



YMCA Camp Queen Elizabeth Outdoor Centre Program Planning Guide



Table of Contents

Welcome to the CQE Outdoor Centre	3
Booking Information	4
Parent – Student Slideshow	4
Program Options	5
Preparing your students, teachers & chaperones	8
Logistics	9
Transportation	9
Policies for School Groups	10
Checklist for Teachers	11
Program Outlines & Curriculum Links	12
Forms	
Appendix A. What to Bring	17
Appendix B. Participant Information Form	18
Appendix C. Summary Information Sheet	19



Welcome to the CQE Outdoor Centre

Thank you for choosing YMCA Camp Queen Elizabeth for your outdoor education experience. The CQE Outdoor Centre provides a unique experience for students to explore the natural environment and discover new things about themselves and their peers that cannot be recreated in the classroom. By working through exciting new challenges at camp, students can develop positive personal relationships, teamwork and leadership skills, and sound environmental ethics in an atmosphere of fun and fellowship.

This guide is designed to assist you in preparing and planning for a successful experience. It contains sample schedules, program information, curriculum links, and general camp information. We hope that the information provided helps make your preparations easier. If you ever have any questions or need more information, please do not hesitate to contact us.

See you on the island,

Holly Cave
Assistant Director- Programs
holly.cave@sw.ymca.ca

Campbell MacGillivray
Camp Director
campbell.mac@sw.ymca.ca

October to May
519-453-8858

May to October
705-756-8300

YMCA Camp Queen Elizabeth
165 Elmwood Avenue East, London, ON, N6C 0A8
<http://ymcawo.ca/cqe-outdoor-centre/>



Mission Statement of the YMCA of Southwestern Ontario

The YMCA of Southwestern Ontario is a multi-service charity that provides opportunities for personal growth in spirit, mind, and body for people of all backgrounds, beliefs and abilities.



Booking Information

1. **Booking:** Fill out the Outdoor Education Booking Sheet and send it in by email. We will be in contact with you to confirm we received it.
2. **Contract:** Once we've confirmed your booking, you will receive a contract by email. Please sign and return the contract within 2 weeks of receiving it.
3. **Group Deposit:** This is a non-refundable deposit of 30% of the total cost that is due within a month of receiving the contract. This date will be stated on the 2nd page of the contract.
4. **Final Payment:** When you arrive at CQE, we will calculate your remaining balance based upon your actual numbers. We will send you the final invoice upon your arrival, or departure if group numbers have changed.

Please note:

1. If you expect your numbers to increase or decrease significantly, please let us know as soon as possible. This allows us to ensure that we will have adequate program staff working with your group and enough space to accommodate you.
2. **YOU WILL BE CHARGED BASED ON THE NUMBERS GIVEN TO US A WEEK PRIOR TO YOUR ARRIVAL OR YOUR ACTUAL NUMBERS, WHICHEVER IS HIGHER.** Exceptions to this policy are at the discretion of the Camp Director and are only considered in extenuating circumstances.
3. Alternative payment plans can be arranged if needed. Please contact the camp office to arrange this.

Slideshow Information Night

A slideshow information night is a great way to get your students excited about camp and for parents to meet CQE management and have all their questions answered. The 30-45 minute slideshow runs through a typical program and gives students and parents an opportunity to see CQE pictures, and learn more about the site and the programs we run.

If you are interested in booking a slideshow at any time throughout the year, please contact Holly Cave at holly.cave@swy.ymca.ca



The Program

All aspects of our program are led by our program staff. Your school will have the same program staff working with your group throughout your stay, with one senior program staff member acting as the group coordinator and some guest staff to assist with certain programs. Our program staff are mostly University students who have worked at CQE for several years, or have extensive experience in an outdoor educational setting.

Each school's program is individually designed to fit the needs of the group. Our programs are intended to give students a full outdoor educational experience and also to compliment your work in the classroom.

