

## 4 OR 5 DAY - SCHOOL ADVENTURE PROGRAM

This document describes the activities you may choose to have during your program. The sample schedule will give you an idea of the timeline for your week.

### ADVENTURE ONE

Adventure One is the start of the week for all groups. This block of time is dedicated to each activity group meeting their instructor, getting to know each other and reviewing the plan for the week. We also incorporate team building initiatives, icebreaker games and low rope activities to initiate the group development process. During this time the students get oriented to the lodge, establish behaviour and safety guidelines, as well as introducing a group contract and the 6 Core Values of the lodge.

### BOG WALK/HIKE

The bog walk gives students an opportunity to learn more about the flora and fauna of coastal British Columbia and the unique species of Vancouver Island. In addition, students delve into the history of forest and bog succession.

Groups will have the option to physically push themselves further by heading up to lookout points, discover different on-site trails and learn how to hike as a group. This activity includes nature appreciation, games and environmental education.

### CANOE/KAYAK

The canoe or kayak programs focus on skill development and fun. The students will learn how to wear a properly fitted PFD, parts of the canoe/kayak, the difference between different types of boats and the parts of the paddle. They will have a progression of paddling strokes, sufficient time to paddle, get the feel of the boat, play games and have fun! These activities can often finish with a short time to swim and use the sauna.

### HIGH ROPES AND ZIPLINE

The High Ropes and Zip Line are powerful and challenging activities built from logs, cables and ropes. Good communication and support are central for these activities. The students actively support each other as they work across the high ropes course or they zip through the air, increasing their self-confidence and teamwork skills. Individuals will get the chance to put two of our core values to practice, Challenge by Choice and Living on the Edge. Students will push themselves to their 'edge' and recognize how each person's challenge point is different, supporting each other no matter where their limit is.

## ROCK CLIMBING

This block of programming will introduce students to the basics of climbing and provide opportunities for personal growth and change. Climbing can be a significant mental challenge for most participants as it requires a great deal of trust in themselves and the gear. Success can show participants that limitations are often self-imposed.

Students will have options to climb and rappel, learning climbing techniques and how to safely tie the rope to their harness whilst supervised. We build the participant's confidence by discussing safety, such as belaying techniques and anchors. If the students do not wish to continue climbing or rappel down, we explain the options of down climbing and lowering as well as providing a trail down from the top of the climb.

## TREE CLIMB

Tree climb is a fun activity where students get to challenge themselves. They learn how to belay their peers as they climb up a tree, pushing themselves to their own limits. Our tree has large staples for ease of grabbing and stepping on, this is a great way to get a bird's eye view of the property.

## CAMP SKILLS

During this program, the students learn the essence of wilderness survival while ensuring for personal and group comfort. This activity focuses on how to build a fire, how to set up a tarp, camp knots, how to use a compass and what we should look for in a wilderness campsite.

## OUT-TRIPS

A Strathcona out-trip provides an introductory and enjoyable wilderness experience through either an on-property hike or off property canoe trip. We focus on positive group dynamics as well as personal growth and skill development.

The trip gives the participants an opportunity to learn, develop and put into practice Leave No Trace Principles and learn backcountry camp skills such as knots, tarp set up, fire building and camp cooking. During their night in the wilderness the students will sleep under one shared mega tarp, have a campfire with games, s'mores and time to connect with each other and their environment.



### ORIENTEERING

This activity teaches students the basics in how to read topographical maps and basics of a compass. Students will divide into smaller groups to complete an orienteering course on the lower property, finding the hidden symbols by using their map reading skills.

### INSTRUCTOR CHOICE

This block allows time for your instructor and their group to make a choice on the activity. This could be gathering with other groups for a campfire, scavenger hunt or to play a large group game. Other options include learning new skills orienteering, challenge themselves on the low ropes course or crate climbing. The group may want to enjoy some healthy competition playing a game of volleyball, Kubb or disc golf or just relaxing with some beach time by swimming and using the sauna. The instructor will match the energy of the group to help facilitate games/activities that the students have been wanting to explore.

### CLOSING CEREMONY

The closing ceremony will be a full school gathering on your last evening to draw the week to a close in a fun or reflective way. The ceremony could include a campfire, with campfire games, skits, or a group reflection/debrief. Other possibilities include a dance in the barn, camp skills relay race or big group games such as capture the flag or a scavenger hunt.

This is run by our instructors but will look different for every school as they choose to add their individual school values to this ceremony

### SAMPLE SCHEDULE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
AM		KAYAKING	BOG WALK	RETURN FROM OUT-TRIP	CLEAN-UP, DEBRIEF, DEPARTURE
PM	ARRIVAL (1PM) ADVENTURE ONE	HIGH ROPES	DEPART ON OUT-TRIP	ROCK CLIMBING	
EVE	INSTRUCTOR CHOICE	TRIP PREPARATION	OUT-TRIP COOKING	CLOSING CEREMONY	