

Shine On



YMCA
BC



YMCA Camp Kanannaq Outdoor Education Centre 2025 Program Information Guide

Contents

YMCA Outdoor Education at Camp Kanannaq	3
EXPERIENTIAL LEARNING	3
Location and Facilities	3
Inclement Weather	3
HOT WEATHER POLICY.....	3
RAINY DAY POLICY	3
POOR AIR QUALITY POLICY	4
Outdoor Education Staff	4
Group Chaperones	4
What to Bring to Outdoor Education	4
DAILY PACKING LIST FOR ALL PROGRAMS.....	4
PACKING LIST FOR OVERNIGHT PROGRAMS	5
ELECTRONIC DEVICES.....	5
LOST AND FOUND ITEMS	5
What to Expect	5
DAILY SCHEDULE	6
Healthcare and First Aid	6
Accessibility and Inclusion	6
Booking Procedure	6
PAYMENT	7
CANCELLATION.....	7
DAMAGES.....	7
Pricing	7
Activity Options	8
SWIM TEST	8
ACTIVITY DESCRIPTIONS	9
YMCA Camp Kanannaq- How to Find Us!	10

YMCA Outdoor Education at Camp Kanannaq

YMCA Camp Kanannaq has been providing outdoor camp experiences to children since 2008. Through meaningful outdoor experiential learning participants are challenged outside the traditional classroom and benefit from hands-on learning as they explore the serene forests and beautiful waterfront of YMCA Camp Kanannaq. In one 4.5-hour day, you will be guided through up to four activity blocks of your choosing. Our program staff will facilitate age-appropriate learning and fun.

EXPERIENTIAL LEARNING

We believe that the strongest and most impactful programs are a result of close collaboration between visiting groups and our staff. For this reason, we will work closely with you during all steps of your visit to ensure the planning and execution of the program is effective and customized specifically to your group's intended objectives. Programming is carefully planned to provide quality learning opportunities and is designed to meet provincial learning outcomes. Our site is an ideal setting for experiential learning in a variety of subjects.

Location and Facilities

Whether you are looking for a fully immersive educational camp experience or a fun end-of-year celebration for your class, YMCA Outdoor Education is the perfect option! Located on Nadsilnich Lake with 200 acres of forest and a waterfront, we have the ability to facilitate a wide variety of educational and camp activities. Facilities include a dining hall, meeting space, a large campfire area, water, electricity, and many activity spaces.

Inclement Weather

HOT WEATHER POLICY

YMCA staff will modify activities to accommodate for hot weather in order to promote the health and safety of all participants. Please encourage all your students to apply sunscreen the morning before attending Outdoor Education. Hats are highly recommended. Staff will take the following hot weather precautions: frequent water breaks, sunscreen reapplication reminders, more water-based activities, less vigorous activities, and the use of cooler, shaded areas.

RAINY DAY POLICY

Outdoor Education operates rain or shine! Please prepare your students, and let parents know that they need to send their child with a raincoat and suitable footwear if there is rain in the forecast. Staff will modify activities to ensure that the safety of participants remains a priority. In the event of a thunderstorm or severe rainfall, participants will rotate through a variety of indoor activities until the storm passes.

POOR AIR QUALITY POLICY

During periods of poor air quality, participants will participate in less vigorous outdoor activities and more indoor activities (depending on the severity). In extreme circumstances, your booking may be cancelled in consultation with the Assistant Coordinator(s).

Outdoor Education Staff

Led by the Assistant Coordinators, the YMCA Outdoor Education staff team is made up of dedicated individuals, all of whom are passionate about working with children. All YMCA program staff maintain minimum qualifications of First Aid with CPR-C and are trained on topics such as wildlife safety and healthy child development. Our Waterfront staff are certified National Lifeguards. Not only are our staff members selected for their qualifications, but also for their enthusiasm, experience in all programs, and commitment to the values of the YMCA. YMCA staff are on duty from the moment you arrive on site to the moment you leave. Each group is assigned a YMCA staff host who is dedicated to ensuring your group's needs are met.

Group Chaperones

The staff at YMCA Outdoor Education always appreciate the support provided by group leaders, teachers, and chaperones. A quality and safe outdoor education experience relies on the support of group-provided chaperones. One adult chaperone is required for every ten to fifteen participants. In order to provide a high-quality experience, our program staff will be focused on facilitation and programming. Please ensure all chaperones are prepared to do group and behaviour management. This will support our staff by allowing them to focus on providing quality programming and learning opportunities for your students. Chaperones are responsible for the conduct of participants at all times and are expected to:

1. Supervise, accompany, and be present alongside participants during all activities.
2. Manage challenging behaviours or conflict between participants.
3. Perform any first aid that is required.