Program Options

Small Group Program Rotations: Each program rotation lasts between an hour and an hour and a half and is designed as an introductory, experiential activity. Each school chooses the rotations they would like in their program and the rotations are done in small groups of 8-13 students. The length of the group's stay and the other activities they wish to participate in while at camp, limits the number of rotations they may choose. The rotations to choose from are:

- canoeing
- initiatives
- earth walks
- outdoor living skills
- kayaking
- arts and crafts
- orienteering
- voyageur canoe
- archery

Please use the Program Outlines and Curriculum links information on page 12 for further information on these activities. We are always open to suggestions on new program ideas you may wish to offer for your class.

Large Group Programming: The following are a few of our other group programming options in which your group may choose to participate:

Capture the Flag: Large group games such as Capture the Flag or The Animal Game are excellent high-energy and fun activities for schools. In Capture the Flag, the whole group is split into two teams and the goal of the game is to get the other team's flag. Each team has a group of offensive players who look and try to bring back the other team's flag without getting caught, and a group of defensive players who are guarding the flag and trying to tag the other team's players to send them back to their teams side of the game field.

Action Auction: This activity is a two-part program that focuses on fun and teamwork. During the first half of the program, students are split into small groups and given money to buy items in an auction. They must purchase the items without knowing what they are buying them for. Once all the items have been auctioned off, the groups are given 10-15 minutes to build a contraption to catch an egg falling from a high height without having it break.



The Animal Game: The Animal Game (also known as Survival) is a game to teach students about the different trophic levels. A small group of students are the “Carnivores” who hunt the other players, a medium sized group are the “Omnivores” who can hunt some of the players but are also trying to hide from the Carnivores. The largest group of players are the “Herbivores” whose main concern is to hide from the Carnivores and Omnivores. Each player starts out with a certain number of lives. There are food and water stations set up around the playing field that allow them to gain lives, as well as human impact factors that can take their lives away. After the game is done, leaders debrief how each group felt and what were some of the challenges that each group had.

Campfires: We offer traditional campfires under the night sky, utilising the talents of the YMCA Camp Queen Elizabeth staff. A group activity during which everyone can relax and have some fun! We invite any students who would like to perform to come with their own campfire songs and if anyone knows how to play guitar, we have guitars for students to borrow too!

Scavenger Hunt and Skit Night: Another evening, student can participant in a Scavenger Hunt and learn more about the camp and the island. Once their teams completes the Scavenger Hunt, it is your students’ turn to perform at Skit Night, where each cabin group if given a bag of costumes and props and will be asked to create some kind of skit or entertainment. Teachers and chaperones are also invited to get into the act with a creation of their own. Nothing elaborate or professional is required, but you may wish to keep it in mind you are planning your trip with your students.

Free Time and Rest time: Although days are generally very busy, there are a few times throughout the day for students to wind down, relax, play a few games, or go fishing. These are generally before & after meals. Throughout your stay, please let our program staff know if your students need more or less free time and we will adjust your schedule. A normal schedule is fairly full, so if you know ahead of time that you would like to give them that time, please let us know and we will schedule it in.

Free Boating: An opportunity for students to canoe and kayak outside of a structured lesson.

The Beausoleil Storm: Students will split into two groups, with one group hiking and one group travelling by canoe to a nearby beach. There they will have a beach party – go swimming, play games, and enjoy a BBQ lunch. After lunch, they will head back to camp with the morning’s hiking group travelling by canoe and vice versa.

Swimming: Throughout each day there are opportunities for the students (and brave teachers and chaperones) to go swimming. Although the water temperature in Georgian Bay can be cool in the spring, you will be surprised at the endurance of your students!

Nightwatchers: Students have the opportunity to explore the night sky while reflecting on their experience thus far.

Please note that programs run rain or shine. Make sure your students come prepared for a variety of weather conditions. We will try to stay as close as possible to the intended program no matter the weather as long as the activities remain safe to run. We have a number of rainy day options on hand in the event that severe weather conditions preclude outdoor activities - your Program Co-ordinator would meet with you to arrange an alternate program schedule. Due to limited indoor space this may mean sharing program space with other groups.



The following is an example of a typical program schedule for a 4-day visit to CQE.

