

Outdoor Education Activity Guide



Single Activity Period Activities - These activities are <i>90 minutes</i> in length, filling one Activity Block in the schedule. Maximum <i>20 participants</i> per activity. Includes instruction, safety talks, and debriefing.	Min. Age
Climbing Wall Participants enjoy the physical challenge of the climbing wall, as well as the sense of accomplishment for meeting goals and overcoming perceived risks. Participants also learn a high degree of responsibility as our trained staff teach the participants how to belay for each other.	Gr. 6+
Team Building Course Participants will need to work together to a high degree in order to successfully complete these challenges. These stationary team-building activities offer a challenge to guests from Grade 3 to Retirement! Our Team Building Course includes: Around the World, Islands, Porthole, Military Wall, Cargo Crossing and more!	Gr. 3+
Team Building Games These activities help a group break the ice (get to know each other better) while developing soft skills such as communication, trust, problem- solving, teamwork, and respect. There are hundreds of potential challenges and that can be played anywhere at camp.	Gr. 1+
Low Ropes Course Our low ropes challenge course offers a chance for participants to stretch their mental muscle while also using their physical strength. Only inches off the ground, these challenges will force participants to work on physical literacy, communication, problem solving, trust and teamwork.	Gr. 3+
Hiking/Snowshoeing Our beautiful location in Kananaskis Country allows for some wonderful hikes in the foothills of the Rocky Mountains. With the changing weather, we cannot guarantee snow. But our mapped, on site hiking trails can be accessed by foot or snowshoe year round.	Gr. 1+ (Gr. 6+ for snowshoe)
Orienteering This is an opportunity for all participants to learn a new and valued skill. We have two progressive levels of orienteering. The first level focuses on learning how to use maps and exploring with them, while the second level focuses on learning how to read a compass and follow bearings. Both levels culminate in navigating our Orienteering Course to collect letters and unscramble the secret phrase.	Gr. 3+
Archery This is another opportunity for participants to try and practice a new skill. Our Facilitators will not only show your group how to safely shoot an arrow, they will also explain the parts of the bow and arrow, types of bows and even a little history.	Gr. 3+
Broomball A classic Canadian winter activity, picture broomball at Camp as hockey on snow, without skates, and with a broom-shaped stick. High energy, high fun!	Gr. 6+
Geocaching Come try your luck at geocaching here at camp! We have hidden caches throughout the property and marked their coordinates. Working together with your team, participants use gps to locate the caches, retrieving clues to help solve a puzzle at the end.	Gr. 3+
Stargazing Throughout history, people have observed the night sky with awe and wonderment. What's up there? What stories surround these constellations? Come enjoy observing the night sky!	Gr. 3+

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<p>Double Activity Period Activities - These activities are <i>180 minutes</i> in length, filling two consecutive Activity Block in the schedule. Maximum <i>20 participants</i> per activity.</p>	Min. Age
<p>High Ropes Course Designed and built by one of the leading companies in adventure technology, our course will facilitate personal growth and enhance self esteem. Participants will be given the opportunity to learn about trust, perceived risks, supporting and encouraging others, and overcoming fears. Note: we close down this activity in extreme weather temperatures.</p>	Gr. 7+
<p>Giant Swing A Challenge-By-Choice element where each student sets their own personal goal, supported by their fellow participants through the thrill of a 50 foot swing. The Giant Swing allows participants to push their limits and strengthen their relationships with each other by building trust and support as well as cheering one another on.</p>	Gr. 5+
<p>Wilderness Survival The eastern slopes of the Rocky Mountains can contain everything from biting cold to incredible warmth. Participants will have the opportunity to work on their survival skills, shelter building, and fire building while improving team-building skills, communication, and problem solving. Note: care is taken to ensure participants' warmth during the activity.</p>	Gr. 6+

Wide Games - These activities are <i>90 minutes</i> in length, filling one Activity Block in the schedule for your entire group. Maximum number of participants is determined by each activity.	Min. Age	Max #
<p>Animal Game Participants will learn about, and assume the role of, different species and environmental factors in this high speed game of survival! In their briefing, they will learn about food chains and how animals react within the local ecosystem.</p>	Gr. 3+	80
<p>Capture the Flag A classic wide game where two teams face each other in stealing each other's flag and returning it to their home base.</p>	Gr. 1+	∞
<p>Hydro Pyro A variation on Capture the Flag where each team has a fire (instead of a flag) that they must protect. Participants must carry water in small cups as they try to extinguish the other team's fire. If they get caught they must dump their water on the ground and return back to refill.</p>	Gr. 6+	∞
<p>Giant Pit A fast paced trading game that mimics conditions in the stock market. Participants must send representatives to trade cards, trying to collect all of one resource to get a corner on the market.</p>	Gr. 8+	40
<p>Giant Dutch Blitz A time-honoured card game that gets people thinking and moving quickly. Teams must play cards by colour and number to eliminate their pile of ten cards in order to "Blitz!" first.</p>	Gr. 8+	30

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Teacher Led Activities These activities last as long as your group likes and are available at no cost.	Min. Age
Campfire What is an outdoor camp experience without a campfire? Let our facilitator setup and light your fire. Talk to us about ordering s'mores for your evening snack - a must for any campfire experience!	All Ages
Gaga Ball A camp classic of a variation on dodgeball. Participants enter the "pit" and work to eliminate their opponents through getting them below the waist with the ball. But if the ball goes out or they hit too high, they are out themselves.	All Ages
Frisbee Golf Play the front 9 or the whole 18. Our onsite, nature-integrated course consists of 9 accessible and 9 not-so-accessible "holes" to keep participants challenged and entertained for hours.	Gr. 1+
Sports Equipment All of our playing balls, frisbees, and other field equipment is available for use upon request.	All Ages
Karaoke Sing along to your favourite songs! With our full sound system, projector and computer with a built in karaoke app full of current hits, you can sing with each other all night long.	All Ages