While the group is not directly involved in programming, such as during short transition times and lunch break, we require that chaperones are responsible for the supervision of your participants; this gives our program team time to prepare for upcoming programs.

What to Bring to Outdoor Education

DAILY PACKING LIST FOR ALL PROGRAMS

Please ensure all of your children's belongings are labelled with their first and last name. YMCA Outdoor Education is **not** responsible for any lost or stolen belongings.

- Water bottle

- Running shoes
- Beach shoes
- Sunscreen (minimum SPF 30)
- Bug spray
- Light jacket or hoodie
- Hat
- Swimsuit
- Towel
- Change of clothing (depending on the age of your children)
- Nut-free snack and lunch
- Backpack
- Extra weather appropriate clothing (Outdoor Education operates rain or shine!)

PACKING LIST FOR OVERNIGHT PROGRAMS

- Sleeping Bag
- Tooth Brush
- Tooth Paste
- Flashlight or head lamp
- Warm pajamas or extra clothes for sleeping
- Sleeping Pad

ELECTRONIC DEVICES

At YMCA Outdoor Education we believe that part of the outdoor education experience is being fully immersed in our natural setting. Therefore, we strongly suggest participants do not bring electronic devices, including: cellphones, tablets, electronic toys, iPods or MP3 players, portable speakers, or radios.

LOST AND FOUND ITEMS

Lost items will be held for one week after your outdoor education session, after which they will be donated. It is best to email us at campk.oed@bc.ymca.ca with a detailed description of the item as well as the student's name and we will work to locate the item.

What to Expect

Please have your students divided into groups of no more than 15 participants, with at least one adult chaperone or teacher each, as we will be cycling through our activities in these groups. Students will eat lunch all together.

Note that there is no snack break scheduled into our day. Please ensure your students have eaten a snack before arrival or reach out to our team to discuss adding an additional break for snack into the schedule.

Our lunch break is scheduled to be 45 minutes long. This length of time is required, as it is when

our staff go on break. Student supervision will be your responsibility during this time.

DAILY SCHEDULE

20 min – Arrival and Opening “Campfire”

45 min – Activity 1

45 min – Activity 2

45 min – Lunch

5 min- Transition Time

45 min – Activity 3

45 min – Activity 4

20 min – Closing Campfire and Vespers

Arrival and Departure time is flexible, and the schedule can be easily adjusted to your plans. Please ensure you will be at Camp for a total of 4.5 hours to provide enough time to experience all of the activities.

Healthcare and First Aid

Please ensure your group has a designated first aid attendant and is equipped with the necessary first aid supplies to manage any minor incidents. While YMCA staff won't be primary responders to your first aid needs, First Aid and CPR-C trained staff are available to provide support in the event of an emergency.

Accessibility and Inclusion

YMCA Outdoor Education aims to be an inclusive environment for all children and youth, regardless of gender identity, gender expression, sexual orientation, ethnicity, culture, Indigenous status, socio-economic background, and ability.

We do our best to welcome children with different abilities to our programs. YMCA Outdoor Education offers program adaptation for students with developmental and physical disabilities, to include each student as best as we can into our Outdoor Education experience. There are limitations beyond our control because of the environment where Outdoor Education takes place. If you have a student who would need alternative programming or program adaptations please contact our staff to discuss a plan for support.

Booking Procedure

If you would like to make a booking with us for an outdoor education adventure, please fill out the form that is found on our website or email campk.oed@bc.ymca.ca for a link to the booking form. Once you have completed the form, a staff member will reach out to confirm your booking and provide a booking estimate based on the type of booking chosen and the number

of attendees. Please note that if you are booking one class (32 students or less) there may be a possibility of sharing the site with another school. Your programming will be separate and you will only cross paths with the other school during transitions. To ensure you have the site to yourself, we encourage multiple classes from the same school to book together. If you have any questions or concerns please email us at campk.oed@bc.ymca.ca.

PAYMENT

YMCA Outdoor Education requires full payment for bookings to be completed at least one week prior to the scheduled date. Upon confirmation of your booking an invoice will be sent to your school. The payment amount is determined by the number of students attending. When making your initial booking request, please provide your best estimate of the expected number of students who will attend the booking.

On the day of the booking, if your actual number of attendees falls within 15% of your estimated total, there will be no additional charges. However, surpassing the 15% threshold will result in an additional invoice for the cost of the extra students, which will be sent to your school after the booking.

In the case your actual attendance is less than 15% of your estimated total, inform the Camp Coordinator at least 24 hours before the booking to receive a refund for the students who will not be attending. If you do not notify us in advance we will be unable to offer a refund, as staff scheduling has already taken place.