Time	Day One	Day Two	Day Three	Day Four
7:30am		Wake Up	Wake Up	Wake Up
8:30am		Breakfast	Breakfast	Breakfast
9:30am		Rotation 3	The Beasoleil Storm BBQ Lunch and Beach Party	Games @ Flagpole
10:45am		Rotation 4		Boat Runs to Honey Harbour
12:00pm		General Swim		Harbour
12:30pm	Arrival at Honey Harbour	Table-setters & Lunch		Depart with a bag lunch
1:15pm	Snack/Community Meeting/Swim Test			
2:00pm	Flags @ Flats	Animal Game	Free Swim/Rest Time	
3:00pm	Rotation 1	Rotation 5	Action Auction	
4:50pm	Rotation 2	Rotation 6	Rotation 7	
5:45pm	Dinner	Dinner	Dinner	
7:00pm	The Animal Game	Free Boating	Scavenger Hunt	
8:30pm	Campfire	Campfire	Skit Night	
9:30pm	Bedtime	Bedtime/Nightwatchers	Bedtime	



Preparing your Students, Teachers & Chaperones

One of the most important things that you can do to help ensure a successful experience for your class is to prepare your students properly for their trip to CQE. Camp is a unique environment that will be like nothing many of your students have ever encountered. Routines such as mealtimes, sleeping, and activity level will often be very different from what they are used to. Below are some pointers to help prepare your class and yourselves for their experience.

Preparing for the Environment:

Our programs are designed specifically to be outdoor experiences, and most activities will continue to run outside, rain or shine. Encourage your students to bring clothing that they won't mind getting dirty, and stress the importance of proper raingear and warm clothing. There are no showers available to students during the visit, but running water is available at washstands throughout the site. Clean, modern washroom facilities are located near the beginning of the cabin line, as well as two pairs of composting washrooms.

Preparing for the Camp Culture:

CQE is a traditional camp environment – there is no TV, internet access for students, pop or candy machines. Cell phones and electronic devices are not allowed on site. When addressing these issues with your students, focus on the positive: all the new skills they will learn, a chance to connect with peers and nature, the new programs they get to try and the uniqueness of the experience.

One of the focuses of the CQE program is living in a communal environment, where sharing and respect for others is stressed. Students live in a rustic cabin with at the most 10 others. All of our meals are done in a "sit-down, family-style" fashion where the food is passed around the table.

Preparing your chaperones:

We want you and your chaperones to have fun at CQE and we encourage you to participate as much as possible in all of the programs offered during your stay at camp. Our staff will lead all of the programs and activities, and will be actively involved during meal times, however, as with any field trips, the ultimate responsibility for the care and conduct of your students lies with the teachers and chaperones. Please let your students and chaperones know your expectations and those of the camp prior to your trip. There are some specific responsibilities for teachers and chaperones at YMCA Camp Queen Elizabeth.

During Programs:

We encourage you to get involved in the participation and even help

in the delivery of some programs. This gives you the opportunity to be a part of activities with your students where you are not the "teacher" and to see students perform in new and challenging situations.

Mealtimes:

The entire camp eats together in the Dining Hall at 8:30am, 12:45pm, and 5:45pm. We ask that one teacher or a chaperone sits with each table throughout the meal to provide guidance and structure. Our staff will also be spread out at the table to help with this.

Allergy Awareness:

At YMCA Camp Queen Elizabeth we are committed to creating a safe and inclusive environment for everyone. With this in mind, we have a number of campers with severe food allergies and food sensitivities. We recognize that nut allergies are a common concern and because of this our camp is a nut sensitive site. While our camp works to limit the introduction of nut products into our space, we do carry some products that may contain traces of nuts. If your camper has a severe allergy to nut products or any other food item, we will not serve that camper any food that contains or may contain traces of the allergen. An anaphylaxis policy and emergency protocol are in place to ensure that campers with severe allergies are identified, and the camp will work towards eliminating camper contact with the allergen. All campers with anaphylactic allergies are communicated to staff. The Food Service team and Camp Director will revise menu plans, ingredient lists and products to ensure that the product is removed from that camper's meals. If you have any concerns about a specific food allergy or dietary restriction, please feel free to reach out to us at any time so we can answer any questions and discuss your concerns.

