

Southern Alberta Bible Camp – Grade 7 Retreat – October 4 – 6th

We are excited to step outside the classroom with the Grade 7 students at Southern Alberta Bible Camp. We will once again be building community by getting to know new teachers and new students and making new connections by working as ONE GROUP of grade 7's in a totally different environment, outside the walls of the classroom.

What are some activities we will be doing at Grade 7 Retreat?

The fall retreat 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

We will be leaving GCA **Wednesday morning, October 4th, and returning in time for dismissal at 3:20 P.M. on Friday, October 6th.**

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. Digital Camera (if possible)
 3. No digital devices need to be packed for either the busride or during the camp.
 4. Cameras may remain with you; however, cellphones are not be permitted.
 5. 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.
 6. *****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:**
 7. 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 7 student. It is better to pack two smaller bags than one large one that is too heavy.
 8. 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.
 9. 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.
 10. Extra, unused garbage bags – extra bags always needed!
 11. Bible
 12. 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.**
 13. Toiletries
 14. A few towels – again, it's not a hotel. Bring towels for showers
 15. Warm, and appropriate, pajamas
 16. Indoor footwear (runners or slippers)
 17. Flashlight (optional)
 18. **NO GUM.**

THINGS TO LEAVE AT HOME

- Cellphones - No phones are permitted during the retreat (this includes bussing to & from)
- Money. There is nothing to buy. There is no tuck shop.

Packing list:

Camp gets very cool at night – more than you imagine – so please make sure your student has a warm jacket, toque and mitts packed with them along with rain/snow resistant pants.

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 warm coat** that will keep you warm during campfires and repel water if it rains.
It gets very cold at night!! (Snow Gear if the weather turns wintery leading up to the trip)
4. Indoor shoes for inside the main lodge
5. ****** TAKE NOTE OF the 'themed' dinner to bring appropriate clothing/dress-up**

Dress like a Senior Citizen

Tentative Schedule and Supervision

Time	Activity	Supervision
Wednesday, October 4th, 2023		
8:30	Meet in homerooms Luggage put on front lawn (weather permitting) Supervisors 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 camp staff
11:00 -12:30	Activity Session <ul style="list-style-type: none"> ● Orienteering/Team Building ● Archery ● Climbing Wall ● Giant Swing ● Gym Games ● Giant Canoe ● Frisbee Golf 	Each activity led by camp staff Assist and supervised by teachers
12:30	Lunch and camp introduction	Camp staff Teachers supervisors at each table
1:30 - 3:00	Activity Session <ul style="list-style-type: none"> ● Orienteering/Team Building ● Archery ● Climbing Wall ● Giant Swing ● Gym Games ● Giant Canoe ● Frisbee Golf 	Each activity led by camp staff Assist and supervised by teachers
3:30 - 5:00	Activity Session <ul style="list-style-type: none"> ● Orienteering/Team Building ● Archery ● Climbing Wall ● Giant Swing ● Gym Games ● Giant Canoe ● Frisbee Golf 	Each activity led by camp staff Assist and supervised by teachers
5:00-5:30	Teacher Led Activity/ Free Time	Teachers
5:30	Supper	Teachers at each table
7:00	Wide Game	Led by camp staff Teachers
8:00	Snack	Teachers
8:30	Chapel/Campfire	Teachers
9:30	In cabins and rooms	Teachers
10:00	Lights out	Teachers
Thursday, October 5th, 2023		
7:30	Rise & shine	Teachers
8:00	Staff Meeting	Teachers
8:30	Breakfast & clean up	Teachers at each table
9:00	Student Devotions	Teachers
9:30 – 11:00	Activity Session	Each activity led by camp staff

