



# CAMP SUMMIT

School Programs

PROGRAM AND BOOKING INFORMATION



For Information call 1-866-550-1118 (604) 898-3700 or visit [www.campsummit.ca](http://www.campsummit.ca)



# CAMP SUMMIT OUTDOOR EDUCATION CENTRE

## School Programs

### **Welcome!**

Welcome to the Camp Summit Outdoor Education Centre (SOEC) Nestled in the heart of the Upper Squamish Valley, surrounded by glacial peaks and lush forests, the Summit Outdoor Education Centre offers an inspirational setting for your school's trip. Squamish is the outdoor recreation capital of Canada and is quickly developing a reputation as the premier outdoor education provider for schools in Western Canada.

Since 1999, we have been providing schools with an inviting environment to host programs and events. The Summit Outdoor Education Centre is also home to Camp Summit, a summer camp for children and teens, and to the Summit Outdoor Education Centre hosting programs for private and public schools from across the province.

Our facilities offer an alternative to the classroom – fresh air, a natural setting, beautiful river, valley location, privacy, and an atmosphere conducive to creative thinking. A school trip to Camp Summit is an affordable, fun, and unique getaway from the city.



Summit's goal is to complement the traditional information based classroom style of teaching, by incorporating the outdoor adventure experience. All of our programs focus on encouraging students to grow through cooperation, teamwork and positive leadership. Our *customized* programs, for all grade levels, inspire confidence in students to embrace challenge and risk in the outdoor environment, within a safe and supportive atmosphere.

### **What makes Camp Summit Outdoor Education Centre different from other centers?**

The backbone of the Summit experience is our versatility in program development and delivery. Our goal is to tailor a program to meet your schools precise needs. This means that our staff team can run every aspect of the experience from lessons plans in Mountain Biking, creative camp games, roaring campfires programs or only the parts you choose.

Our private 24 acre site includes the following facilities:

- Accommodation for 144 students in rustic platform tents
- Accommodation for 24 teachers in heated powered wooden cabins
- 3200 SQ FT Dining Tent
- Washroom facilities with hot showers and flush toilets
- Outdoor games area
- Two Campfire pits
- Large playing field
- Manicured trails and pathways
- Camping facilities for 22 students



Our programs cater to a wide variety of schools and ages. We design each program to meet the needs of each school creating customized programs to enhance the student's experience.

No matter what type of group, Camp Summit Outdoor Education Centre can create a program to suit you. You choose the activities that most interests you and we will design an experience around those activities that meets your goals in a safe and enjoyable manner. Our natural surroundings and outstanding adventure activity facilitators combine to offer you and your group an amazing experience you won't forget.

### **CAMP SUMMIT MISSION STATEMENT:**

**Our mission is to encourage personal growth through cooperation, teamwork and positive leadership. Through the use of experiential learning & adventure activities, our customized programs inspire confidence to embrace challenge in a safe and supportive atmosphere.**

## Why take a trip outside of the classroom?

While at Summit Outdoor Education Centre, your students will learn by doing. They will be challenged in a different way than they are in class. They will be asked to look deep within themselves and set aside preconceived notions of their abilities. The result of a trip to Summit Outdoor Education Centre will be truly memorable for the individual and the group, Building a cohesive class and unite the kids who wouldn't otherwise mix. Create a memory for your students that they will hold onto for years to come. Learning through experience in the outdoors can be like discovering a whole new world. Within each and every one of us exists enormous potential for growth and learning. It is not without effort that this can be achieved.



## Sample 2.5 Day Itinerary, Program and Activities:

The following outlines a suggested itinerary and program schedule for a typical 2.5 day stay. The students are split into groups for activity rotations (10 to 12 students per group). A minimum of 1 teacher or volunteer is required for each activity group.