Free Time and Evening Supervision:

There are few "free time" periods throughout the day at camp. Teachers should be aware of where their students are and what they are doing. After program ends in the evening, it is the responsibility of the teachers and chaperones to co-ordinate bedtime and evening supervision. Bedtimes may present a change for students. Often, this is the first time some students will experience a group living environment; for some it may be their first time away from home. The students will have had a long and exciting day, and this is an important time in the students' development of the independence necessary to make them self-reliant, mature individuals.

While it is up to each individual school to set their own "lights-out" times, please be mindful that there will be other schools on the cabin line as well. We ask that students do not wander around camp at night without direct adult supervision and that the cabin area is quiet by 10:00 pm.



Logistics

Cabin Groups: Our camper cabins sleep 10 people. Prior to your trip we will contact you with the cabins that have been assigned to your group. If your school policy is that teachers and chaperones do not sleep in the same cabins as students you will be nearby either in another cabin on the cabin line, or in staff/chaperone accommodations. Please note that during busy times chaperones may be asked to share accommodations with other chaperones of the same gender from a different school.

Rotation Groups: Prior to your trip, we will contact you with the number of rotation groups into which you will need to divide your group. It is up to you on how the group is divided – just remember that students will be spending a lot of time in these groups during their stay. Typically, rotation groups are between 8-13 people.

Packing List: Please refer to Appendix A. for a complete list of what to bring (and what not to bring). If you have any questions, do not hesitate to contact us.

Participant Information Form: Please have families fill out Appendix B. Please email the Participant Information Forms and Summary Information Sheet by May 1st. Our Food Services staff can accommodate any dietary restrictions, but they need to know in advance so they can order the proper food.

All of our program staff are qualified Lifeguards, and all staff hold certifications in Standard First Aid and CPR 'C'. CQE has extensive Risk Management and Emergency Response plans. Teachers are responsible for dispensing medication, including over the counter drugs. If a student needs to be transported to the hospital for a non-urgent matter, this transportation should be provided by the school. The closest hospital is in Midland and the camp has access to land and water emergency response systems, including the Coast Guard and the National Park Service. If any students have health issues that are a concern, we would be happy to speak to you or to the students' family ahead of time to ensure that we are able to provide a safe and positive experience for every student.

Swimming and Boat Safety: Each student will be required to complete a swim test on the first day of camp. Students who do not pass will be required to wear a lifejacket at

all times. All students, teachers, chaperones, and staff no matter their swimming level are required to wear lifejackets at all times when in any camp boat. Participants will practice canoe and kayak safety procedures. They will cover rolling entries and rescue techniques. All of our "free swims" and boating activities take place in one of our designated waterfront areas, and always under the direct supervision of our staff.

Forms: Please distribute Appendix A: "What to Bring" and Appendix B: "Participant Information Form" to your students' families. Appendix C, "Summary Information Sheet" should be faxed to camp at least one week prior to your visit. Please bring the forms with you to camp so that they are easily accessible in case of an emergency.

Transportation:

Bussing: Schools are responsible for finding their own means of transportation up to camp as bus transportation is not included in trip fees. We will contact you one week before your visit to confirm your arrival time. **Schools typically arrive in Honey Harbour between 10:00am and 12:00pm.** Buses should drop groups at the Honey Harbour Boat Club docks (2709 Honey Harbour Rd.) where our camp boats will meet you.

Lunch: Please have students bring a bagged lunch for the first day at camp. Please ensure that the lunches are **nut-free**. There will be a snack provided once all of the students arrive at camp, but there will not be a full meal until Dinner, at 5:45pm.

Boat ride: After our staff have greeted you in the harbour, and your bus has been unloaded and we will begin shuttling your group over to Camp on our motor boats. Lifejackets (PFDs) are provided and are mandatory at all times for our staff, students, teachers and chaperones while in any boat. Your luggage may travel to camp on a separate boat with one of our staff.

