

# Equinox Adventure Camp

## Summer 2019

**Ages: 5 - 12**

(divided into 2-3 age appropriate groups)

**One week sessions**

**June 17<sup>th</sup> – August 23<sup>rd</sup>**

**Monday – Friday 8:30am-4:00pm**

**\$355 / week**

**Meet Daily at Shipyards Park**

**Phone: (867) 334-3725**

**Email: [camp@equinoxukon.com](mailto:camp@equinoxukon.com)**



**Rock Climb, Canoe, Kayak, Camp Craft, Forest Exploration, GPS, Map & Compass, Leadership**

## About Equinox Adventure Camp

We have been providing children & youth with top-notch instruction in adventure based programs since 2004. Our goal is to expose campers to a variety of activities in a safe and structured environment and to encourage them to try new things and expand their skill base. Campers receive instruction in various activities which are designed to allow individuals to learn at their own rate while being part of a team environment.

## Adventure Camp Week at a Glance

Monday	Tuesday	Wednesday	Thursday	Friday
Camp Craft and Outdoor Adventures	Cata-Canoe-Raft Trip on Yukon R.	Rock Climbing at Copper Cliff	Kayaking and Swamp Stomp	Rock Climbing at Rock Gardens
Lunch	Lunch	Lunch	Lunch	Lunch
Flatwater Canoeing	Explore historic sites en route	More Climbing and Forest Games	Campfire Cooking	More Climbing and End of week Debrief

# Adventure Camp Activities

**Rock Climbing:** Campers learn basic climbing techniques, proper equipment use, knot tying, and belay skills. We alternate between two climbing locations so that campers have the opportunity to try different climbing sites. On this day trip campers also participate in hiking and forest games. During the rock climbing lessons, campers set personal goals and may want to challenge themselves further by zooming down the zipline. Additional lessons throughout the week build on the campers climbing skills and knowledge.



**Canoeing:** Following guidelines set by the Canadian Recreational Canoeing Association, campers learn and improve their tandem flat water paddling skills by participating in various canoeing games and activities.

**Kayaking:** Campers take part in a kayaking lesson designed to be a fun introduction for novices and a chance for more experienced paddlers to work on their skills. Campers learn to paddle in a straight line (not as easy as it sounds) reverse, turn round, stop and get out in a hurry. Kayaking games will be part of the fun.



**Pond Adventures:** Campers will enjoy exploring a wetland pond for signs of life, searching for animals, insects, fungi and small organisms! Using nets, containers, magnifying glasses and our large raft the campers are guaranteed a fun filled time!



**Yukon River Day Trip:** A highlight of the week for campers is building catamaran style rafts to learn moving water techniques and safe boating practices. Put in is on the Yukon River by MacRae, then a leisurely paddle is enjoyed by all to Schwatka Lake. Along the way campers will play games, learn some map & compass skills, identify birds and animals they see, and have a



picnic lunch.

**Outdoor Adventure:** Campers spend an afternoon learning outdoor living and survival skills. They learn how to build a safe campfire and then put their skills to good use by cooking up some delicious treats! Then they will head into the forest for activities such as orienteering, shelter building, hiking and forest games.



## Other Activities at Camp

Depending on the interests of the campers each week, other activities we may offer at Adventure Rox Day Camp include: a guided tour of the Yukon Wildlife Preserve, arts & craft projects during breaks, swimming at the Canada Games Centre or a lake, and many fun camp games played throughout the week.

***Each week is slightly different to ensure variety for campers returning for multiple weeks. We guarantee that every week will be a fun filled experience with the opportunity for campers to meet new friends and learn new skills.***

## Statutory Holidays

We do run our programs as usual during weeks that have a statutory holiday so that all campers are able to enjoy the complete Adventure Camp experience.

