



YMCA Camp Pine Crest Leadership and Adventure Leadership Information Guide

Memories that last a lifetime – experiences that build a life

Welcome to Leadership at YMCA Camp Pine Crest!

Leadership at Pine Crest is all about developing awareness and taking action to improve yourself, others and your environment. This guide is designed to answer many of your questions and to help you understand the many leadership opportunities available at pine Crest! Please read this booklet carefully to learn the expectations of the Leadership programs, YMCA Camp pine Crest's guiding principles, details of each Leadership stream, and what you'll need to bring with you this summer.

You are part of a very reputable community of leaders. Pine Crest is known for its challenging leadership programs, out tripping and commitment to developing skills for individuals that contribute back to your home community. No matter which leadership program you choose, part of your time at camp will be spent on an out trip that will give you the chance to see some of Canada's most stunning wilderness landscapes. These trips will help you feel more confident about yourself in diverse and sometimes unknown situations. You'll develop your self-confidence and leadership abilities as you tackle skills, responsibilities and problem-solving situations you may have never taken on before. Through these accomplishments and successes you'll gain a feeling of trust in your own abilities, which can push you forward to more success in your everyday life. You will be a model of Pine Crest Leadership not only to your peers but to the hundreds of campers that come to camp each summer and aspire to be where you are today.

We hope to see you at this year's Leadership information day at the Toronto Central Grosvenor St. YMCA in May. There will be an informative slideshow presentation and you will have the opportunity to meet your Leadership trainers, learn more about the program and ask any questions you may have. If you have any questions, please let us know! We are happy to help.

The Pine Crest Team

705-762-3377 / 877-878-9622

camp.pinecrest@ymcagta.org

Information Sessions

Leadership Information Day held at the end of May will provide specific program and travel information in detail by the staff that will be working with you. This session is a mandatory part of the preparation for leadership programs. If individuals cannot attend, a staff member will arrange a phone call with each family to ensure all information has been shared prior to the summer.

We will start with an introduction to the pine Crest leadership program, a detailed slide show, and then end by meeting in our program groups to review packing expectations and route plans. There will be many opportunities to connect with your child's trainers, who would be happy to answer any questions you have about your Leadership Program. All waivers and program agreements will be handed in to staff as well. The date and time of the Leadership information day will be emailed to families after registration is complete.

Toronto Central Grosvenor St. YMCA

20 Grosvenor Street

Toronto, ON

416-975-9622

Annual Pine Crest Triathlon and Open House

Held in mid-June at YMCA Camp Pine Crest, in Torrance, the Open House will be preceded by our annual triathlon on June 16th 2018. Join us for one of the most enjoyable days of the summer! Our annual Triathlon FUNd-raiser gives everyone a chance to race around our property by swimming, running and paddling, while our Open House provides the opportunity to take a look at our facilities and meet our staff. The Triathlon will include categories for individuals, teams and children – all ages are welcome. All fundraising goes towards our Pine Crest Annual Giving Campaign to help children go to camp! Call today to register at 1-877-878-9622.

Following the triathlon we will hold an Open House where we encourage families to get to know us a bit better. You will have opportunities to meet our staff, see our accommodations, and most of all try some of the activities you will experience this summer, like swimming and boating.

Expectations and Success

The YMCA Values and Camp Pine Crest guiding principles play an integral role in how we design and deliver our leadership programs. We want you to get the most out of your experience and we create each program with this in mind. Throughout the year we engage with leaders to gain valuable feedback on how to make the best program we can. The programs are designed to set you up for success with challenges and opportunities to grow and learn about your personal strengths and the importance of working together.

As a member of the group you will have certain expectations of others, and they of you. Our expectation is that you're a full member of the group, participating in all aspects of the program offered and doing your best to achieve team success.

On your out trip, you're expected to take the initiative and share tripping responsibilities such as cooking, rising early to assist with breaking camp, maintaining group moral and navigating. This equality among your leadership group will ensure that all voices are heard and everyone has a positive experience. From your trainers you can expect exemplary leadership and dedication as well as a breadth of knowledge and experience. We want to make this a successful experience that will encourage you to try new activities and make positive choices in your life.

Your trainers are a resource for your questions, and will help coach you in learning the skills necessary for a positive experience. Trainers are teachers, mentors and coaches and will be there to support or intervene in difficult situations. All Leadership staff have acquired certifications in areas such as wilderness medicine, white water paddling, trip leading and preparation. The success enjoyed by the entire group will come from full participation, a positive attitude, and the willingness to try new things and learn from everyone.

Code of Conduct

At YMCA Camp Pine Crest our staff are trained and experienced in providing high quality care for our participants, ensuring the needs of each individual are met. We expect that all staff, volunteers, participants and parents are focused on supporting pine Crest to be a safe environment for everyone both emotionally and physically. If a situation arises where a participant threatens the safety or security of another camper, staff member, or themselves, we will make every appropriate effort to inform the parents involved, address the behaviour and provide a positive camp experience for everyone.

However, should disruptive behaviour continue, the participant may be dismissed from camp at the discretion of the Camp director or the designate. the camp will not be held responsible for any costs or provide a refund associated with a camper's dismissal on the grounds of disruptive behaviour.

Note: In extreme circumstances, a camper may be removed from the camp environment without warning if their behaviour jeopardizes the safety of campers or staff, or where the camper is engaged in illegal activities (including possession of non-prescription drugs, alcohol and/or tobacco products).

YMCA Mission Statement

The YMCA of Greater Toronto is a charity offering opportunities for personal growth, community involvement and leadership. Our success is built on our commitment to the YMCA mission statement. In pursuit of this, and to distinguish camp from other experiences offered by our YMCA and the community, our Camping and Outdoor Education Centre services are based on the following guiding principles:

YMCA Camp Pine Crest Guiding Principles

Small group experience:

- We focus on your development process and we keep our programs small with an average of 8-10 participants to two Leadership trainers.
- You'll have opportunities for social development, group interdependence, interpersonal problem solving, leadership development and responsibility.
- We ask that you don't bring electronic devices, as we find it distracts you from focusing on yourself, your group and your development at camp and on your trip.

Natural Focus

- You'll have the chance to see some of the most beautiful wilderness areas Canada has to offer when on your out-trip!
- Our site in Muskoka sits on 650 acres and is surrounded by three lakes.
- We take a holistic approach to environmental education and environmental stewardship, and feel it's vital to practice minimal impact camping techniques when enjoying wilderness areas.

Democratic Living

- We want everyone who comes to YMCA Camp Pine Crest to have a voice and you'll have opportunities to take ownership of your experience. If and when issues arise within the group, discussion is encouraged to recognize differences and come up with productive ways of solving group problems.

Enjoyable Programs

- Although there's a strong focus on leadership and skill development, there's an equally strong focus on fun!
- We encourage camp spirit and a positive attitude, and strongly believe this will lead to success in overcoming challenges. Our programs add to the participants' overall development by providing situations in which positive attitudes and fun approaches to problems lead to success.

Inclusive Community

- Campers, Leadership participants and staff of various dimensions of diversity come together into one community.
- Staff are trained on issues of bullying and inclusion to help prevent situations that could make you feel isolated during your time at camp.
- We offer financial assistance through a variety of channels in order to assure equal access to our programs at pine Crest.
- We have a strong partnership with Reach for the Rainbow, an organization that finds camps that support children and young adults with high needs, and we encourage bringing these individuals into our Leadership programs when possible.

Healthy Lifestyle

- Each day you'll be outside rain or shine, enjoying the natural world and being physically active
- Our Leadership Trainers ensure you get enough rest, drink enough water and eat enough calories to stay healthy and get the most out of your time at camp.
- You'll leave camp with a positive outlook on life, feeling great about yourself and your abilities!

Arrival and Departure Days

At Camp arrival day for all sessions is Sunday. Camp will be open between 11 a.m. and 2 p.m. on the first day of the session. Parents and families are invited to our family day, where they can meet the staff, tour the camp and settle their children into their new homes. The waterfront will be open for canoeing and swimming and a buffet lunch will be available starting at 11:30 a.m. Please note the camp will not open its doors until 11 a.m. We ask that you respect this time as we are preparing for your arrival until then.

Travelling by camp bus: all program fees include bus transportation to and from camp. With four pick up locations in the Greater Toronto area, it is convenient, avoids the extra driving for parents and helps to reduce carbon emissions. If you are not interested in the bus to camp please consider the ride home as Friday traffic to Muskoka can be quite congested. A camp staff member who acts as bus monitor supervises all transportation.

We ask that you arrive at the departure location at least 30 minutes prior to the departure time listed below. If the buses are running behind schedule upon return, we will leave a message with the front desk of the local YMCA.