Arrival: Upon arrival at Camp, a tour of the site will be given by the program staff who are working with your group. Once the entire group is over at camp, all of the students and supervisors will meet for a snack and a community meeting, where our site policies, guidelines, program structure and emergency procedures will be explained.

Policies for School Groups

- Cell phones, iPads, iPods, and other electronics are not allowed at YMCA Camp Queen Elizabeth.
- Student discipline is a responsibility shared between school teachers and CQE Outdoor Centre staff.
- Night time supervision of the students is provided by the teachers and chaperones of each school unless arranged with camp management prior to your groups arrival.
- Junk food, snacks and treats are not allowed at YMCA Camp Queen Elizabeth due to wildlife and allergies; all food brought to the island will be kept in a safe, locked location until departure.
- YMCA Camp Queen Elizabeth is a non-smoking and alcohol-free facility.
- Quiet hours are from 10:00pm until 7:00am; please respect other groups who may be participating in programs on the site.
- Camp Queen Elizabeth is a Bully-Free Zone and there is no tolerance for physical, verbal or emotional violence.
- Cabins will be examined before and after each usage. In the event of graffiti, damage to buildings, or buildings requiring beyond normal cleaning, the cost of any repairs will be attached to the final invoice.

Please supervise and orient your students concerning expected behaviour. Should a situation arise between students including such things as violence, theft, or other illegal activities, YMCA Camp Queen Elizabeth reserves the right to have the students sent home. Please share this information with all Adults and Students attending YMCA Camp Queen Elizabeth, as well as parents of students who will be attending.



Checklist for Teacher / Coordinator

- Group deposit of 30% and contract sent to the camp office in London (within 1 month of receiving contract)
- Slideshow and Parent Info Night scheduled with camp (if desired)
- Health History forms and What to Pack lists distributed to students
- Health and Dietary summary form emailed to the Assistant Director- Programs by May 1st
- Camp will call approximately 1 week before the visit to confirm: arrival and departure times, program schedule, cabin arrangements, and final numbers
- Students divided into rotation groups and cabin groups (prior to arrival at camp)
- Final amount owing sent to camp office in London (prior to or immediately after visit)



Program Outlines & Curriculum Links

It is our hope that the experiences gained from a visit to camp will have an impact beyond YMCA Camp Queen Elizabeth, and that the positive values and lessons learned transfer back to the students' school environments at the end of the visit. For this reason, we strive to make our programs current and appropriate to the ever-changing needs of the community. As a guide, we have adopted a number of programmatic goals that we address through our curriculum and daily life at YMCA Camp Queen Elizabeth. These serve to enhance and focus our Y Mission in our unique residential setting:

- Leadership - skills and qualities essential to working within and leading groups
- Action - finding appropriate ways to apply positive values
- Stewardship - in daily life and as a role model for others
- Empowerment - developing a positive self-concept and belief in your personal skills
- Respect - to be an active and participating member in a responsible and caring community

Whether on an all-day hike, having a canoe lesson, or at a campfire, YMCA Staff strive to make these principles come to life for each student through awareness and appreciation of the beauty and diversity of the natural world. We feel that learning should be discovery based, interactive, and, perhaps most of all, fun. Camp should be an experience that will last a lifetime, not just a school trip.

We also believe strongly in cross-curricular planning, combining physical activity with subject based learning. Students who participate in physical activity each day have been known to demonstrate improved concentration, memory, communication, leadership and problem-solving abilities. While at Camp Queen Elizabeth, students will participate in educational activities with both curricular and complementary co-curricular components. Programs are co-educational and involve activities that are informal and not highly competitive. We feel a positive and safe environment not only increases a student's desire to learn, but it also promotes creative thinking and self exploration. Students who visit YMCA Camp Queen Elizabeth will have the unique experience of completing curriculum expectations while having an exciting and memorable time with their friends.