	<ul style="list-style-type: none"> ● Orienteering/Team Building ● Archery ● Climbing Wall ● Giant Swing ● Gym Games ● Giant Canoe ● Frisbee Golf 	Assist and supervised by teachers
11:00 - 12:30	Activity Session <ul style="list-style-type: none"> ● Orienteering/Team Building ● Archery ● Climbing Wall ● Giant Swing ● Gym Games ● Giant Canoe ● Frisbee Golf 	Each activity led by camp staff Assist and supervised by teachers
12:30	Lunch / clean up	Teachers at each table
1:30 - 3:00	Activity Session <ul style="list-style-type: none"> ● Orienteering/Team Building ● Archery ● Climbing Wall ● Giant Swing ● Gym Games ● Giant Canoe ● Frisbee Golf 	Each activity led by camp staff Assist and supervised by teachers
3:30 - 5:00	Activity Session <ul style="list-style-type: none"> ● Orienteering/Team Building ● Archery ● Climbing Wall ● Giant Swing ● Gym Games ● Giant Canoe ● Frisbee Golf ● 	Each activity led by camp staff Assist and supervised by teachers
5:00	Free Time/ Dress up for theme Dinner	Teachers
5:30	Dress like a Senior Citizen Supper	Teachers at each table
7:00	Wide Game	Camp staff Teachers
8:00	Snack	Camp staff Teachers
8:30	Chapel/Campfire	Teachers
9:30	In Cabins	Teachers
10:00	Lights out	Teachers
Friday, October 6th, 2023		
7:15	Rise & Shine & Clean up	Teachers
8:00	Staff Meeting	Teachers
8:30	Breakfast / Clean up	Teachers at each table
9:00	Student Devotions	Teachers
9:30 - 11:00	Activity Session <ul style="list-style-type: none"> ● Orienteering/Team Building ● Archery ● Climbing Wall ● Giant Swing ● Gym Games ● Giant Canoe 	Camp staff Teachers

	<ul style="list-style-type: none"> • Frisbee Golf 	
11:00-12:00	Chapel	Teachers
12:30	Lunch	Teachers at each table
1:15	Pack-up/Load Buses	Teachers assist with students Teachers take attendance on buses
1:30	Departure from Camp	

Outdoor Education Hazards and Mitigation Plan

Hazard	Mitigation
Ground Travel <ul style="list-style-type: none"> ● Accidents on highway ● Breakdowns on highway 	Ground Travel <ul style="list-style-type: none"> ● Use certified reputable charter bus lines for transportation ● Travel in prearranged bus groups with teachers to maintain head counts at every departure
Dorm/Sleeping times <ul style="list-style-type: none"> ● Lack of sleep ● Rough-housing during “lights out” 	Dorm/Sleeping times <ul style="list-style-type: none"> ● 10:00 lights out schedule enforced ● Staff supervisors with direct access to students in a dorm setting
Initiatives/Field Games <ul style="list-style-type: none"> ● Bumps & bruises from physical contact ● Sprains or breaks from physical activity ● Scrapes 	Initiatives/Field Games <ul style="list-style-type: none"> ● Teachers and parent supervisors on site ● Camp staff first aid specialist
Climbing Wall/High Ropes <ul style="list-style-type: none"> ● Falling ● Scrapes and bruises 	Climbing Wall/High Ropes <ul style="list-style-type: none"> ● Camp staff to lead with safety orientation prior to participation ● Helmets worn at all times ● Harness and multiple “belayers” on duty ● Teacher and supervisors on site
Archery/SlingShots <ul style="list-style-type: none"> ● Scrapes & bruises ● Arrow shots ● Ricochet 	Archery/Slingshots <ul style="list-style-type: none"> ● Safety and orientation led by camp staff ● Special archery boundaries and safety precautions ● Teachers and parent supervisors on site
Waterfront/Giant Canoe <ul style="list-style-type: none"> ● Drowning ● Exposure to the elements 	Waterfront/Giant Canoe <ul style="list-style-type: none"> ● Safety and orientation led by camp staff ● Supervision provided by staff ● Lifejackets are mandatory ● Ensure proper safety equipment and precautions are taken