Bus Stop	Departure Time on Sunday	Arrival Time on Friday
Toronto Scarborough Town Center Crt. YMCA	11:00 am	6:00 – 6:30 pm
Toronto Central Grosvenor Street YMCA	10:00 am	6:30 – 7:00 pm
North York – Hollywood Public School	11:00 am	6:00 – 6:30 pm
Mississauga Burnhamthorpe Rd YMCA	10:00 am	6:30 – 7:00 pm

For campers returning home on Fridays, please plan to arrive 30 minutes prior to scheduled time. Updates regarding traffic or delays will be posted on our Facebook page.

Program Descriptions

Please refer to the Adventure Leadership Supplementary information on page 14 for more detailed information about each adventure route.

Junior Leadership Programs (Born Between July 1 2003 and June 30 2005)

Our Junior Leadership programs lay a strong foundation for leadership development in our 13 and 14 year old participants. Trainers work with the group to help all members contribute effectively to the team and the greater Pine Crest community. Our focus on teamwork and self-awareness will teach you about the strengths and challenges of working in a group, and help you identify how your personal contributions shape this.

As part of this program, you will also develop skills in various aspects of camp and build confidence in your out tripping skills. Of course, fun and enjoyable programs are at the core of what we do, and this is no exception! Our Leadership trainers are continually developing new and creative programs for you that utilize our full site such as camp wide games, high ropes challenges, and scavenger hunts.

Junior Adventure Leadership – Born Between July 1 2003 and June 30 2005: These two and three week programs achieve the goals of our Junior Leadership programs through an extended out trip. The majority of this program is spent off camp property and on out trip, with a small amount of time at camp to prepare and debrief. In 2018, we are offering the following Junior Leadership programs (please see the supplementary information for further details on each route)

- Georgian Bay Sea kayak and hike (2 weeks)
- Noire River white water canoeing (2 weeks)
- Spanish River white water canoeing (2 weeks)
- Killarney Provincial Park lakewater canoeing (2 weeks)
- Petewawa Whitewater canoeing (3 weeks)

JLIT Adventure – Born between July 1, 2003 and June 30, 2005: This four week program involves one week at pine Crest, a 14 day white water canoe trip, followed by a final week at camp. While at camp, you will be introduced to the basics of planning and preparing for out-trip, contributing by assisting with route and menu planning. You will also meet the objectives of a Junior Leadership program through fun and exciting programs at camp, as well as providing leadership through clubs or skills placements.

Junior Leader in Training (JLIT) – Born between July 1, 2003 and June 30, 2004: As a JLIT participant, you will spend 4 weeks developing your leadership skills and some incredible memories and friendships! The majority of your time is spent at camp, where you will have opportunities to participate in programs, earn provincially recognized ORCKA (Ontario Recreational Canoeing and Kayaking

association) canoeing levels, and take leadership in placements. This program also includes an 8 day out trip that will teach you the basics of lakewater canoe trip leadership.

Leadership Programs Born between January 1, 2003 and June 30, 2004

Our Leadership Programs focus on technical skills development, giving you the tools you need to lead and teach others while in the wilderness. This emphasis, combined with fundamental leadership development principles, provides an excellent opportunity for both personal and group development. As a team, your group will learn each other's interests and past experiences, and use this to create a camp experience that is tailor made to your group. You are invited to contribute to the planning and delivery of your program, providing feedback and suggestions to set your schedule and lessons.

Our high school Credit program is available for all four and five week programs. Unfortunately, we are not able to offer the credit in three week programs. See page 9 for more details.

Adventure Leadership – Born between January 1,2003 and June 30,2004: Our Adventure Leadership programs achieve their goals through unforgettable adventures! The majority of your time is spent off camp property and on trip, with a small amount of time at camp to prepare and debrief. In 2018, we are offering the following Adventure Leadership programs (please see the supplementary information for further details on each route)

3 week programs- Born between January 1, 2003 and June 30, 2004:

- Ashuapmushuan River white water canoeing
- Lake Superior sea kayak and hike

4 week program born in 2003:

- Missinaibi River white water canoeing

5 week programs born in 2003:

- Bloodvein River white water canoeing
- Wabakimi River white water canoeing

Leader In Training (LIT) – Born in 2003: After our 4 week LIT program, you will have developed strong leadership skills and even stronger muscles! Your LIT experience begins with a week at camp where you will learn how to plan and prepare for your upcoming out trip. Trainers will take you through route planning sessions, food packing seminars, risk management discussions and portaging lessons. You will also begin working on provincially recognized canoeing certifications. From here you will undertake a

two week hiking and canoe trip, taking what you've learned and practicing it in the field. All participants are given the opportunity to act as "Leader of the day" while on trip, where you are responsible for running the day with your trainers' guidance. The trip also offers a great introduction to low impact camping principles and how we can take care of our natural resources. For your final week at camp, you will put all your leadership development to work through cabin placements, stewardship projects, and planning and implementing programs for our younger campers on site.

Quetico Provincial Park – Born in 2003: Our Quetico Provincial Park adventure program follows the same format as the LIT program, but with an additional week dedicated to out-trip. As described above, you will spend your first week learning about and contributing to the planning and preparation of your trip. Then you have the opportunity to paddle for 3 weeks in awe-inspiring Quetico Provincial Park. Every person who has returned from Quetico has been amazed by its beauty and challenge. As one of our trainers exclaimed last summer: "everything up here is just far more beautiful than anything else anywhere else!" Quetico provides a unique opportunity to meaningfully contribute to the Pine Crest program at camp, while also experiencing beautiful and untouched wilderness on an extended canoe trip.

Senior Leadership Programs Born in 2002

Our Senior Leadership programs are tailored for 16 year olds and focus on more advanced leadership development, with an emphasis on interpersonal skills that are essential for working with children, peers, and supervisors. Through these programs, you will gain knowledge and experience working with children of various ages and challenges. In addition, you will also learn the principles associated with effective program planning and facilitation and have many chances to put these lessons into action. Every Senior Leadership program also involves lessons in out -trip leadership, building your ability to plan, pack, and safely implement a canoe trip.

At YMCA Camp Pine Crest, we are committed to building up leaders who not only positively contribute to the camp community, but who also stand out as leaders in their home and school environments. As such, you will gain valuable skills that are assets in all work environments, including the importance of working together and solid communication, how to give and receive feedback, and the importance of knowing your strengths and when to ask for help. We focus on transferrable skills for participants to be successful leaders in a variety of contexts. Completion of the Senior Leadership programs does not guarantee a job at YMCA Camp Pine Crest, but if interested in working at YMCA Camp Pine Crest, we encourage all our leaders to apply.

Our **high school Credit** program is available for all Senior Leadership programs. See page 9 for more details.

Senior Leadership: Our 4 week Senior Leadership program spends most of their time on site at Pine Crest, participating in a variety of seminars, sessions, and placements. At the beginning of the program, you will participate in interactive sessions on child development, sensitive issues and behaviour

management. You will also have opportunities for self-discovery, learning about your own strengths and challenges and creating personal goals for your development.

A major component of the senior Leadership program is placement, where you will have the opportunity to learn and contribute in most areas of camp, including cabin groups, kitchen, maintenance, and outdoor pursuits (OP). These placements will provide you with an opportunity to gain practical experience with the support and feedback from experienced pine Crest staff. The Senior Leadership program involves a 5-day canoe trip that will be entirely planned and executed by you and your peers.

All senior Leadership participants will have the opportunity to go on a night out! We will take the participants into Bracebridge where we usually have dinner and a movie. Participants will be purchasing their own meals and movie and expected to bring \$20-30 for the evening (if this is a challenge, please contact camp directly).

Senior Adventure Leadership: Our Senior Adventure programs use extended canoeing expeditions to help you meet your full potential as a leader. These out trips vary in length, from 22-30 days on the water, depending on the route and program. You will be fully involved in the trip planning process, taking the lead on planning, packing, and running the trip with your trainers' guidance and support. Over the course of your trip you will learn through experience and evening sessions, discussing topics such as leadership styles, communication, personal development, and risk management.

Senior Adventure programs will test anyone looking for adventure by accessing some of Canada's most remote and challenging canoeing areas. As such, we require all participants in white water trips to have prior white water paddling experience. Prior experience with canoe tripping is strongly recommended for flat water programs. In 2018, we are offering the following Senior Adventure Leadership programs (please see the supplementary information for further details on each route):

- Woodland Caribou Provincial Park - 5 weeks, flat-water
- Albany River– 6 weeks, white water
- Hayes River – 7 weeks, white water

Optional Ontario High School Credits

Once again, we are excited to be offering our high school Credit program in partnership with the YMCA Academy. The YMCA Academy is a ministry of education accredited high school in downtown Toronto serving youth with learning-style differences. For more information please visit ymcaacademy.org.