Canoeing - Grades 6-12

Outcomes

- Introduce students to the parts of the canoe and the paddle
- Experience safe handling of a boat on land, and entering and exiting a canoe
- Experience basic paddling strokes (forward, reverse, sweep, draw, pry, j-stroke)
- Learn to communicate and work in pairs to accomplish a task
- Explore the methods of straight line paddling
- Learn about the history of the canoe and its importance in Canada's past.

Potential Activities

- Students will participate in pairs under the guidance of an Outdoor Centre Instructor, and learn the basics of canoeing, before practising their skills with some active games involving the canoe
- Brief history of the canoe

Curriculum Links

- Health and Fitness: stability skills, manipulation skills
- Language: oral and visual communication, group skills
- History: developing inquiry/research and communication skills

Setting

- Active outdoor program on the sheltered water of Back Bay

Kayaking - Grades 6-12

Outcomes

- Introduce students to the parts of the kayak and the kayak paddle
- Understand entering and exiting the kayak, and principles of maintaining balance
- Experience basic paddling strokes (forward, reverse, turning, stopping)

Potential Activities

- Students use R-5 and R-7 kayaks to gain basic kayak skills under the guidance of an Outdoor Centre Instructor. The students will then apply their new skills in some kayak games and activities

Curriculum Links

- Health and Fitness: stability skills, manipulation skills
- Language: oral and visual communication, group skills

Setting

- Active outdoor program on the sheltered water of Back Bay

Outdoor Living Skills - Grades 6 - 12

Outcomes

- To expose students to basic outdoor living skills that will enhance their enjoyment of outdoor experiences
- To learn acceptable environmental ethics through practising minimal impact camping techniques

Potential Activities

- Outdoor Living Skills is an opportunity for students to learn practical skills that make outdoor recreation and camping enjoyable. Students may be involved in shelter construction, fire building, knots and lashing, or constructing food hangs. First aid, sanitation, and low impact camping will also be stressed.

Curriculum Links

- Health and Fitness: living skills
- Oral and Visual Communication: group work

Setting

- Active and passive on-site outdoor program

Archery - Grades 6 -12

Outcomes

- Introduce students to basic archery skills
- To learn about the historical uses for using bow and arrows, and understand how it affected the way of living
- Expose students to basic risk management skills and safety procedures

Potential Activities

- Under the guidance of an Outdoor Centre Instructor, students will learn and practice the basics of using a bow, before practising their skills with some target practice

Curriculum Links

- Health and Fitness: living skills, coordination skills
- Language: oral and visual communication
- History: developing inquiry/research skills

Setting

- Semi-active outdoor activity on the Flats, just beyond camp property

Earthwalks Grades 6-8

Outcomes

- Students will gain a greater appreciation for the natural world
- Experience the natural surroundings with all of the senses

Potential Activities

- Students will take part in a guided sensory awareness walk through the Flats near Fairy Lake. Using a variety of props, YMCA Camp Queen Elizabeth Instructor will lead a series of activities stimulating the use of the students' senses of hearing, touch, smell and vision to explore and appreciate the magic of the natural world.

Curriculum Links

- Health and Fitness: locomotion skills
- Science/Technology: Interactions Within Ecosystems (grade 7), Water systems (grade 8)
- Geography: Natural Resources (grade 7), Migration (grade 8)

Setting

- A semi-active outdoor activity on the Flats, a short walk from camp

Arts & Crafts - Grades 6-12

Outcomes

- Exercise creativity by exploring different craft options
- Create a tangible reminder of YMCA Camp Queen Elizabeth experience
- Have fun

Potential Activities

- Tye-dying, bracelet making, sketching, nature crafts, candle making, journal-making, paper-making

Curriculum Links

- Language: oral and visual communication, group skills

Setting

- Indoor, passive activity

Orienteering - Grades 6-12

Outcomes

- To learn the basics of outdoor navigation skills
- Utilize map skills to arrive at predetermined points
- Learn the basics of compass skills and parts of the compass

Potential Activities

- Students learn the basics of map and compass orienteering, before dividing in to small teams and exploring our on-site score orienteering courses
- Older students learn more advanced map and compass skills, and apply these through a number of guided activities.