DAY ONE	
10:30 - 11:30am	Students Arrive to Camp Summit Outdoor Education Centre & Settle into Tent Cabins
11:30 - 12:15pm	Welcome Games & Community Meeting
12:00pm	Lunch
1:30 - 2:30pm	Initiative Marathon ( <i>team building activities</i> )
2:45 - 4:15pm	<b>Activity Rotation #1 Choice of:</b> Bouldering, Archery, Climbing, High Ropes, Mountain Biking, Low Ropes, Outdoor Living Skills, Team Initiatives, Campfire Cooking, Orienteering, Geocaching, Eco-Centre Activities.
5:30pm	Dinner
6:45 - 7:45pm	All Camp Wide Game
8:00 - 8:45pm	Campfire & Snack
DAY TWO	
7:30am	Wake - Up
8:15am	Breakfast
9:15 - 10:45am	<b>Activity Rotation #2</b>
11:00 - 12:00pm	<b>Activity Rotation #3</b>
12:45pm	Lunch
1:45 - 2:45pm	<b>Activity Rotation #4</b>
2:50 - 3:50pm	<b>Activity Rotation #5</b>
4:00 - 5:00pm	<b>Activity Rotation #6</b>
5:30pm	Dinner
6:45 - 7:45pm	All Camp Wide Game
8:00 - 8:45pm	Campfire & Snack
DAY THREE	
7:30am	Wake - Up
8:15am	Breakfast
9:30 - 10:00am	Pack & Clean
10:15 - 11:30am	Program Electivities OR All Camp Wide Game
12:00pm	Lunch
1:00pm	Depart Camp Summit

"Every child has inside them an aching void for excitement and if we don't fill it with something which is exciting and interesting and good for them, they will fill it with something which is exciting and interesting and not good for them"

Franklin Roosevelt

# 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** - What would camp be without Arts & Crafts? A chance to get creative during craft periods lets students try out everything from making dream catchers to macramé to bracelets. Crafts also include beadwork, picture framing, painting and more! Having a bit of down time in a busy schedule can encourage communication & creating 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.

**Campfires** - What would an outdoor experience be without a campfire? It is a common way to wind down the night at Summit, sitting under the stars and around the campfire, singing songs and roasting marshmallows.

**Camp Craft or 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.

**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!

**Eco-Centre Activities** - This nature based program gives students the opportunity to experience nature with all of their senses. Eco-Centre takes students around the beautiful temperate rainforest that Camp Summit sits in for a closer look at the natural world around them. At the Eco-Shed students will learn about solar energy, water collection, worm composting and have an opportunity to tend the soil in our camp garden.

**Field Games & Sports** - Camp Summit boasts a great playing fields on which we play Soccer, Football, 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!

**Geocaching** - An entertaining adventure game for GPS users. Participating in a cache hunt is a good way for campers 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!

**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!

**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*).

**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.

## PROGRAMS WITH ADDITIONAL COSTS

At the Summit Outdoor Education Centre anything is possible when it comes to activities. The following activities can be added to your school for an additional cost per student.

**Backpacking** - Squamish is surrounded by incredible mountain peaks that offer some of the world's most beautiful backpacking. You can choose to go out for 1 night or 6+nights. The opportunities for backpacking are endless. Summit will provide the tents, cooking gear and backpacks. You will be provided with a clothing list to ensure you are comfortably and safely dressed for the trip. The freedom of traveling by foot and carrying everything you need to survive on your back is a feeling like no other. Having a swim in a crisp mountain lake at the end of a long hiking day is the greatest reward. You will be taught extensive backcountry skills including Leave No Trace environmental ethics, campsite selection and setup, food preparation, navigation and natural history. A backpacking trip also provides numerous lessons for students in leadership, teambuilding, communication, decision making, trust and conflict resolution.

**Canoeing** - Canoeing provides a great opportunity to slow down and be a part of an activity that truly unites you with the water and nature. At Summit we can offer half day skills workshops on canoeing. We take all students to Alice Lake where they learn canoe strokes, canoe safety and have the opportunity to paddle on the open water. At the end of each lesson we play a few games to keep the energy level high. On warm days students can also take a dip in the lake. This is only an option if your length of stay is 4 days.