These courses have been custom designed to fit within our leadership programs, allowing our leadership participants to earn Ontario high school credits as part of their time at camp. We are very proud of the added value of doing a high school credit during our leadership programs at camp. **Please note you must be enrolled in our High School Credit Program prior to the beginning of the camp session to be eligible to receive the credit.**

Q- What credits can I earn?

Our senior Leadership participants (16-year-olds) have the opportunity to receive an IDC 30 credit (Interdisciplinary Studies: Leadership and Environmental Sustainability). Our Leadership participants (15-year-olds) have the opportunity to receive a PAI 20 credit (Individual and Small Group development).

Q- Will taking the high school credit program be more work for me?

Not at all! As we mentioned above, these courses are designed to fit within our existing leadership curriculum, in recognition of the valuable learning that already occurs within our leadership programs. All Leadership participants experience the same discussions and assignments, the only difference being that those registered for the course will receive a grade and a credit towards their Ontario secondary school diploma.

Q- What is the benefit?

We recognize that not all young people learn the same way, and have designed this program to accommodate various interests and learning styles. Previous Leadership participants have appreciated learning in the less formal environment, where they have been better able to engage with the content. In addition, completing additional high school credits in the summer helps our leadership participants succeed in school during the year by reducing their course load, as many participants will opt to take a spare at school.

Q- How do I register?

To enroll please contact the Program Registration Office at 1-877-303-2267. There is a \$200 fee to enroll in the credit program to cover additional administrative costs. During registration you will be asked to provide the student's OEN, found on a report card or transcript, as well as their school address. This information is required to award the credit and have it appear on the student's transcript.

Q- How do I obtain my credits after the summer?

When the program is complete all of the paperwork and grades will be finalized and processed by the YMCA Academy. You will receive an email when the report cards are being mailed. A copy of the report card will be sent to you and the school. Please ensure that the school has received the report card by

following up with your guidance department. This will ensure the credit is processed and will appear on your transcript.

What to Bring to Leadership Camp

Our Leadership programs have extended canoe and hiking trips as part of the program and appropriate gear is essential for participants to be comfortable. If you are unable to find or need help finding any of this suggested gear please contact us directly. Camp Pine Crest also has a gear lending program called "Project Snakeskin" started by our caring staff to recycle quality gear to those that can use it.

- Bedding – pillows, sheets, comforter/ duvet (optional); sleeping bag (necessary)
- Eyeglasses/contacts if required (bring an extra pair to leave in Wellness Centre)
- Medications (to leave in Wellness Centre)
- 1 water bottle (at least 1 L)
- 2 pairs of close-toed running shoes (one will get wet on your trip)
- Optional: 1 pair of sandals with sturdy back straps (note: flip-flops are not permitted)
- Rain coat with hood and rain pants (not windbreaker or poncho style)
- Sunhat and sunscreen (spf 30 or above)
- 4 pairs of heavy socks (wool or fleece – not cotton)
- 6-8 pairs of light socks
- 7-8 pairs of underwear
- 3 pairs of long pants – at least one being non-cotton for out-trip
- 4 pairs of shorts – one pair quick dry for your out-trip is ideal
- 4 long sleeve shirts – one recommended to be non-cotton
- 3 sweaters (fleece or wool strongly suggested)
- 1 jacket
- 2 swimsuits (no string/clasp bikinis please – leadership participants are role models!)
- 2 towels
- 2 wash cloths
- 2 pairs of pajamas
- 1 toothbrush and toothpaste
- 2 bandanas or hats
- 1 brush or comb
- 1 insect repellent (ideally Deet-free and non-aerosol)
- 1 pair of sunglasses
- 1 flashlight with extra batteries
- 1 outfit for banquet

Note: Laundry will be done twice during one-month sessions.

For JLIT, LIT, SL and all hiking programs:

- Sturdy hiking boots that rise above the ankle. Spend some time walking around in hiking boots after purchasing to make sure they fit right. Make sure that boots are snug but still allow your feet to move, don't rub and don't have 'hot spots' that could cause blisters (mandatory)

For Adventure participants, please also refer to the adventure leadership packing list on page 22.

Optional for all leadership participants:

- Writing paper, envelopes and stamps
- Musical instruments
- Books, journal and pens
- Camera
- Rubber boots

What not to bring:

- Matches or lighters
- Cellular phones (these will be removed and kept locked in the office)
- Candy, gum, soft drinks and junk food
- A small backpack for carrying around site
- Money for night off or after your trip
- Curling irons, hair dryers and straighteners
- Any valuables
- Knives of any kind

Typical Day at Pine Crest for Leadership Participants

Time	Activity
7:15 to 7:55 am	Morning Dip or Morning Paddle
8:05 am	Morning thought/ Flag Raising
8:15 am	Breakfast and Daily Skits (announcements)
9:00 am	Cabin Clean Up
9:45 am	Morning Program/ Skills
11:00 am	Morning Program/ Skills
12:10 pm	All Camp Announcements
12:30 pm	Lunch
1:30 pm	Rest Hour
2:30 pm	Afternoon Program #1
3:30 pm	Afternoon Program #2
4:30 pm	General Swim and Clubs
5:30 pm	Dinner
6:30 pm	General Boating and Clubs
7:30 pm	Evening Program and Special Events

Time	Activity
8:30 to 10:00 pm	Snack and Downtime
11:00 pm	Night patrol begins!

Morning Programs

JLIT and LIT:

- ORCKA Basic Canoeing 3 and 4 Training
- Working on skills (wood craft, natural arts, canoeing, kayaking, music, archery, swimming and climbing)
- Trip prep sessions – i.e. menu planning, route planning, navigation practice, portaging lessons
- Team building activities

Senior Leadership

- Interactive and participatory sessions – i.e. child development, behavior management
- Group de-briefs
- Skills placements (wood craft, natural arts, canoeing, kayaking, music, archery, swimming and climbing)

Afternoon Programs

JLIT and LIT:

- Cabin programming – high ropes, natural arts, environmental learning, hikes, kayaking, archery, waterfront games, etc.
- Trip planning/prep
- Mentoring with younger cabins
- Stewardship projects

Senior Leadership:

- Cabin placements
- Stewardship projects
- Clubs, skills and/or events prep

Evening Programs

JLIT and LIT:

- Group activities (e.g. Iron Chef contest, night hike, campfire)

- Helping run section nights for younger campers
- Group debrief sessions

Senior Leadership

- Cabin placements
- Evening activities (e.g. wood-fired pizza party, campfire, night hike, astronomy)

Our Leadership Trainers

The Leadership staff at YMCA Camp Pine Crest are very experienced — and very excited for the summer programs to start! This staff team includes many individuals who have been on staff for the better part of the last decade, which means they have tons of experience and knowledge to share. All Leadership staff are very qualified and hold a variety of the following certifications depending on their role:

- NLS lifeguard (all)
- ORCKA Basic Instructor
- ORCKA Tripping III
- Wilderness Advanced First Aid and CPR-C
- ORCKA Whitewater certifications
- Swift Water Rescue Technician
- Wilderness First Responder

Adventure Leadership Supplementary Information

The information provided in this section will help participants gain a better understanding of the options for the wide variety of Adventure Leadership programs. Please browse the options but don't forget to call the Pine Crest staff if you have questions. We are happy to make program recommendations based on your experiences and interests!

Adventure Leadership programs will:

- Help prepare you for leadership roles both on wilderness expeditions and in everyday life.
- Ensure you gain a full understanding of the required skills to plan an out trip along with the associated risks and rewards.
- Expose you to untamed wilderness.

You'll take part in and understand group development and group dynamics through the experience you have with your trip group. You'll learn various out tripping skills, and foster a connection to nature that can help influence the development of ecologically sound views and encourage critical thinking regarding sustainable approaches to our natural world.

Major topics include:

- Flatwater and whitewater paddling techniques
- Safe hiking and portaging techniques
- Food, nutrition and menu planning
- Equipment packing, use and repair
- Low impact camping principles
- Camp Counselling skills
- Risk management
- Self-awareness and leadership skills
- Group development and dynamics
- First aid skills

Whitewater Clinic

The Trip: This is a week-long skill building program for anyone looking to build their white water canoeing skills. Whether you are interested in trying white water paddling for the first time or you want to improve your skills and confidence before taking part in a white water program this summer this is a great program for you. The small staff to participant ratios and unique opportunity to stay and play at rapids for long periods of time will give you plenty of opportunities to set goals, master your skills and attempt lines you might never try on a normal canoe trip.

After arriving at camp you will pack your gear for the river and head to the Madawaska River, home to some of the best and most versatile white water in Ontario and a common location for white water instruction. While there you will work on a variety of paddling and river skills. Paddling skills will include strokes, eddy turns, and surfing. Other river skills will include things like swimming in white water, river signals, white water rescue, and how to read a rapid to select the best route.

