. Athletic wear works very well for ropes and climbing wall.
  - **Closed toe shoes with laces are important;** running shoes work the best. Needed for the challenge course and during active games.
3. **A winter type coat** that will keep you warm and repel water if it rains. (Snow Gear if the weather turns wintry leading up to the trip)
4. Sandals, crocs, flip flops, or shoes that slip off your feet easily are great for casual walks.
5. **\*\*\*\* TAKE NOTE OF the 'themed' dinner to bring appropriate clothing/dress-up**

## **Hawaiian Luau**

## Tentative Schedule and Supervision

Time	Activity	Supervision
<b>Wednesday, October 11, 2023</b>		
8:30	Meet in homerooms Luggage left outside Parent Volunteers meet in Learning Commons for briefing	Teachers take attendance
8:45	Load buses/Departure	Teachers and supervisors assist with students Teachers take attendance on buses
10:45	Orientation	Teachers assist with parent supervisors
11:00 -12:30	Activity Session <ul style="list-style-type: none"> <li>● Initiatives/Team Building</li> <li>● Archery/SlingShots</li> <li>● Climbing Wall</li> <li>● Giant Swing</li> <li>● Orienteering</li> <li>● Gym Games</li> <li>● Giant Canoe</li> <li>● Frisbee Golf</li> <li>● Paracord</li> </ul>	Each activity led by camp staff Assist and supervised by parent volunteers and teachers
12:30	Lunch and camp introduction	Camp staff Teachers and parent supervisors at each table
1:30 - 3:00	Activity Session <ul style="list-style-type: none"> <li>● Initiatives/Team Building</li> <li>● Archery/SlingShots</li> <li>● Climbing Wall</li> <li>● Giant Swing</li> <li>● Orienteering</li> <li>● Gym Games</li> <li>● Giant Canoe</li> <li>● Frisbee Golf</li> <li>● Paracord</li> </ul>	Each activity led by camp staff Assist and supervised by parent volunteers and teachers
3:30 - 5:00	Activity Session <ul style="list-style-type: none"> <li>● Initiatives/Team Building</li> <li>● Archery/SlingShots</li> <li>● Climbing Wall</li> <li>● Giant Swing</li> <li>● Orienteering</li> <li>● Gym Games</li> <li>● Giant Canoe</li> <li>● Frisbee Golf</li> <li>● Paracord</li> </ul>	Each activity led by camp staff Assist and supervised by parent volunteers and teachers
5:00-5:30	Teacher Led Activity/ Free Time	Teachers & parent supervisors
5:30	Supper	Camp staff, parent volunteers and teachers at each table
7:00	Wide Game	Led by camp staff Teachers & parent supervisors
8:00	Snack	Teachers & parent supervisors
8:30	Chapel/Campfire	Teachers & parent supervisors
9:30	In cabins and rooms	Parent supervisors
10:00	Lights out	Parent supervisors

**Thursday, October 12, 2023**

7:30	Rise & shine	Parent supervisors
8:00	Staff Meeting	Teachers and parent supervisors
8:30	Breakfast & clean up	Teachers and parent supervisors at each table
9:00	Student Devotions	Teachers Parent supervisors
9:30 – 11:00	Activity Session <ul style="list-style-type: none"> <li>● Initiatives/Team Building</li> <li>● Archery/SlingShots</li> <li>● Climbing Wall</li> <li>● Giant Swing</li> <li>● Orienteering</li> <li>● Gym Games</li> <li>● Giant Canoe</li> <li>● Frisbee Golf</li> <li>● Paracord</li> </ul>	Each activity led by camp staff Assist and supervised by parent volunteers and teachers
11:00 - 12:30	Activity Session <ul style="list-style-type: none"> <li>● Initiatives/Team Building</li> <li>● Archery/SlingShots</li> <li>● Climbing Wall</li> <li>● Giant Swing</li> <li>● Orienteering</li> <li>● Gym Games</li> <li>● Giant Canoe</li> <li>● Frisbee Golf</li> <li>● Paracord</li> </ul>	Each activity led by camp staff Assist and supervised by parent volunteers and teachers
12:30	Lunch / clean up	Teachers and parent supervisors at each table
1:30 - 3:00	Activity Session <ul style="list-style-type: none"> <li>● Initiatives/Team Building</li> <li>● Archery/SlingShots</li> <li>● Climbing Wall</li> <li>● Giant Swing</li> <li>● Orienteering</li> <li>● Gym Games</li> <li>● Giant Canoe</li> <li>● Frisbee Golf</li> <li>● Paracord</li> </ul>	Each activity led by camp staff Assist and supervised by parent volunteers and teachers
3:30 - 5:00	Activity Session <ul style="list-style-type: none"> <li>● Initiatives/Team Building</li> <li>● Archery/SlingShots</li> <li>● Climbing Wall</li> <li>● Giant Swing</li> <li>● Orienteering</li> <li>● Gym Games</li> <li>● Giant Canoe</li> <li>● Frisbee Golf</li> <li>● Paracord</li> </ul>	Each activity led by camp staff Assist and supervised by parent volunteers and teachers
5:00	Free Time/ Dress up for theme Dinner	Teachers & parent supervisors
5:30	Hawaiian Theme Supper	Teachers and parent supervisors at each table
7:00	Wide Game	Camp staff Teachers and parent supervisors
8:00	Snack	Camp staff Teachers & parent supervisors
8:30	Chapel/Campfire	Teachers & parent supervisors
9:30	In Cabins	Parent supervisors
10:00	Lights out	Parent supervisors