Curriculum Links

- Health and Fitness: locomotion skills
- Language: oral and visual communication, group skills
- Geography: map skills

Setting

- Outdoor, passive activity

Initiatives - Grades 6-12

Outcomes

- Students experience fun, non-competitive activities where everyone contributes
- Sharpen interpersonal skills such as trust, communication, and sensitivity
- Build group cohesion and co-operation

Potential Activities

- Students play games and accomplish tasks with varying energy levels. Emphasis is on group success rather than individual success. Initiatives involve moving through a series of stations that challenge the group's teamwork, communication, and, to a lesser degree, co-ordination skills. Elements are selected or avoided during the activity by the staff based on how the group is working together and functioning as a team. Older students would participate in a thorough debrief to capitalize on teaming, and exploring the various roles and dynamics which arose during the program.

Curriculum Links

- Health and Fitness: stability skills, living skills, goal setting, problem solving skills
- Language: oral and visual communication, group skills, non-verbal communication skills, reasoning and critical thinking

Setting

- Active indoor or outdoor program

Animal Game - Grades 6-12

Outcomes

- Students learn about the delicate balance of the food chain, predator-prey relationships, and the various ways that human's impact upon the natural order.

Potential Activities

- Students will be introduced to the concepts of animal survival and the various natural and human imposed factors that affect natural populations. Students will participate in an active game simulating this relationship, incorporating all of these elements

Curriculum Links

- Health and Fitness: locomotion skills, manipulation skills
- Science/Technology: Interaction Within Ecosystems (grade 7)

Setting

- Mainly active outdoor

Nightwatchers/Exploring the Night Sky- Grades 6-12

Outcomes

- Expose students to the basic skills involved in exploring and learning about the night sky
- Build sensory awareness and a greater appreciation of the natural world at night time.
- Experience the natural surroundings with many senses

Potential Activities

- The CQE Outdoor Centre has very little light pollution at night, and is an ideal setting for learning about the night sky. The CQE staff would lead a small group through a number of sensory awareness activities, focusing on the wonders of the natural world in the evening

Setting

- Passive night-time activity

Skit Night - Grades 6-12

Outcomes

- Build group cohesiveness and co-operation
- Build individual confidence and experience speaking in front of the group
- Provides an excellent and entertaining evening activity

Potential Activities

- This is an experience best suited to large groups. Students are given time to plan and prepare a skit for the group. Groups are expected to create, rehearse and present an appropriate skit to the rest of the group

Curriculum Links

- Drama and Dance: creative work, concentration, use of voice
- Language: oral and visual communication, group skills, non-verbal communication

Setting

- Indoor or outdoor, active



Appendix A - What to Bring

The following list is a guide for what to pack for the upcoming experience at the Camp Queen Elizabeth Outdoor Centre. The program runs for the better part of a week - Please discuss this list and use your judgement to help pack what is needed to be comfortable, while trying to keep baggage to a minimum.

Name: _____

- _____ Warm sleeping bag, or light bag with extra blanket
- _____ Pillow
- _____ Supply of socks and underwear for the trip
- _____ Pyjamas
- _____ 1 pair of sturdy running shoes (must have proper backing)
- _____ 1 pair of water shoes (sandals with a back strap, aqua socks, etc)
- _____ Raingear (programs continue despite rainy days – please make sure you come prepared)
- _____ Hat (good for sun and rain)
- _____ 2 pair of long pants
- _____ 1 pair of shorts
- _____ Bathing suit
- _____ Towel
- _____ 1 lightweight jacket
- _____ 1 heavy sweater
- _____ Warm and light shirts
- _____ Toiletries (comb, toothbrush, toothpaste, facecloth etc.)
- _____ Insect repellent
- _____ Water bottle
- _____ Flashlight with batteries
- _____ Sunscreen (SPF 30 minimum)

Optional

- _____ Film or disposable camera
- _____ Book, magazines
- _____ Sunglasses
- _____ Writing materials clipboard or notebook

DO NOT BRING: Knives, hatchets, matches, iPods, mp3 players, CD players, video games, cell phones, iPads, hair dryers, hair straighteners, good clothes, money, food, candy, gum, or any valuables. **Please Note:** Please do not bring soap or shampoo from home unless it is 100% biodegradable.