At the end of the course you will have a solid foundation for any white water programs we offer at Pine Crest. You will be a confident and versatile paddler, ready for any adventure that comes your way.

Junior Adventure Leadership – Spanish River

Location and History: The Spanish River runs west of Sudbury, in northeastern Ontario. The headwaters of the river are located near the town of Biscotasing and the river runs 200 km southwest to the North Channel of Lake Huron. It has beautiful campsites surrounded with picturesque and diverse landscape. The Spanish River's history has revolved mainly around commerce and development. It was formally used as a means of transportation for people and materials, as a main route for Canada's first nations, and as a link between the north shore of Lake and Huron and James Bay Watershed. The Hudson Bay Company also has historical trading post sites at various locations along the river. The river is now protected by the Spanish River Provincial Park, which preserves a diversity of forest types, including one of the largest remaining stands of red and white pine forests in the world.

The Trip: Participants will have time on camp to familiarize themselves with flat water paddling as well as gaining new white water paddling skills needed for the river. Early in the morning the group will be driven by a camp van to the town of Biscotasing, where the canoeing begins. There are two branches to the Spanish River with a variety of paddling options. This trip will follow the west branch of the river from Biscotasing, ending at Agnew Lake. Participants will get to experience a great introduction to white water paddling, culminating with a fun 30 km stretch of continuous low-grade white water, called the Royal Ride as well as experience some breathtaking landscapes. The river has been well traveled and is bound to be a fantastic challenge and a wonderful experience. In total we will be paddling around 165km in 10 days.

Not only will participants concentrate on improving their paddling abilities, they will also learn about the basics of how to run a canoe trip; focusing on camp set up and take down, outdoor cooking skills, navigation, group dynamics and risk management. Throughout the entire trip the participants will be learning what it is to be a leader and how they can take what they learn on trip to back home and become leaders in school and in their communities.

Junior Adventure Leadership – Noire River

Location and History: The Noire River, named for its dark, almost black water, is located in western Quebec. Originating south of La Verendrye Wilderness Preserve, the Noire flows through rocky sections of the Canadian Shield and meanders through sand valleys as it makes its way to the Ottawa River. Similar to other rivers in the Ottawa valley, the Noire River has a rich history including First Nations inhabitants as well as later French-Canadian voyageurs who paddled the river transporting furs and other goods. Today the Noire River is less frequently travelled and as a result provides some of the best chances to see wildlife.

The Trip: You'll begin with a day or two at camp to help plan the route and pack food and equipment. Time spent on the lake will help refresh your flatwater paddling skills and canoe-over-canoe rescue

techniques, and you'll learn basic white water paddling techniques. Early in the morning, your group will hop in the camp van for a long drive to your put-in just south of La Verendrye Provincial Park in Quebec. For approximately 10 days, you'll paddle through some of Quebec's most beautiful wilderness. You'll have fun practicing the basics of canoe tripping, camp site setup, outdoor cooking skills, and navigation and risk management. All while enjoying the beauty of nature and learning a thing or two about yourself and your teammates!

Junior Adventure Leadership - Georgian Bay Hike & Sea Kayak

Location & History: Georgian Bay offers a rugged and beautiful landscape, with various scenes to discover and explore. In particular, eastern Georgian Bay is home to one of the world's largest freshwater archipelagos, the Thirty Thousand Islands. This area has also been established as a UNESCO Biosphere Reserve. With sandy beaches, Canadian Shield, and ancient forests, it's no wonder that our famous Group of Seven artists often took their inspiration from this area's windswept shorelines.

The Trip: You will begin at camp, learning the basics of how to pack for hiking as well as introductory sea kayaking skills. From here, you will travel by van to nearby Georgian Bay, split your time between sea kayaking and hiking. The length of time spent on each may vary based on the route chosen. You may do an extended hike for 3 or 4 days or take a variety of different day hikes to see more of the coast. Travelling by foot and kayak provides a unique opportunity to discover the iconic scenery of Georgian Bay along the shoreline, while also discovering hidden bays and islands off the shore. In addition to exploration, you will gain fundamental backpacking and sea kayaking skills including camp set up and take down, proper packing techniques, navigation, and open water crossings.

Junior Adventure Leadership – Killarney Provincial Park

Location and History: Killarney Provincial Park is situated on the north shore of Lake Huron on Georgian Bay. It's home to the incredible La Cloche Mountains as well as several crystal clear deep lakes. The beautiful white quartzite cliffs, and wind swept white pines were once painted by Group of Seven artists such as A.Y. Jackson. Killarney's mountains were once higher than the Canadian Rockies and the rugged landscape shows evidence of being travelled through for thousands of years.

The Trip: You'll begin by preparing at camp and going over flatwater canoeing skills. Upon arriving in Killarney you'll paddle through the entire park, leaving full days to hike Killarney's most spectacular locations, including Silver Peak and the Crack. Some of the lakes you'll travel on are so clear they have a 28 metre visibility! You'll spend 10 days both paddling and hiking, and will gain a great connection with one of Ontario's crown jewel provincial parks. Be prepared for full days of paddling. You'll have fun practicing the basics of canoe tripping, camp site setup, outdoor cooking skills, and navigation and risk management. All while enjoying the beauty of nature and learning a thing or two about yourself and your teammates!

Adventure Leadership –Ashuapmushuon

Location and History: The Ashuapmushuan River is located 290km north of Quebec City, Quebec. The route runs down the Rivière du Chef, into the Ashuapmushuan and finishes in Lac St. Jean. The word

Ashuapmushuan is an Innu word which means “place one lies in wait for a moose.” Indigenous peoples lived along the river’s shores for thousands of years, and in the 17th century became popular among European explorers and missionaries. The Ashuapmushuan’s shores were very valuable and sought after locations for many fur-trading companies, both English and French, with the territory’s control changing hands frequently. This river was a key route between Tadoussac on the St. Lawrence to Hudson Bay. This river is protected in part by the Ashuapmushuan Wildlife Reserve, which prohibits mining, logging, and hydro electric dams. The area is also a conservation site for a large population of land-locked salmon, which spend most of their lives in Lac St. Jean.

The Trip: Before embarking on your trip, you will arrive at camp and spend the first few days packing your food and gear and reviewing some camping and canoeing skills here at Pine Crest. You will start your trip with a van ride out to central Quebec, where you will reach Lac File Axe, unload, and begin your adventure. The trip will take you down the Rivière du Chef, through flatwater and white water, until you find yourself on the larger Ashuapmushuan River. You will continue your trip down the river, to finish in Lac Sint-Jean, where you will meet a camp van and make your way back to Pine Crest. All in, your trip will be about 300km!

Along the way, you will paddle through remote, untouched Quebec wilderness. You will learn and improve flat water and white water paddling skill as well as navigation using a map and compass. You will also practice low-impact camping, basic white water rescue skills, outdoor cooking, and work on leadership topics such as group dynamics, conflict resolution and risk management.

This trip will provide an opportunity to explore the natural beauty of central Quebec, hone and implement important camping and teamwork skills, as well as learning some ecology and some indigenous-focused programming, with many chances for introspection.

Junior Adventure Leadership – Petawawa River

Location and History: The Petawawa River flows through the northern end of Algonquin Provincial Park, travelling over 180 kms from the Nipissing district into the Ottawa River. This river is one of only two rivers to flow freely into the Ottawa River without the obstruction of hydroelectric dams. The Algonquian people named the river, where Petawawa comes from “where one hears a noise like this”, referring to its many rapids. This route has a history of travel, including providing a major route for driving logs from the surrounding forested areas downstream to logging mills. At present, it is a popular river for scenic and challenging travel, offering spectacular views in concert with excellent white water for learning and refining your paddling skills.

The Trip: You’ll begin with a few days at camp to help plan the route, plan your menu, and pack your food and equipment. Trainers will also take this opportunity to review your flatwater skills and introduce the whitewater paddling techniques that you will use on the river. Soon you will find yourself in a van, driving a few hours north to your starting point in Algonquin Park. From here, you will travel for 16 days, discovering incredible cliff faces, deciphering petroglyphs, and learning to paddle white water. You will also develop your basic canoe tripping skills, learning about campsite set up, cooking on a fire, as well as navigation.

Adventure Leadership – Lake Superior Sea Kayak and Hike

Location and History: Lake Superior is the largest of the Great Lakes of North America and is generally considered the largest freshwater lake in the world by surface area. It is the world's third-largest freshwater lake by volume and the largest by volume in North America. The Anishinaabe, which includes the Ojibwe or Chippewa, have inhabited the Lake Superior region for over five hundred years and were preceded by the Dakota, Fox, Menominee, Nipigon, Noquet and Gros Ventres. They called Lake Superior either Ojibwe Gichigami "the Ojibwe's Great Sea" or Anishnaabe Gichgamiing "the Anishinaabe's Great sea". After the arrival of Europeans, the Anishinaabe made themselves the middle-men between the French fur traders and other native peoples. They soon became the dominant Indian nation in the region: they forced out the Sioux and Fox and won a victory against the Iroquois west of Sault Ste. Marie in 1662. By the mid-18th century, the Ojibwe occupied all of Lake Superior's shores.