**Day Hikes** - As a camp in the Sea To Sky Corridor, you certainly can't leave without 'seeing the sights.' students are taken on trips around Squamish to visit surrounding waterfalls, lakes and other natural points of interest on day hikes. There are two great hikes right in the Squamish Valley or students can hike the famous "Chief". The school can choose the level of difficulty and Summit will choose a hike that meets the student's ability. All day hikes are a full day activity and include a bagged lunch.

**Rock Climbing** - Squamish is one of the world's hottest rock climbing destinations. The 650 meter "Chief" is the second largest granite monolith in the world and attracts climbers from across the globe. Whether you have never climbed before or are interested in enhancing your skills, we at Summit can help introduce you to the incredible climbing in our backyard. This can be a full day or half day program with bagged lunch.

**White Water Rafting** - Rafting is an exciting activity combining teamwork and communication. Students can choose to conquer class two/three rapids on either the Cheakamus or Elaho River just North of Squamish. An in-depth safety briefing is given before the trip and all rafting is under the supervision of trained professionals.

# FACILITIES

At Camp Summit we are able to accommodate schools from 25 to 144 people. We have created two living villages each with 5 vinyl platform tents that are insulated with lights and one wooden cabin with heat and power. Each living village has their own wash house with flush toilets and hot showers. We have a large dining tent with a capacity of 170 that is great for meals and indoor space for activities and rainy day activities.

## ACCOMADATION

### TENT CABINS:

- 12 in total which sleep 12, using both top and bottom bunks
- Tent's sit on a wooden platform, are heavy duty vinyl and insulated
- Tent's have lights that can be used at night time
- Tent cabins have shelves where participants can store belongings



### WOODEN CABINS:

- 4 in total which sleep 12, using both top and bottom bunks
- 4 bed area at the back of the cabin that is curtained off for privacy
- Heat and power
- Wooden cabins have shelves where participants can store belongings



## OTHER FACILITIES

- 3200 SQ FT Dinning Facility
- Powered washrooms facilities with private hot showers & flushing toilets
- 7 Element High Ropes Course
- Hiking access to pristine river beaches
- Volleyball court and ball shed
- Climbing Tower & Sheltered Bouldering Wall
- Low Ropes Challenge Course
- Archery Range & Sports Field
- Initiatives & Orienteering Courses
- Onsite Biking & Hiking Trail Systems



# FOOD SERVICE

At Camp Summit the food service staff prepare appetizing, well balanced and nutritious meals. Meals are served “Family Style” with a complete salad bar and soup bar at lunch. Vegetarian options are always available and other common dietary preferences and restrictions can be created, however you must notify Camp Summit two weeks prior with all dietary restrictions and meal numbers, so your group can be accommodated.

## MENU

Camp Summit runs on a 9 day meal plan, however if you wish to select your favorite meals you can. These meal selections need to be made two weeks prior to the visit to be able to accommodate your group.

The kitchen will select from the menu below one choice for each of the meals you will be eating at camp:

