

# Equinox Adventure Camp

## Spring Break 2017

### 2017 Spring Break Adventure Camp

Adventure skills-training for children and youth

Ages 6-7, 8-10 & 11-14

- March 20 - 24
- March 27 - 31

Adventure programs include Ice Climbing, Snowshoeing, GPS Navigation, Campfire Cooking, Atlatl Golf, Shelter Building, Forest Adventures and Ice Fishing. Meet daily at Mt. Sima

Fee = \$340.00/wk

To hold a space for your child, please phone: (867) 334-3725



### About Equinox Adventure Camp

Since 2004, we have been providing children & youth with top-notch instruction in adventure based programs. 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 horizons. 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. All activities are designed to allow individuals to learn at their own pace while being part of a team environment. Campers have the opportunity to focus on skill development while working on increasing self-awareness and confidence, learning new leadership skills, setting individual goals, working as a team, and working on problem solving and communication skills.



### Week at a Glance (typical)

| Monday                               | Tuesday      | Wednesday                         | Thursday         | Friday                        |
|--------------------------------------|--------------|-----------------------------------|------------------|-------------------------------|
| Ice Climbing                         | Ice Climbing | Ice Climbing                      | Ice Climbing     | Ice Fishing                   |
| Lunch                                | Lunch        | Lunch                             | Lunch            | Lunch                         |
| Campfire Cooking<br>Shelter Building | Ice Fishing  | Atlatl Golf, Forest<br>Adventures | Initiative Tasks | GPS Navigation &<br>GPTeaming |

# Adventure Activities:

## Ice Climbing Adventures

**Ice Explorers:** Walk around a frozen waterfall, watch an ice climbing demonstration and explore an Ice Cave.

**Ice Trekking:** Campers explore the ice by walking up a path, across bridges and through tunnels allowing them to access the top without climbing straight up. Ice Trekkers use crampons (foot spikes), harness, helmet and a safety line to follow the path.

**Ice Climbing:** Older campers head out for a day of ice climbing. The program includes safety briefing, proper use of equipment, belay school, movement on ice and lots of encouragement. There are routes for all skill levels ~ easy to diabolical.



**Campfire Cooking:** Campers learn how to build a safe cooking fire and then put it to good use by cooking up some treats – e.g. apple crisp cooked in tinfoil, muffins in orange peels, homemade ice cream.





**Snowshoe GPTeaming Quest:** We spend a half day enjoying snowshoeing and learning how to use a GPS. Using games and activities, campers will learn how to walk, run, climb, and descend hills while wearing snowshoes. Once everyone has mastered these skills, the group will then participate in our “GPTeaming Course”. This exciting program utilizes GPS technology (electronic navigating tool) to create a new twist on teambuilding. Campers use GPS units to locate mystery caches located around the area. The caches contain a variety of rewards, puzzles, and problem solving activities.



**Shelter Building:** Campers will learn how to build their own winter shelter – quinzees and snow shelters.

**Ice Fishing:** We spend an afternoon each week drilling holes through the ice of a local lake and testing our luck at catching a fish! Campers will make their own fishing jigs and enjoy an afternoon of fishing and hot chocolate around the campfire.



**Closing Exercise:** The final activity at camp will allow campers the opportunity to reflect on their week - the skills they gained, the goals they accomplished and challenges they overcame. The group will take part in a few debriefing activities and say farewell to the friends they spent the week with.

## 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. In addition, we ensure that staff carry a knapsack containing a fully stocked first aid kit, camper information, winter survival gear, a whistle, sunscreen and extra clothes. Our staff to camper ratio is 1:6 for adventure programs. 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 ice climbing gear and helmets, etc.).



## Transportation

Transportation is not provided for this camp. All drop-off and pick-ups are from Mt. Sima.

Campers should arrive each morning between **8:30-9:00am** and be picked up each afternoon at **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 (Adventure Rox Camp Office) **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 on time to pick up their child by 4:30pm when the staff finishes for the day.

## Lunch

Lunch will be eaten at the program sites. Participants are responsible for bringing their own lunch. We strive to be a peanut free zone so please leave the peanut products at home. Food is available for purchase at the cafeteria.

## What to Bring:

Adventure Campers should wear or pack their knapsack with the following items every day:

- **A three layered clothing system** - the first layer should consist of long underwear (preferably made from polypropylene or wool, not cotton), the second layer should be insulating items to maintain body heat (i.e.: polar fleece), and the third layer should be something to block the wind and provide extra insulation (i.e.: warm snow pants and snow jacket).
- A **very** warm hat, pair of waterproof mittens and a warm scarf / neck warmer
- An extra sweater for when the temperature drops
- Warm Boots and an extra pair of wool socks
- A few sets of instant hand and foot warmers for those prone to cold extremities
- Lunch and snacks
- 1L bottle of water or juice (or a thermos with hot chocolate / tea)
- Sunscreen & Sunglasses (those winter rays can be bright!)
- A keen sense of Adventure!



## Who we are...

We are 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.

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



# Spring Break Adventure Camp Registration

Please contact us for a registration package, or download the PDF version from our website.

## Holding Spots

First... call our office at (867) 334-3725 to confirm that there is space available in your preferred session. We will be happy to hold a spot for 7 business days, to allow time for the receipt of the necessary forms and payment. You can also check the calendar on our website to get an idea of availability.

## Payment

Payment can be made by the following options.

- Cheque
- Interact Email Money Transfer
- Paypal invoice
- Visa / Mastercard



## Refund Policy

Camp fees will be refunded only if a cancellation is made a minimum of **14 days** prior to the session starting date. Refunds or reduction of fees will not be offered for days missed in a session.