The Trip: To prepare for your adventure on Lake Superior, your group will spend a few days at camp as we guide you through all aspects of how to pack for a trip. You'll learn about equipment selection and gear repairs, menu and nutrition, and will practice kayak strokes and rescues. You'll learn and improve your flatwater kayak paddling skills, backpacking skills, and navigation using a map and compass. You'll also practice low-impact camping, outdoor cooking, and be introduced to leadership topics such as group dynamics, conflict resolution and risk management. By the end of the trip you'll have learned about being self-sufficient with your peers, and lead your group through one day of the trip with the support and supervision of your trainers. Your trip will take you along the north coast of Lake Superior from Silver Islet to Rosspoint. Along the way you will do a variety of hikes to view points and lighthouses you pass by when the wind and waves become too much to paddle in. As you travel you will have a chance to appreciate the same views that were commonly painted by the Group of Seven almost 100 years ago as well as sunset views of the Sleeping Giant.

Adventure Leadership – Missinaibi River

Location and History: Situated in northeastern Ontario, the Missinaibi River flows northeasterly for 426 km from the Abitibi Uplands north of Chapleau, where it joins with the Moose River in the James Bay Lowlands. It offers one of the longest, unimpeded stretches of wilderness river environments found in Ontario. Regulated as a provincial park by Ontario's Ministry of Natural Resources in 1988, the Missinaibi was nominated to the Canadian Heritage Rivers System for its unspoiled scenic beauty, varied natural heritage features, its importance to the history of Canada's development as a major fur trading route, and the potential it offers to visitors for an extended wilderness canoe and camping experience. The Missinaibi is especially significant in that it provides a link between Lake Superior, just over 100 km to the west via the Michipicoten River, and James Bay, 72 km east via the Moose River – a fact which accounted for its very important role in the 18th and early 19th century fur trade in Canada.

The Trip: You'll have a couple days at camp as we guide you through all aspects of how to prepare for a trip, including equipment prep, menu planning, food packing, route planning and risk management procedures. To prepare for your adventure on the Missinaibi, your group will spend a few days at camp as we guide you through all aspects of how to pack for a trip. You'll learn about equipment selection and gear repairs, menu and nutrition, and will practice canoe strokes and rescues. You'll learn and improve your flatwater and whitewater paddling skills, and navigation (map and compass). You'll also practice low-impact camping, basic whitewater rescue skills, outdoor cooking, and be introduced to leadership topics such as group dynamics, conflict resolution and risk management. By the end of the trip you'll have learned about being self-sufficient with your peers, and be expected to lead a day on the river while supervised by your trainers. The route will begin in the town of Missinaibi at the height of land, and follow the river to its end where it flows into the Moose River. Participants will then travel the Moose to the town of Moosonee on James Bay, where the group will catch the Polar Bear express to Cochrane. This route travels through renowned white water opportunities, with great opportunities to develop your skills and confidence. In addition, travel past Mattice offers incredible views of the famous Thunderhouse Falls and Hell's Gate.

Adventure Leadership – Bloodvein River

Location and History: The Bloodvein River carves its way from its head waters in Ontario down to Lake Winnipeg in Manitoba through beautiful Boreal forest and incredible Canadian Shield. The river is steeped in Canadian history, which includes being a major fur trade route as well as a battle location. One of the largest battles fought on the Bloodvein was between the Saulteauxojibwa natives and a Cree tribe. As a result of this battle, the natives gave the river the name "miskwi isipi," or Blood River. The descendants of the Saulteaux-objibwa Tribe still inhabit the area. During the 18th century the river was used by the Ojibwa peoples as a major trapping area to supply the fur trade, as well as a major transportation route for other supplies. Today the river is left with undisturbed archaeological sites, providing evidence of first nations peoples who used the river over 6,000 years ago. Pictographs from between 900 and 1,200 ad can be found on the rocky cliffs on either side of the river. The Bloodvein is also home to several rare and endangered species, such as the wolverine, osprey, bald eagle, white pelican, double-crested cormorant, great grey owl and woodland caribou. Hopefully you'll see some of these animals on your trip!

The Trip: You'll have a couple days at camp as we guide you through all aspects of how to prepare for a trip, including equipment prep, menu planning, food packing, route planning and risk management

procedures. From camp your group will drive all the way to Red Lake, Ontario where you'll begin working your way to the Bloodvein through a series of lakes, creeks and portages in Woodland Caribou Provincial Park. Once on the river itself you'll find yourselves paddling from class I-III rapids through this untouched Boreal wilderness. You'll learn and improve your flatwater and whitewater paddling skills, and navigation using a map and compass. You'll also practice low-impact camping, basic whitewater rescue skills, outdoor cooking, and be introduced to leadership topics such as group dynamics, conflict resolution and risk management. By the end of the trip you'll have learned about being self-sufficient with your peers, and lead your group through one day of the trip with the support and supervision of your trainers. Over the course of five weeks, you'll have the opportunity to earn a high school course credit, recognizing your hard work in the development of your leadership and canoe tripping skills.

Adventure Leadership – Wabakimi Provincial Park

Location and History: In the heart of northwestern Ontario, Wabakimi Provincial Park is a world class canoeing destination and home to countless exciting whitewater rivers. You'll paddle class I-III rapids as you navigate historic canoe routes through rivers such as the Kopka and Allanwater rivers. Campsites are excellent and well-maintained, offering incredible views of the night sky and the northern lights. Highlights may include viewing spectacular waterfalls on the Kopka River, and visiting the Wendell Beckwith historical site on Best Island.

The Trip: You'll have a couple days at camp as we guide you through all aspects of how to prepare for a trip, including equipment prep, menu planning, food packing, route planning and risk management procedures. As your group begins the journey down river, you'll get a feel for what a typical day should look like, from breakfast and site breakdown to navigation and choosing a site for the night. You'll paddle over 300 km with countless sets of rapids surrounded by the breathtaking natural landscape. You'll learn and improve your flatwater and whitewater paddling skills, and navigation using a map and compass. You'll also practice low-impact camping, basic whitewater rescue skills, outdoor cooking, and be introduced to leadership topics such as group dynamics, conflict resolution and risk management. By the end of the trip you'll have learned about being self-sufficient with your peers, and be expected to lead a day on the river while supervised by your trainers. Over the course of five weeks, you'll have the opportunity to earn a high school course credit, recognizing your hard work in the development of your leadership and canoe tripping skills.

Senior Adventure Leadership – Hayes River

Location and History: The Hayes River is located in Northern Manitoba and flows from Molson Lake into the Hudson Bay at York Factory. The Hayes is the longest naturally flowing river in Manitoba, stretching 483km, and played a very important role in Canada's early fur trading routes, earning a designation as a Canadian Heritage River. The river traverses the traditional territory of four First Nations: Norway House Cree Nation, Bunibonibee Cree Nation, Shamattawa First Nation, and York Factory Cree Nation. It continues to be an important source of traditional harvesting for the First Nations.

The Hayes is named for Sir James Hayes, a Hudson Bay Company charter member and secretary to Prince Rupert. The HBC established York Factory in 1684, where it served as their North American headquarters until 1957. The Hayes served as the primary route from York Factory to Norway House in the continental interior for explorers, fur traders, voyageurs, and settlers from 1670 to 1870.

The Hayes River is still home to a huge range of wildlife including moose, polar bears, sturgeon, brook trout, wolverines, woodland caribou, bald eagles, and beluga whales! The river remains untouched to this day, bearing no dams or signs of development, making the Hayes a beautiful, pristine taste of the Canada's historic wilderness.

The Trip: Your Hayes River Adventure Trip will begin at camp with a few days to prepare your food and gear, review your maps and route, and practice some tripping and paddling skills before hitting the river. From camp, you will travel to Winnipeg, Manitoba, where you will take a shuttle up to Norway House where your adventure will begin! You will paddle 630km up the Hayes River system through a mix of flat and white water before ultimately finishing your paddle in York Factory on Hudson Bay. From there, you will travel to Gillam, where you will catch a train back to Winnipeg and head back to Pine Crest.