BREKFAST	LUNCH	DINNER
<p><u>All Breakfasts are served with:</u></p> <ul style="list-style-type: none"> <li>Hot &amp; Cold Cereal</li> <li>Fruit Salad</li> <li>Yogurt</li> <li>Orange juice</li> <li>Scramble eggs, sausage &amp; hash browns</li> <li>Pancakes &amp; Waffles</li> <li>Egg McMuffin</li> <li>Continental, toast, bagel, danish &amp; croissants</li> <li>French Toast</li> <li>Fried Egg, tater tots &amp; toast</li> </ul> 	<p><u>Lunch is always served with a large salad bar &amp; soup bar</u></p> <ul style="list-style-type: none"> <li>Chicken burgers</li> <li>Make your own sandwiches</li> <li>Grilled Cheese Sandwiches</li> <li>Taco's</li> <li>Mac &amp; Cheese</li> <li>Chili &amp; baked potato</li> <li>Hamburgers &amp; Hotdogs</li> <li>Pizza</li> <li>Chicken fingers &amp; fries</li> </ul> 	<p><u>Every dinner is served with a dessert at the end of the meal. Dinners are served with water</u></p> <ul style="list-style-type: none"> <li>BBQ chicken &amp; Spaghetti, Caesar Salad &amp; Garlic Bread</li> <li>Meat Balls, Mashed Potato, Gravy &amp; Vegetable</li> <li>Ham, Scallop Potato, Corn &amp; Apple sauce</li> <li>Chicken Kabob, Rice &amp; Egg Rolls</li> <li>Grilled Pork Chop, Hash Browns &amp; Corn</li> <li>Roast Turkey, Mashed Potatoes, Gravy, mixed vegetable &amp; cranberry sauce</li> <li>Lasagna, Caesar Salad &amp; Garlic Bread</li> <li>Chicken drum sticks, Potato wedges &amp; Corn</li> <li>Roast Beef, Mashed Potato, Gravy &amp; Honey glazed carrots</li> </ul>

Camp Summit is a “**NUT SENSITIVE**” site, and we ask that no peanut or nut products be brought to camp. We try very hard to maintain this policy, taking into consideration the prevalence of nut allergies in children today.



# Camp Summit Outdoor Education Centre

## BOOKING NOTES

*The following notes are intended to assist in the success and enjoyment of your program and stay at Summit. They also help maintain the facilities for future use. Upon arrival at Summit, you and your students will receive an introduction to the facility and its rules and regulations. Any specifics for the booking will also be reviewed upon group arrival.*

### **SIMULTANEOUS BOOKINGS**

At times, there may be two groups on site at the same time. Care must be taken to ensure each group's privacy during their stay on the site. Should your booking coincide with another, schedules will be arranged for activities in shared areas and for meal times. **Please note that if your group requires indoor programming space this MUST be arranged upon your booking or prior to your arrival on site.**

### **BOOKING PROCEDURES**

Groups that have attended Camp Summit the previous year are offered FIRST CHOICE of dates for the next season. Once returning groups have been confirmed, new group are offered dates. Returning schools dates and programs will be held once deposits and contracts are mailed in.

### **SCHOOL SLIDESHOW**

We are pleased to send along our Outdoor Centre Director Emily Kalil to your school to share a slide show presentation with you. It's a great opportunity for parents and students to ask questions about their upcoming experience. Arrangements can be made by contacting the Camp Summit office (604) 898 - 3700

### **PRE-VISIT PACKAGE**

Several months prior to arrival to Camp Summit, a pre-visit package is sent to the main contact for each visiting group. Included in this email will be a participant packing list, student and teacher Medical forms, Acknowledgement of Risk forms, and an invoice for the total amount due two weeks in advance of your arrival to Camp Summit

### **PETS**

Sorry, pets are NOT permitted on the property.

### **DAMAGE**

Any damage to Summit or site property will be assessed at replacement value and result in charges in addition to your booking.

### **SNACKS & NUT POLICY**

Summit is located in a rural wooded area that is home to a variety of wildlife and is important that we do not feed these animals intentionally or otherwise. Camp Summit is also a 'nut sensitive' facility. Our kitchen does not serve food with nuts and we ask that students do not bring any personal food items that contain nuts in any form.

### **CHECK OUT & CLEAN UP**

Prior to group's departure, all sleeping quarters must be swept and all garbage must be removed from them. Please leave them as you found them. In order to help keep the site clean, we ask that all groups please clean up after themselves. Please make sure that all litter is deposited in the garbage cans found around the site. Check to make sure that no personal belongings have been left behind. Double check all dressers and sleeping quarters to make sure that everybody has everything. Summit does maintain a Lost and Found, however, after a few months all items left behind are donated to a local charity.

