

## CAMP SUMMIT OUTDOOR EDUCATION CENTRE ACTIVITIES

**Archery** - Our outdoor archery range provides students with an opportunity to experience traditional long-bow archery at our elevated & covered Archery range. Under the careful supervision of a trained instructor, archery can improve student's level of participation and improve educational performance. Students of all sizes and athletic ability can easily be involved in archery, and achieve high success.

**Arts & Crafts**— A chance to get creative during craft periods lets students try out things such as dream catchers, macramé, pouch weaving, hair wraps, mug designs and bracelets. Crafts also include beadwork, picture framing, painting and more! Having a bit of down time in a busy schedule can encourage communication & creative thinking time.

**Bouldering** - At the Camp Summit Bouldering Wall, students get all the physical benefits of rock climbing without the height! This is a form of "traverse" style climbing that is very low to the ground using "spotters" instead of harnesses and ropes. The top of our wall is only 8 feet high and students can learn climbing techniques through fun games and challenges.

**Climbing** - We offer climbers from beginner to advance a chance to climb on our outdoor artificial climbing tower. It sits 35 feet high offering 2 routes of varying difficulty. All students receive instructions and safety measures by certified instructors before climbing. Climbing Wall sessions include climbing techniques and route management a great combination of physical and mental challenges. This is a great introduction to rock climbing, offered right on the Summit property. Our rock wall will allow students to become comfortable with the gear, procedures and tricks of climbing.

**Campfire Cooking** - At Campfire Cooking students learn how to build cooking fires in a safe setting. Once the fire is built students have the opportunity to cook bannock or popcorn over the open fire and enjoy it with some delicious toppings!

**Camp Stove Cooking** - This activity lesson teaches safe MSR Whisperlite set up and use while preparing and cooking a simple snack with students over a camp stove.

**Drama Games** - A progression of activities where students are asked to act, learning locking and expression, this can include a skit preparation time for a campfire

**Explore**- A series of activities based on discussions of basic ecosystem cycles; producers, composers and decomposers, wildlife and resource cycles and soil erosion.

**Field Games & Sports** - Camp Summit boasts a great playing fields on which we play Soccer, Football, Frisbee Golf, Ultimate Frisbee and pretty much any sport you can think of! We also play a wide variety of traditional camp wide games such as Capture the Flag, and Survival!

**Front/Backcountry Camping Skills** - Basic camping skills and discussions regarding tent care and tarp set up, knot tying, stove safety, cooking tips, hygiene, and Leave No Trace Principals

**Geo-Caching** - an entertaining adventure game for GPS users. Participating in a cache hunt is a good way for students to learn how to navigate and take advantage of the wonderful features and capabilities of a GPS unit. GPS users can then use the location coordinates to find the caches which will then lead them to a fun surprise!

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**High Ropes** - The Giants Ladder, Vertical Playground and Leap of Faith are only a few of the elements that you will find at our High Ropes course. This program allows campers to push the boundaries of their comfort zone while practicing trust and teamwork skills with their classmates. With many High Ropes elements to choose from students are able to participate at the level that best challenges them!

**Initiatives** - Initiatives ignite students into working as a team through challenging them to solve unusual problems. It is a fantastic way to practice and learn about creativity, communication, support and leadership all while having fun!

**Leadership Workshops**— A custom built workshop for your groups needs (i.e true colors workshop, cultural awareness, environmental planning, leadership growth and ethical debates).

**Low Ropes** - This activity area is a series of wood, ropes and cables that tests one's agility, balance and creativity while also incorporating an element of trust by having teammates act as "spotters". Hanging only a few feet above the ground, students will be challenged in ways they never have before, all while learning valuable communication and problem solving skills.

**Mountain Biking** - Summit's biking experience is suitable for all individual ability levels from first timers to experienced trail riders. Students are supplied with a quality front suspension bike, helmet, leg pads and gloves. The lesson will cover basic techniques and safety while riders practice on fields, single track forested trails, small rolling jumps and beginner level "trials features" (*low to the ground, man-made stunts such as skinny planks, ladders and teeter-totters*).

**Nature Art** - using inspiration from artist Andy Goldsworthy, this activity includes discussion of shared perspective and creation of natural art from environmental resources.

**Nature Walk** - A short hike including identifications tools for flora, fauna, and tracking, activities and discussion of ecosystems, reading weather and using senses in nature.

**Orienteering** - Campers have the opportunity to learn basic skills on how to use a compass, read a map, how to take a bearing and apply these skills to one of three courses we have around camp.

**Outdoor Living Skills** -This activity teaches students to build natural shelters, tie knots, fire build and set up a proper campsite. This is a great activity to allow students to take a moment and explore the forests around them as well think about different survival techniques they would use in the wilderness.

**\*We also offer a number of off-site activities, as well we can cater to any curriculum and plan activities accordingly.**