Along the way, you will paddle through remote, untouched wilderness and small Cree communities. You will learn and improve flat water and white water paddling skills and navigation using a map and compass. You will also practice low-impact camping, basic white water rescue skills, outdoor cooking, and work on leadership topics such as group dynamics, conflict resolution and risk management. This trip will provide an opportunity to explore the natural beauty of Northern Manitoba, hone and implement important camping and teamwork skills, as well as learning some ecology and some indigenous-focused programming, with many chances for introspection. Additionally, this program will have the option to work towards a High School credit from the YMCA Academy, recognized by the Ontario Ministry of Education.

Senior Adventure Leadership – Albany River

Location and History: The Albany River was named for the Duke of Albany, later appointed King James II of England, and is located 320km north of Thunder Bay, Ontario. The river starts in Lake St. Joseph and generally flows North East in to James Bay. The Albany is 982km long, tying it for first place as the longest river in Ontario. Sometime in the mid-1600s, Fort Albany was founded at the mouth of the Albany on James Bay, by the Hudson's Bay Company. Before becoming an active fur trading route, the Albany was initially known by its Cree name, *Chichichiwan* or *Chichewan*, meaning "many rivers forming one which flows to the ocean." The Albany's shores is still home to several Cree and Ojibwa communities, and the middle section of the river is protected by the Albany River Provincial Park.

The Trip: You will start out with a few days at Pine Crest before the adventure begins. You will spend this time preparing your food and equipment and review your maps and route. You will review some tripping skills prior the start of the trip. The journey will begin with a train ride from Washago to Savant Lake, where the group will take a shuttle to their put in at Pickle Lake. From there, the group will paddle flat and white water all the way to Fort Albany on James Bay, spending about 25 days on the Albany River. From there, the group will take a plane from Fort Albany to Moosonee, where they will hop on a train to Cochrane, finally to be picked up and driven back to Pine Crest! Along the way, you will paddle through remote, untouched wilderness and small Cree and Ojibwa communities. You will learn and

improve flat water and white water paddling skill and navigation using a map and compass. You will also practice low-impact camping, basic white water rescue skills, outdoor cooking, and work on leadership topics such as group dynamics, conflict resolution and risk management. This trip will provide an opportunity to explore the natural beauty of North-Western Ontario, hone and implement important camping and teamwork skills, as well as learning some ecology and some indigenous-focused programming, with many chances for introspection. Additionally, this program will have the option to work towards a High School credit from the YMCA Academy, recognized by the Ontario Ministry of Education.

Senior Adventure Leadership – Woodland Caribou Provincial Park

Location and History: Nestled up against the Ontario-Manitoba border, Woodland Caribou Provincial Park is one of the premier paddling and fishing destinations in North America. As its name suggests, it has a healthy population of woodland caribou, hosting the largest population south of Hudson Bay. Traditionally the area has been home to local First Nations who share a variety of stories and teachings regarding the surrounding area. Paddlers may be lucky enough to see some of the ancient pictographs that are located throughout the park. The geology of the area is stunning. Located in the heart of the Boreal forest, the area is a mix of heavily wooded areas and rocky outcrops covered in lichen. Additionally, there is an ancient fault line running through the park which separates smooth granite to the north from rough jagged rock formations to the south.

The Trip: Boasting over 2000 km of maintained canoe routes, this massive park provides options galore for paddlers. While the put-in and take-out locations will be predetermined, participants in this program will have a great deal of input into their route! In addition to planning their route details participants will actively contribute to all others aspects of trip planning as well including determining the menu, packing gear and refining trip skills. Of course, building a solid group dynamic is also a primary goal to begin the program. The trip itself will begin with a bus ride north to the park. From their put in near Red Lake participants will be immediately immersed in truly untouched wilderness. Participants will be challenged by their portages and navigation on a daily basis. The park does not use portage and campsite markers to maintain the untouched look of the park so navigation skills will be put to the test. Once back at camp, participants will have just a couple days to unpack and refine some of their leadership skills through practice in the camp setting. They will have the opportunity to take part in a placement with a group of campers, using skills they learned throughout their trip to keep campers engaged and excited about camp.

What to Bring to Adventure Leadership Programs

In addition to the items listed earlier, Adventure Trippers need very specific gear for their out trips. If you are unable to find or need help finding any of this suggested gear please contact us directly. Camp Pine Crest also has a gear lending program called "Project Snakeskin" started by our caring staff to recycle quality gear to those that can use it.

"Wet clothes" these clothes are worn during the day while paddling. Please do not bring cotton as it holds onto moisture when it gets wet and will make you cold. Bring synthetic or wool products for insulating layers next to the skin and fleece for warmer layers. These materials have air pockets between the fibres that insulate you.

- 1-2 T-shirts
- 1 pair lightweight quick-dry shorts
- 1 pair lightweight quick-dry pants
- 1 mid-weight long underwear bottoms for senior adventure
- 1 mid-weight long-sleeved under shirt for senior adventure
- 1 long-sleeved undershirt
- 1 long-sleeved lightweight shirt (to protect from bugs and sun)
- 1 mid-weight fleece or wool sweater
- 1 bathing suit
- Underwear
- 1 toque and pair mitts/gloves
- 2-3 pairs of wool socks
- 1 hat
- 1 pair of athletic shoes (these will get wet and must have closed toes and strong ankle support for portaging and walking on wet, slippery rocks)

"Dry clothes" these are clothes worn at night at your campsite and around the fire. It is not uncommon for temperatures to become quite cool in the evening so it is integral that you have warm dry layers. This is especially true for programs heading north where temperatures are significantly lower than at camp.

- 1 T-shirt
- 1 long-sleeved shirt
- 1 pair fleece or lightweight pants
- 1 long underwear bottoms
- 1 warm fleece or sweater; (heavyweight for senior adventure Leadership)
- 2-3 pairs wool socks
- Pajamas or sleeping attire
- Underwear
- 1 pair dry shoes (light cotton runners or sturdy sport sandals with a back-strap)

Required personal equipment:

- Waterproof rain jacket with hood and rain pants: **Very important!** Please make sure these are waterproof (not just water resistant); windbreakers and ponchos are not acceptable.
- Sleeping bag (Senior Adventure Leadership, make sure sleeping bag is rating to at least 0°C or has silk or fleece bag liner)
- Ensolite pad or Thermarest
- 1-litre water bottle
- Headlamp/flashlight with extra batteries
- Fox 40 whistle
- Toiletries for your canoe trip
- Toothbrush and toothpaste
- Hairbrush
- Lip balm with sunscreen (at least spf 30)
- Insect repellent (ideally deet-free and non-aerosol)
- Sunscreen- SPF 60 recommended Suggested/optional clothing and equipment
- Neoprene paddling socks
- Neoprene paddling gloves
- Bug jacket (especially sr. adv. Leadership)
- Bandana
- Small towel (quick dry chamois style)
- 60L Hiking Pack (for all hiking programs) **Pine Crest does provide packs however participants are welcome to bring their own if they choose
- Biodegradable soap/shampoo
- Sunglasses
- Journal and pen
- A good book
- Camera!! Highly recommended!!
- Waterproof 30L stuff sack (please no larger as we have limited space)
- Personal paddle and/or PFD
- Souvenir money
- Fishing rod and tackle
- Fleece or down-filled vest (especially for sr. adv)

Note: Remember to pack a set of clean clothes, shoes and toiletries that will be left at camp to wear and use after your trip!

Frequently Asked Questions

Q - When we are on out-trip, are there telephones in the area?

A - All groups on an out trip outside of cell service carry a satellite (SAT) phone for emergency contact and to stay in touch with Pine Crest. The SAT phone is stored in a waterproof case and carried by one of the trip leaders at all times. A pre-determined check-in schedule is arranged prior to the group leaving site. Contact with YMCA Camp Pine Crest is typically every four to six days depending on the length of the trip. This check-in is not a time to speak to participants and is strictly for communication purposes between the camp and the trip to ensure safety of all participants.

Q - What if there's an emergency on my out-trip?

A - On all our trips staff are trained and highly certified to be able to handle basic emergencies and communicate directly with the camp. Detailed route plans are also completed prior to departure and left on camp property. These plans include possible resources in the travel area and details of emergency response times when evacuation or assistance may be required. In cases where they need assistance the camp staff on property assist with evacuations and communicate all plans to parents.

Evacuation is necessary in a serious emergency when a participant(s) or trip leader is not able to carry on with the remainder of the trip. In this case the trip leader phones camp to ensure that a contact has been notified of such an emergency and the proper communication chain is initiated with the appropriate people (family, YMCA, etc.). The camp contact helps solve problems and provide support in this decision making process. Once an evacuation has been called for with the SAT phone, the group follows emergency procedure depending on the situation. When planning the trip, staff map out emergency evacuation points throughout the route, so in the event of an emergency an evacuation is as efficient as possible.

Q - Can my family contact me while I'm on my trip?