## **We are HAPPY to work with you!**

These ideas just represent just some of the many possibilities for your students at Camp Summit. Our goal is to work with you to develop a program that best meets your schools objectives. We would love to work with you to help enhance your students learning. If you have any suggestions or comments about our programs, activities or suggested schedule please feel free to contact us.

Here are some schools that we are currently working with providing unique and comprehensive outdoor educational experiences.

- Crofton House School (grades 8, 9, 11, 12)
- York School—Toronto
- West Point Grey (grades 3, 4, 5, 6, 7)
- South Point Academy
- Meadowridge
- British American School - Mexico
- Southridge School
- St. Georges School
- York House School
- Collingwood School (grades 4, 5, 6)

*Let us help embrace the endless learning & teaching possibilities outside of the classroom! Build a cohesive class and enrich your schools community. Unite the kids who wouldn't otherwise mix. Create a memory your students will hold onto for years to come!!*

## CAMP SUMMIT OUTDOOR EDUCATION CENTRE Teacher Testimonials

I cannot say enough good things about the Camp Summit Outdoor Education Centre. From the start of the booking process to the end of our trip debriefs, the knowledgeable and energetic Summit staff make organizing outdoor education trips a breeze. Our students are consistently empowered to reach new heights by the supportive group leaders at Summit, and our students come away from each trip with meaningful memories. Camp Summit bends over backwards to meet the needs of our unique community and they are constantly seeking to improve their programs using feedback from their visitors. Quite simply – they are the best in the business in BC and I would recommend Camp Summit to anyone seeking to add value to their programs through experiential education.

Coordinator of Outdoor Education - Crofton House School

Camp Summit is an outstanding experience for my Grade 6 students. From the moment that we arrive to the time we leave the students are fully engaged and experiencing the outdoors to the full. The staff are wonderful and are very accommodating in designing a program that is perfect for our school. All of the activities are challenging and encourage each student to stretch her comfort zone and feel successful about her achievements. The High Ropes Course is always one of the favorite activities with the students. The evening Camp fires are always lots of fun and a perfect end to the day. After spending time outdoors it is relaxing to spend time in the food hall – the food is excellent and there is a warm family feeling. The staff are very encouraging and have a very positive approach to teaching, it is obvious that they enjoy the job they are doing. The students leave with a positive experience and many happy memories of

Camp Summit offers our students and staff an outdoor education experience of the highest caliber. All the details that can make or break a program are well thought out, the food is delicious (and there's always lots of it), the bathrooms are close-by and clean, and the cabins are comfortable. Summit's staff are absolutely fantastic. They are professional yet energetic and enthusiastic in their dealings with the children, and each year many of the same staff return, which lends to the sense of community. The programs they run are appropriate to students' ages, and students come away from camp feeling more confident in their ability to problem solve, try new things, and work in group situations. We continue to come back to Summit year after year for the care they put into the program, care for the students and care for teachers.

West Point Gray Academy - Vancouver

For the past 9 years, I have taken 50 Grade 6 students to Camp Summit for three action packed days of adventure and am consistently amazed by their transformation! The youngsters enter full of trepidation and leave filled with renewed confidence and the belief that they can trust themselves. The key lies with the vibrant staff who remind us through their example to live life boldly, challenge boundaries and discover our greatest potential!

Meadowridge - Maple Ridge

Camp Summit is a fantastic outdoor camp facility from start to finish! All of the staff are enthusiastic and so well trained that all of my students feel comfortable during all the games and activities. My students love that all the staff participate in all the activities and they really enjoy having a super fun campfire at the end of each day with songs that last for weeks even when we get back to school! As a teacher, the staff and organization of how the camp is run is phenomenal and after going once I have never looked back and continue to go year after year and will continue to do so! It is a one of kind camp that requires little organization from teachers once you arrive and full confidence in the staff that they will take care of everything and ensure that you and your students have the most rewarding and fun outdoor camp experience that they will remember for years to come! Having been to numerous other camps, the quality of the staff, equipment and activities is unbeatable!

Jamieson School— Vancouver