Camp is a place where we focus on unplugging from technology, reconnecting with nature and making real world connections within the camp community. We realize that cell phones are very much a part of how young people communicate with each other, however we find they are a distraction from this focus. All participants will not be permitted to have their cellphones at camp. Any cell phones that do come to camp will be kept in the office and returned on the last day

Please feel free to photocopy these sheets as needed.



Appendix B - Participant Information Form Pg 1

Participant Name: _____ Group Name: _____

Birthdate: _____

Parent/Guardian(s): _____

Primary Phone: _____ Secondary Phone: _____

Alternate emergency Contact (name, relationship, phone): _____

Authorization

I permit my child to participate in the full range of activities and authorize the Camp Director or their appointee, in the event of accident or illness affecting my child, to authorize on my behalf all procedures, including admission to hospital and necessary treatment therein, as he/she may deem essential for the care and wellbeing of the participant. Such action is to be taken only when immediate contact with the undersigned cannot be made.

I understand all the risks involved in my child's participation in YMCA Camp Queen Elizabeth programs, and accept full liability.

We will not collect, use, or disclose your personal information without your consent and will not lend or sell to third parties for any purpose.

I understand that photographs, images or recordings containing my child's picture may be used for promotion by the YMCA of Southwestern Ontario.

Code of Conduct

The safety of each individual is of the utmost importance to the YMCA. I and my child recognize a personal responsibility to learn and follow at all times safety and other rules established by YMCA staff. I and my child understand that any behaviour that places my child, or others, at risk may result in immediate dismissal from the program. I agree to assume any expense(s) arising from program dismissal. I understand no refund will be granted for dismissal or removal of my child at my or my child's request before the end of a camp session.

In order to ensure the safety and well-being of all participants, the YMCA reserves the right to alter the program at any time without compensation to participants, parents or guardians.

I have carefully read, understand, and accept the Authorization, and Code of Conduct information outlined above. I am permitting my child to attend YMCA Camp Queen Elizabeth, operated by the YMCA of Southwestern Ontario.

Signature of Parent / Guardian: _____ Date: _____



Appendix B - Participant Information Form Pg 2

Medical Information

Family Physician: _____ Phone: _____

Health Card #: _____

Does your child have dietary restrictions? _____

Does your child have any allergies or medical concerns?

Does your child carry an Epipen? Yes No Does your child wear a medic-alert bracelet: Yes No

Date of last Tetanus shot: _____

Please complete if your child has any medications they must take on a regular schedule:

Medication:	Dosage:	Time to take and how often:
_____	_____	_____
_____	_____	_____
_____	_____	_____

Please list any other medications your child has brought to camp and when these should be taken:

In the past 4 weeks, has your child had or been in contact with:

Lice	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Whooping Cough	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Impetigo	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Cold	Yes <input type="checkbox"/>	No <input type="checkbox"/>

Flu	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Vomiting	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Diarrhea	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Contagious illness	Yes <input type="checkbox"/>	No <input type="checkbox"/>

Does your camper have any challenges with:

Asthma	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Allergy to insects	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Diabetes	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Hearing loss	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Environmental Allergies	Yes <input type="checkbox"/>	No <input type="checkbox"/>

Sleep walking	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Heart problems	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Skin conditions	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Seizures	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Bed wetting	Yes <input type="checkbox"/>	No <input type="checkbox"/>

Please note any other health care information we should be aware of:

This health history is correct, so far as I know, and my child has permission to engage in all activities, except as noted. In the case of a medical emergency, I understand that my group's representative will notify me as soon as possible. In the event that I cannot be reached, I hereby give permission for the YMCA of Southwestern Ontario or group representative to hospitalize, secure proper treatment for, and other injections, anaesthesia or surgery for my camper as named above. I give permission for the YMCA of Southwestern Ontario Staff or group staff to transport my child as necessary.

Signature of Parent/Guardian(s): _____ Date: _____