A - The satellite phone can be used for emergencies, but unfortunately family members cannot call. Any mail and/or messages will be at camp awaiting your return. It always feels great to hear from a loved one upon arrival back at camp after a long trip! If there are any special messages to pass on to your while you're away (e.g. birthday greetings), your family can email them to the camp and we will be sure to add that to our SAT phone update. On our check-ins, we also try to get an update on any exciting things you've experienced so we can pass this information along to your family if they call camp.

Q - What kind of food will I eat on my out-trip?

A - You'll have input and help your leaders plan the menu for your out-trip. Trainers will ensure the meals planned for trip are selected according to a healthy balanced diet with enough energy for the increased needs placed on your bodies during extended canoe/hiking trips. Due to the length of most

trips, you'll dehydrate food and take a mixture of both fresh and dehydrated fruit, vegetables and sauces. Meat is usually taken for a few meals at the beginning of trip, then protein substitutes such as beans and texturized-vegetable protein (TVP) are taken to ensure you're getting enough protein to feed your growing muscles!

Q - Are out trips ever re-routed?

A - There are some instances where current weather or environmental conditions make it impossible to carry out the program safely or while maintaining a high quality program. This may involve high or low water levels, forest fires and or areas with unpredicted dangers. Our staff research areas thoroughly and speak to local resources before leaving for trip to ensure we have the most current information possible. There may be situations where we decide to change the route of the trip for the safety of our groups. This will be communicated as information becomes available to us and we will do our best to find an alternate route with comparable challenge.

We appreciate all family support to ensure that this transition is a smooth one as it can be disappointing to participants. However, we prefer to model safe and appropriate leadership to our participants rather than take unnecessary risks.

Q - What about drinking water?

A - All of our leadership trips carry a combination of water filter pumps and aqua tabs to ensure that the water consumed on-trip is free from water-borne bacteria. It's camp policy that all staff, campers and leadership participants treat water prior to consumption and cooking.

Q - How can I find out more information?

A - Don't forget to attend our mandatory Leadership Information Day the Toronto Central Grosvenor St. YMCA in May. We will email families more information about the date and time closer to the event!

Health and Safety at Camp

An enjoyable experience begins with a healthy participant. Your child's good health — physical, social and emotional — is very important to us. Our programs emphasize careful planning to ensure high safety standards are in place. We are a member of the Ontario Camping Association and many of our YMCA Practices exceed the OCA standard. Staff are trained to reduce the risk of and respond to emergencies. All staff hold current CPR and First Aid certifications while most staff possess additional qualifications depending on their role at camp. All counsellors and waterfront staff are certified lifeguards (NLS).

24 Hour Supervision: YMCA Camp Pine Crest provides what we call “24/7” supervision of all our campers. Pairs of counsellors ensure a high level of supervision throughout the session. Counsellors divide duties during the session to attend staff meetings, deliver skill instruction and take time off while ensuring that the cabin group is supervised with a consistent leader. All counsellors sleep in the cabin with the camper group and are available day and night for emergency situations.

Wellness Centre: Our Wellness Centre serves the health needs of everyone at camp. The wellness staff are in charge of the day-to-day routine of camper health checks before and after canoe trips, delivering medications and handling incidents and accidents on site.

Our team of three wellness staff are familiar with all kinds of common ailments and are always working with participants to make sure they are at their best. We also have the support of volunteer nurses and doctors throughout the summer in addition to great relationships with the doctors' offices and nursing stations in nearby cities.

All participants visit with the wellness staff upon arrival to camp, before and after out-trips and again before going home. We advise families to have their children examined by a physician annually; however, a physician's signature is not required on the Health History Form.

The Wellness Centre staff will keep you informed about your child's health, especially in the case of a change in health, a trip to the doctor or an emergency. If you have any concerns or questions regarding your child's health while they are at camp, our Wellness Staff will call you back directly to discuss your concerns. In order for us to provide the best care possible for your child, please make sure to be as specific as possible on your child's health forms and inform us of any changes between the time forms are filled out and their arrival at camp.

Illness While At Camp: Camp is a very challenging environment to handle contagious illnesses. For this reason we work hard to ensure that we know the health of our campers and staff and do everything we can to minimize the potential for spread of illness. It's our camp practice to treat injury, illness and infectious diseases as per recommendation of the local health unit.

We cannot list everything that may occur with children however for common illnesses or viruses including impetigo or chicken pox children will be taken to a local clinic for assessment, prescription for medication will be given and campers will be asked to return home until they are no longer contagious. Unfortunately, we do not have the space or the additional staff supervision to support individual campers for lengthy medical stays in our Wellness Centre and feel that they will be much better

supported at home to make a speedy recovery and return to camp. In addition, having campers with any type of contagious illness recover at home helps us to reduce the potential for spreading illness in our community. Families will be responsible for any costs associated with prescriptions and will not be reimbursed for the time at home.

Lice: We try to ensure that at Camp Pine Crest we are a nit-free environment however individuals may come to camp with lice. It is the parent's responsibility to ensure that your child is in good health when they arrive at camp and this includes ensuring they are lice free. Within the first 24 hours of their arrival at camp, cabins visit the Wellness Centre where lice checks are done by our staff. If lice or nits are found the child is immediately given a shampoo treatment at camp, their parents will be contacted and the rest of the cabin is checked as well.

As per the Simcoe Muskoka District Health Unit, campers should have one shampoo treatment, wait 7 days as recommended on the box and then have a re-treatment to ensure the lice is gone. Picking nits is also a thorough and necessary process to ensure they are nit-free.

If you are contacted about your child having lice at camp upon arrival (within 24 hour check) you will be asked to pick them up from camp and after a second shampoo treatment and a medical note saying the lice is gone, they will be able to return to camp.

If lice is found during a session, treatment will be done on site, followed by additional nit-picking and follow up to ensure they have not spread or worsened.

Meals and Dietary Concerns: Most meals at camp are eaten together in our main dining halls: either Kekindewin or Winter Lodge. Each cabin eats together, family style, with plenty of food. Our kitchen staff prepare nutritious, tasty meals and snacks that follow the Canada Food Guide.

Individuals who have special dietary needs will enjoy a supplemental menu modified to suit her/his needs. These special requests are to be noted on the Camper Information Form prior to arrival at camp. Both the Wellness Director and the Food Services Directors will be on hand during Arrival Day and throughout the session if you have any particular concerns about food allergies or dietary questions. As part of our commitment to supporting campers with food allergies and intolerances, our Food Services Directors and Camp Director also have formal training in managing and supporting food allergies provided by Anaphylaxis Canada.

Allergies and Anaphalaxis

Nuts: While we cannot guarantee a completely nut-free site, we do take every action possible to ensure that children and staff with nut allergies are protected. All meals are prepared without any kind of nut products and we make sure that all campers are aware of products that may have been manufactured in the same factory as other nut products.

To help us maintain an environment that is safe for campers with various allergies, we request that parcels sent to campers do not contain any food. If a camper receives food in a package, the office staff will store this food in a safe location and return it to the family when they leave camp. However, if the food may or does contain nuts, it will be disposed of.

Allergy Plans: We work very closely with families that are affected by anaphylactic allergies. If your child has an anaphylactic allergy please contact the camp directly to work on a personal response plan, proactive measures and any considerations for your child to ensure they have the most comfortable time at camp.

Mental Health

At Pine Crest, the mental and emotional health of our participants is as important as their physical health. To ensure that we are providing a safe environment for all, our staff are educated to understand the dynamics of mental health and how to find support for their participants. In addition, our Summer Camp Director is a registered social worker, providing the Pine Crest community with additional resources and knowledge. We recognize that we are not experts in this area, and as such there may be situations where a member of our community is safer in their home environment with access to more appropriate resources. Supporting youth who are struggling with mental health is a community process, and we will work with each family individually to establish a plan for further care and support outside of camp. If your camper has any mental health concerns, including anxiety, depression, self-harm etc, please include this information on their health forms so we can make a plan for their success while at camp."

Emergencies

All staff are thoroughly trained to respond to all emergency situations that could occur during our camp programs. All counselling staff and the majority of noncounselling staff are certified lifeguards (NLS) and are trained in the event of a waterfront or off-site emergency. All YMCA camp staff are required to hold a current Standard First Aid, WHMIS training and CPR-C and many staff hold higher qualifications in other safety areas including Wilderness First Aid and moving water rescue.

Active Lifestyle: Camp is a very active place. We make sure that all of our campers and staff stay healthy by promoting the regular application of sunscreen and bug spray, adapting our outdoor activities in the case of extreme weather, providing regular water breaks and ensuring that healthy snacks are available throughout the day.

Sun Safety: Pine Crest is proud to be an official Sun Aware Certified Camp by the Melanoma Network of Canada. This certification recognizes our practices in both teaching and reinforcing sun safe behaviours. Included in this certification is our commitment to training our staff based on the principles of applying

broad spectrum sunscreen, wearing light weight clothing and wide brimmed hats, wearing UV protective sunglasses, and seeking shade in the heat of the day.