CANCELLATION

For a full refund, cancellations must be made at least 7 days in advance of scheduled booking. Cancellations made within 6 days prior to booking date will receive a refund minus a \$200 deposit.

DAMAGES

Any damages to the facilities and/or equipment at YMCA Outdoor Education will result in a minimum fee of the damages. Fees will be charged directly to your group and must be paid within 14 days of departure. Damages include but are not limited to, broken windows, graffiti, or excess damage to equipment. A full site inspection is completed before and after your visit.

Pricing

Type	Details	Fee
Land Programming Only	Per Student	\$23.50
Waterfront Only	Per Student	\$26.00
Land + Waterfront	Per Student	\$31.00
Cabin Fee	Per Cabin/Night	\$20.00/Night/Student
Tenting Fee	Per Cabin/Night	\$5.00/Night/Student
Site Use Only (no program)	Per Student	\$18.50

Please note we do not provide food services. If selecting an overnight booking, groups will be responsible for supplying their own food and tents, if applicable. At camp we have a full kitchen with a fridge, a freezer, pots, pans, kitchen utensils, dishes, cutlery, as well as salt, pepper, and cooking oil. If you have further questions please email us at campk.oed@bc.ymca.ca.

Activity Options

At YMCA Outdoor Education we offer a wide variety of activities. From education-based activities to camp favourites, we have activities for every class and every age. A full list of activities can be found at the end of this guide. During the booking process, you will be able to customise your experience and outcomes by selecting up to four activities.

SWIM TEST

Before being allowed to participate in swimming, all campers who intend on swimming must participate in a swim test, as per BC Camps Association policies.

The swim test takes place prior to each swim block. Campers must take the swim test with a PFD and may choose to re-take it without a PFD at the lifeguard's discretion.

Please remember that our swimming takes place in a lake, which can still be quite cold during the outdoor education season. Keep this in mind when making your program selections and preparing your students. It is recommended that students have a warm change of clothes to wear after a swim.

ACTIVITY DESCRIPTIONS

Team Building:

Canoeing	Students learn basic canoeing skills through practice and games in West Lake.
Survival Skills	Students work together as well as independently in three different survival-based tasks such as fire building, knots, orienteering, and/or fort building.

Environment:

Stream Assessment	Students will conduct an investigation to test the health of West Lake's creek, by catching and examining the invertebrates that live in the creek, and performing water quality assessments.
Guided Hike	Students will learn about local species around the Prince George area, with an emphasis on the connection between humans to the environment, and how different species within an ecosystem are connected.
Nature Journal	Students will take part in an interactive hike and gather materials from the forest floor to create a nature journal. They must observe, interact, and gather information around them in order to create their nature journals.

Independence:

Archery	Students will learn proper technique and handling of equipment through practice and games. Through skill development and personal accomplishment students will gain a sense of independence and confidence.
Swimming	Students will be active in the water while working on their swimming skills and fitness without even realizing it! They will have the option to free swim or play games.
Gaga Ball	Students will learn strategy and hand-eye coordination in this fast-paced, competitive camp favourite.
Crafts	Students work on their creative abilities through fun, nature-based educational crafts.

Survival Skills:

Fire Building	After basic instructions of the elements of fire, participants build and light a small campfire designed for different survival situations using "Leave No Trace" practices.
Fort Building	Students will learn about different survival fort structures and will get a chance to physically build forts themselves. They will be challenged with different games and activities to increase engagement and learning.
Orienteering	After learning the features of a compass and how to properly use one, participants test their skills through age appropriate navigation challenges, such as different games and a mini scavenger hunt to find a prize.
Knot Tying	Students will learn a series of useful knots, then put their skills to the test through different games and challenges.

Group Games:

Capture the Flag	Two or more teams compete in an attempt to capture the other team's flag.
Echolocation	Students learn about echolocation in camp's version of 'Marco-Polo'.
Oh Deer	Students learn about the food chain and interdependence of animals within an ecosystem through a role-play based wide game.
British Bull-Dog	Students must successfully get to the 'other side' without being tagged. The last student standing is the winner.

YMCA Camp Kanannaq- How to Find Us!

Camp Address: 21970 Blackwater Rd (Camp Hughes)

Camp Landline: 250-964-1188

Camp Coordinator: 250-617-9108

1. Leave Prince George, heading West on Highway 16 towards Vanderhoof.
2. Turn left onto Blackwater Rd (at the lights).
3. Follow Blackwater Rd for 14 km.
4. Turn left on to the Camp driveway, there are signs for Scouts Camp Hughes and YMCA Camp Kanannaq (they are the same property).
5. Follow the driveway (about 2km) until you reach the Camp Office building.