Friday, October 13, 2023		
7:15	Rise & Shine & Clean up	Teacher and parent supervisors
8:00	Staff Meeting	Teacher and parent supervisors
8:30	Breakfast / Clean up	Teachers and parent supervisors at each table
9:00	Student Devotions	Teachers Parent supervisors
9:30 - 11:00	Activity Session <ul style="list-style-type: none"> <li>● Initiatives/Team Building</li> <li>● Archery/SlingShots</li> <li>● Climbing Wall</li> <li>● Giant Swing</li> <li>● Orienteering</li> <li>● Gym Games</li> <li>● Giant Canoe</li> <li>● Frisbee Golf</li> <li>● Paracord</li> </ul>	Camp staff Teachers and parent supervisors
11:00-12:00	Chapel	Teachers and parent supervisors
12:30	Lunch	Teachers and parent supervisors at each table
1:15	Pack-up/Load Buses	Teachers and supervisors assist with students Teachers take attendance on buses
1:30	Departure from Camp	

## Outdoor Education Hazards and Mitigation Plan

Hazard	Mitigation
<b>Ground Travel</b> <ul style="list-style-type: none"> <li>● Accidents on highway</li> <li>● Breakdowns on highway</li> </ul>	<b>Ground Travel</b> <ul style="list-style-type: none"> <li>● Use certified reputable charter bus lines for transportation</li> <li>● Travel in prearranged bus groups with teachers to maintain head counts at every departure</li> </ul>
<b>Dorm/Sleeping times</b> <ul style="list-style-type: none"> <li>● Lack of sleep</li> <li>● Rough-housing during “lights out”</li> </ul>	<b>Dorm/Sleeping times</b> <ul style="list-style-type: none"> <li>● 10:00 lights out schedule enforced</li> <li>● Parent supervisors with direct access to students</li> <li>● Girls in dorm situation with moms also in vicinity</li> <li>● Boy in cabins with dads in cabins as well</li> <li>● All volunteers have mandatory police checks prior as per GCA policy</li> </ul>
<b>Initiatives/Field Games</b> <ul style="list-style-type: none"> <li>● Bumps &amp; bruises from physical contact</li> <li>● Sprains or breaks from physical activity</li> <li>● Scrapes</li> </ul>	<b>Initiatives/Field Games</b> <ul style="list-style-type: none"> <li>● Teachers and parent supervisors on site</li> <li>● Camp staff first aid specialist</li> </ul>
<b>Climbing Wall/High Ropes</b> <ul style="list-style-type: none"> <li>● Falling</li> <li>● Scrapes and bruises</li> </ul>	<b>Climbing Wall/High Ropes</b> <ul style="list-style-type: none"> <li>● Camp staff to lead with safety orientation prior to participation</li> <li>● Helmets worn at all times</li> <li>● Harness and multiple “belayers” on duty</li> <li>● Teacher and supervisors on site</li> </ul>
<b>Archery/SlingShots</b> <ul style="list-style-type: none"> <li>● Scrapes &amp; bruises</li> <li>● Arrow shots</li> <li>● Ricochet</li> </ul>	<b>Archery/Slingshots</b> <ul style="list-style-type: none"> <li>● Safety and orientation led by camp staff</li> <li>● Special archery boundaries and safety precautions</li> <li>● Teachers and parent supervisors on site</li> </ul>