## Safety Practices



All of our staff hold current First Aid & CPR certificates, have experience working with children and youth, and have taken part in our extensive staff training. Group leaders carry a backpack containing a fully stocked first aid kit, camper information, bear spray, a whistle, sunscreen and extra clothes. Our staff to camper ratio is 1:6 maximum for any programs on the water and involving rock climbing. Other programs, such as games and land sports have a ratio of ~1:10. Our Camp Staff always work in teams of two or three. All staff facilitating adventure programs have related qualifications, training and experience. Proper safety equipment for all of our programs is used and regularly inspected (i.e. certified rock climbing gear and helmets, PFDs, water rescue equipment, etc.)

## Transportation

Transportation to and from programs is provided on our 32 passenger bus. All drop-off and pick-ups are in the Shipyards Park Parking Lot (**meet under the sheltered Gazebo on Monday morning**). Campers arrive each morning at **8:30am** and will return each afternoon by **4:00pm**. Campers & Parents **MUST BE ON TIME** for drop-off and pick-ups! If for any reason there is a last minute change of transportation arrangements for a camper, please leave a message at 334-3725 BEFORE the scheduled pick-up or drop-off time. It is the responsibility of the parent / guardian to supervise their child until the staff arrives at 8:30am and to be there no later than 4:00pm to pick them up.



## What to Bring

Campers should wear or pack their backpack with the following items **every day**:

- Lunch and snacks for the whole day
- 1L bottle of water or juice
- Swimsuit, towel & flip-flops (just in case we go swimming)
- Sunscreen and bug repellent
- Baseball hat or other type of hat for sun protection
- Rain gear ...we play rain or shine!
- Warm clothes for those cooler days (especially on Tuesday when we're on the river)
- Running shoes - NO sandals on the climbing wall please!
- An extra pair of shoes that you can get wet
- A keen sense of Adventure!

## Who we are...

Equinox is dedicated to the belief that participating in adventure-based activities helps individuals and groups to build character, trust, communication, problem solving and leadership which in turn creates stronger communities. Our programs include rock climbing, zipline, experiential based teambuilding, canoeing, kayaking, geocaching, rappelling and ice climbing. All programs include highly skilled (& friendly) staff, quality equipment, innovative structures and dramatic locations.

Christopher Gishler is the Owner/Operators of Equinox. He has over 25 years of experience working in the camping and outdoor education field. Christopher's background includes working for the Canadian Outward Bound Wilderness School and teaching adventure education on high ropes courses and climbing walls that he has built throughout North America.

The goal of Equinox has always been to provide high quality adventure programs to the Yukon community and visitors. Tag lines over the years have included, 'Adventurous Programs for Adventurous People', 'Adventure is good for you', and 'Building Character through Adventure'.

All the members of the Equinox Staff Team have extensive experience working with children in outdoor adventure programs. All staff members have current First Aid and CPR and have completed our staff training.



# Adventure Camp Registration

Please download the PDF version of our Camp Registration and then complete and return one REGISTRATION FORM, HEALTH FORM and WAIVER per camper.

## Holding Spots

Please check the website calendar or call our office at (867) 334-3725 to confirm that there is space available. We will be happy to hold a spot for 7 business days, to allow time for the receipt of the necessary forms and payment.

## Deposit & Final Payment

Registration forms should be accompanied by full payment, or a \$50 non-refundable deposit, full payment is due 3 weeks prior to the camp starting. Payment by email interact is preferred. Other options include cheque, cash or credit card.

## Refund Policy

Camp fees will be refunded (-\$50 admin fee) only if a cancellation is made a minimum of 3 weeks prior to the session starting date. Refunds or reduction of fees will not be offered

## Equinox Adventure Camp

Box 31391  
Whitehorse YT,  
Y1A 6K8

867-334-3725

Registrar:

[camp@equinox yukon.com](mailto:camp@equinox yukon.com)

Christopher Gishler (Director):

[equinox@equinox yukon.com](mailto:equinox@equinox yukon.com)