Supervision of Waterfront Activities: YMCA Camp Pine Crest has a very large waterfront, and boating is one of our major camp activities on and off site. For this reason, we require that all staff and campers wear a Ministry of Transportation approved personal floatation device (PFD) while boating. All PFDs are provided at camp. If you choose to send your child with their own PFD, please ensure that it is clearly labeled.

Lost and Found: Our counsellors do their best to help campers keep their belongings together but occasionally, items get misplaced. Throughout the camp session, lost and found items are displayed for campers to identify and claim as well as a “Lost and Found Parade” after the last lunch.

We will make every effort to return unclaimed items to their respective owners. However, the camp is not responsible for the loss or theft of these items. The best way to avoid disappointment is to leave all valuable items at home and clearly label each piece of clothing and personal equipment with your child’s first and last name. Parents can view lost and found items on the last day at camp, prior to departure. Unclaimed personal items are donated to a local charity in the fall.

Laundry Service: Our camp packing list suggests sufficient clothing for a two-week session at camp. We do provide a laundry service for our two week or longer participants. Each cabin has a laundry bag that they can drop off on laundry days as a group. Laundry is washed and folded and returned the same day. A special service will be available to accommodate laundry for those campers on canoe trips, campers experiencing bedwetting, and other special circumstances.

Contact with Camp

We understand the feelings that families experience throughout the process of planning and participating in the camp experience, especially if it's for the first time. We also know that it is important that parents are comfortable with how to communicate with us at the YMCA.

Summer Camp Office

YMCA Camp Pine Crest

1090 Gullwing Lake Rd.

Torrance, ON

POC 1M0

Phone: 705-762-3377 • 1-877-878-9622

Fax: 705-762-5961

Camp.pinecrest@ymcagta.org

Summer Camp Program Registration Office

2200 Yonge Street Suite 300

Toronto, ON

M4S 2C6

Phone: 1-647-439-6611 • 1-877-303-2267

Fax: 416-928-2030

camp@ymcagta.org

Phone During the spring, fall and winter our office hours are between 9:00 a.m. and 5:00 p.m. During the summer our office staff will be on hand to assist you between 7:30 a.m. and 7:00 p.m. If you call after hours, we will do our best to return your call as soon as possible. Please note that during meal times, the phone will be unattended but we will return calls immediately after meals. The Program Registration Office is a great place to ask general questions and register for camp. This office will be open Sunday-Friday throughout the summer and they can also forward your call to camp if need be.

One- Way Camper Email- Bunk1

We are excited to tell you about our partnership with Bunk1.com! Bunk1's secure, easy to use, summer website services let you stay in touch with your camper all summer!

Returning parents: You must make a new account this year, even if you had one last year. Because this is a new system your old login will no longer be active!

Getting Started

To set up a new account and visit our Online Community:

1. Go to our website at www.camppinecrest.ca
2. Click the red "Stay in touch, email your camper" button *
3. Click "Register Here"
4. Enter your Invitation Code: PINE18B1
5. Fill out all the required information
6. Purchase Additional Bunk Note credits (you will need a credit card)
7. Send an email to your camper! * For your camper's safety, please do not share the Invitation code above.

Frequently Asked Questions

How do I send a Bunk Note (one-way email) to my camper?

Follow the instructions above except, after registering, simply sign in and click on the Bunk Notes button. Enter your camper's name, select the correct cabin, type your message, and hit the "Send" button.

Why do I have to pay to send Bunk Notes (one-way email)?

Each morning, the Bunk Notes system bundles and sorts the messages for us to print out and distribute to campers. It also protects us from computer viruses and allows us to easily manage these emails. Your payment helps us cover the cost of the system, paper, ink, and labor and, more importantly, frees us to do what we do best – be with your kids! Bunk Note credits cost \$1 each and are purchased in packs of various sizes. Your account comes with 2 email credits for one week campers and 4 email credits for 2 week campers.

A portion of the email fee is donated back to the camp to our YMCA Strong Kids Fund each year and helps to send more children to camp who are willing but unable to pay the full fee. We appreciate your support!

Can other relatives use these services?

Certainly. Once you have set up your account, you will be able to invite other people to access these services.

What do I do if I lost my username and password?

Your username is now your email address. In case you have forgotten your password, you can go online to www.bunk1rollcall.com and click the “Sign In” tab. A screen will appear, and you can select “Forgot Your Password?” You will then be able to reset your password. Camper mail and care packages.

All campers enjoy receiving mail, and we encourage parents and family members to write often. Cheerful letters from home raise the spirits of campers and bring about pleasant thoughts of home and loved ones. Campers are encouraged to write home daily during the afternoon rest hour and during special letter-writing clubs. To assist campers, please include self-addressed, stamped envelopes, writing paper and pens in your child’s luggage.

If you choose to send a care package we ask that you follow these guidelines:

- No candy, nuts or food of any kind.
- Consider including fun and small gifts for the entire cabin if sending gifts.
- Photographs of family members and pets are often appreciated.

Send mail to your camper at:

“Camper Name” – “camper Cabin”

YMCA Camp Pine Crest

1090 Gullwing Lake Road

Torrance, ON,

POC 1M0 29

Visiting Camp

Open house is a great way to help your child feel comfortable for their upcoming camp experience! Families are welcome to come to camp for the day to take a site tour, enjoy a buffet lunch, and explore our program areas including the waterfront. Family Open House will be held in mid-June. Keep your eyes out for our emails for more details.

The first day of each session is Family Day! This special day is a chance for families to meet the camp counsellors, enjoy the facilities and have a buffet lunch. The Family Day program begins at 11 a.m., with lunch available beginning at 11:30. We ask families to depart by 2 p.m. so that we can begin programming.

Parents and visitors are reminded that YMCA Camp Pine Crest is smoke free. This policy affects all buildings, grounds, and programs conducted off-site.

We also ask that families who bring their dogs to camp on Family Day keep them on a leash and out of our camp buildings.

We strongly discourage visits to camp during your child's session. From experience we find it is harder for children to adjust to camp when they see their parents and also have a much harder time adjusting after they have left. We also find that other children in the cabin have a hard time understanding why all parents are not allowed to attend once there has been a visitor. For the safety of all children, we do not allow parents to integrate into the camp session. Only under special circumstances will parents be allowed to visit during the session and only with prior consent from the Camp Director. Please come to camp on Family Day or join us for Family Camp if you'd like to participate with your child.

Family Camp: In addition to our camper programs, we also offer a week of Family Camp every summer. This program is exclusively for families and includes traditional camp activities for all ages. This year's dates are July 30th - August 4th, 2016. Please refer to our brochure and website for more information regarding these programs or contact camp.pinecrest@ymcagta.org for more information.

If you are busy throughout the summer but are still interested in Family Camp, join us for one of our Family Camp Programs over New Years, Family Day Weekend, the May Long weekend and our new Thanksgiving Family Canoe Trip!

The Camp Store

Our store is open for business on arrival day, departure day and each day of the session. We accept cash, cheque, debit and credit cards at camp. If we do not have an item, we may be able to order it for you. You can also pre-order all merchandise on our registration forms or through our online registration at www.camppinecrest.ca.

Keep your eyes out for the specialty items we offer each year! We invite families, campers and Alumni to contribute to our merchandise by participating in our annual T-shirt design contest. The contest takes place during the winter and anyone is welcome to submit a t-shirt design. We will pick some of our favourites and put them online for you to vote on the design you want to see in our store this summer!

Directions to Camp

From Toronto and the south:

Take Highway 400 north to Barrie, then Highway 11 north to Gravenhurst. At Gravenhurst take Highway 169 about 21km northwest to Torrance. Turn left onto Southwood Road and immediately left again onto Clear Lake Road. Camp is about 3.3km down the road.

From North Bay and the north: Follow Highway 11 south to Highway 169 at Gravenhurst. Take Highway 169 about 21km northwest to Torrance. Turn left onto Southwood Road and immediately left again onto Clear Lake Road. Camp is about 3.3km down the road.

From Sudbury and the west: Follow Highway 69 south through Parry Sound to Highway 169 at Foot's Bay. Take Highway 169 southeast about 25km through Bala to Torrance. Turn right onto Southwood Road and immediately left again onto Clear Lake Road. Camp is about 3.3km down the road.

From Ottawa and the east: Take Highway 60 west through Algonquin Park to Highway 11 at Huntsville. Take Highway 11 south about 52km to Highway 169 at Gravenhurst. Take Highway 169 about 21km northeast to Torrance. Turn left onto Southwood Road and immediately left again onto Clear Lake Road. Camp is about 3.3km down the road.