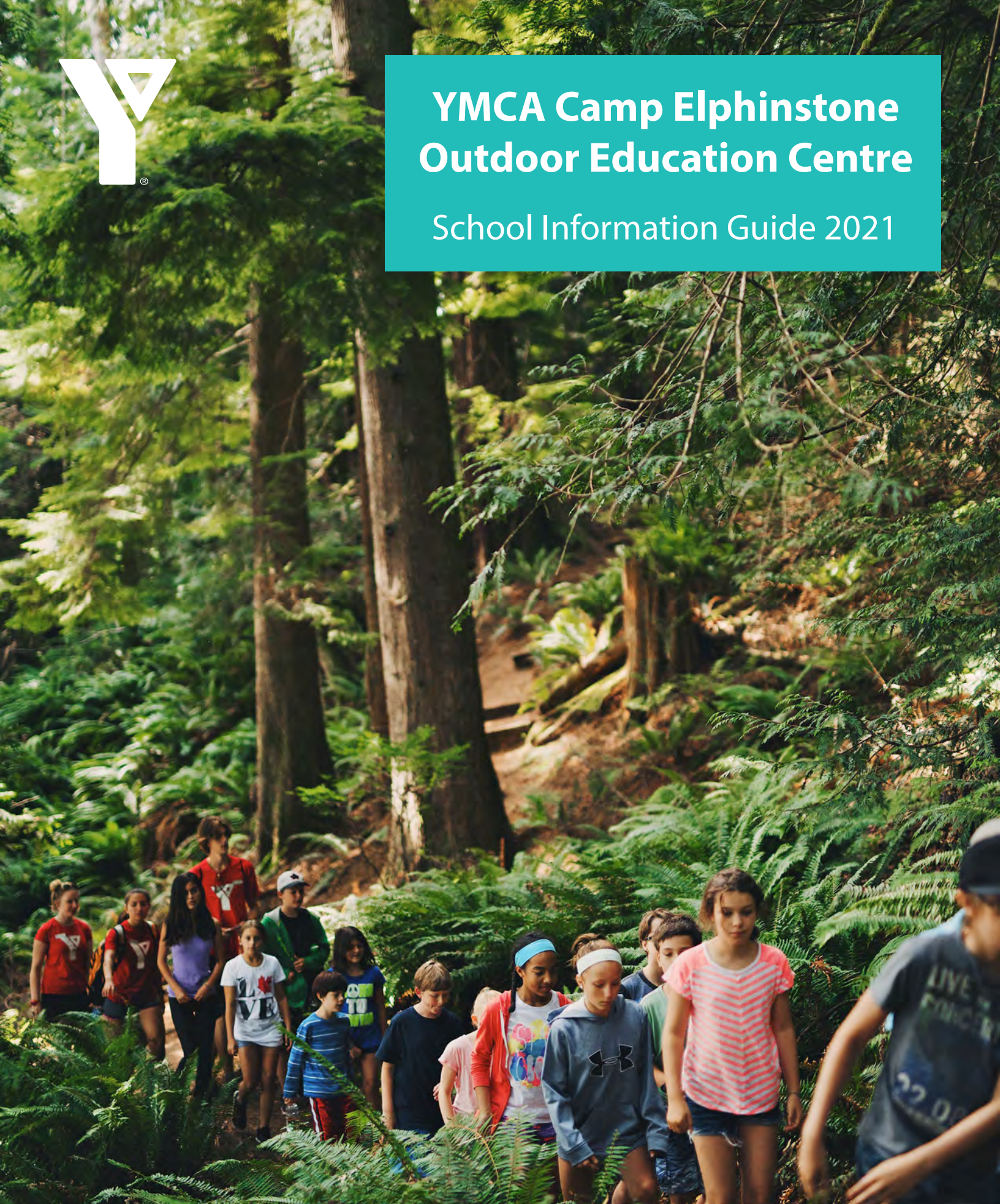




# YMCA Camp Elphinstone Outdoor Education Centre

School Information Guide 2021



**Outdoor Education • Leadership Development • Team Building**

# Table of Contents

Welcome to the YMCA of Greater Vancouver.....	3
YMCA Outdoor Education at Camp Elphinstone.....	4
Experiential Programming .....	4
Outdoor Education Staff.....	5
Group Chaperones.....	5
Sample Schedule.....	6
Activity Rotations.....	7
Team Building.....	7
Environment.....	7
Independence.....	8
Survival Skills.....	8
Leadership.....	8
Group Games, Free Time Activities and Evening Programs.....	9
Accommodation.....	12
Meals.....	13
Transportation.....	13
Heat Room and Packing.....	13
Phone and Internet.....	14
Health Care and First Aid.....	14
All-Inclusive Fees.....	14
Accessibility at Camp.....	15
Inclusion at Camp.....	15
Our Signature Schools Package.....	16
Interested in a Longer or Shorter Stay?.....	16
Payment.....	17
Financial Assistance.....	17
Cancellation Policy.....	17
Booking Process.....	18
Information Sessions.....	18
Contact Info.....	18



## Welcome to the YMCA of Greater Vancouver

The YMCA of Greater Vancouver is committed to promoting healthy living and fostering social responsibility within the community. For more than 125 years, we have been helping people realize their potential and develop confidence, relationships and leadership skills. We have the passion, as well as the facilities, programs, and personnel to deliver quality programs and ensure that every individual has access to the essentials needed to learn, grow and thrive. We are dedicated to building better communities with healthy, confident, secure and connected children, youth and families.

### **Our Mission:**

The YMCA of Greater Vancouver is a charity dedicated to strengthening the foundations of community.

### **Our Impact:**

The YMCA is committed to strengthening the foundations of community by: helping children and families thrive; promoting healthy living; and fostering belonging and connection.

### **Our Vision:**

We are building a community in which a generation of children and families reach their full potential.

### **Our Values:**

#### **Do the Right Thing**

We are caring, respectful, honest and responsible in all we do.

#### **Keep our Promises**

We do what we say we will do.

#### **Put People First**

We believe in each other, in our strengths, perspectives and passion.

#### **Lead by Example**

We are courageous, speak with conviction, listen attentively and collaborate.

# YMCA Outdoor Education at Camp Elphinstone

Ahh! The great outdoors! With 144 acres of ocean-front property, lush rainforest and quiet creeks, YMCA Camp Elphinstone is an ideal location for learning in the great outdoors. Located on British Columbia's beautiful Sunshine Coast, YMCA Camp Elphinstone is just two kilometres north of the Langdale Ferry Terminal and a 40-minute ferry ride from Horseshoe Bay in West Vancouver.

The YMCA of Greater Vancouver has been providing unique outdoor education experiences to children since 1907. Through meaningful outdoor experiential learning, kids develop strong and healthy minds and bodies while they learn and grow with their classmates. Students are challenged outside the traditional classroom and benefit from hands-on learning as they explore the serene forests and rocky shoreline of beautiful YMCA Camp Elphinstone.

## Experiential Programming

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



## Outdoor Education Staff

Led by the Outdoor Education Director, the Camp Elphinstone Outdoor Education staff team is made up of dedicated individuals, all of whom are passionate about working with children. All YMCA program staff maintain minimum qualifications of Standard First Aid with CPR-C and Bronze Cross and are trained on topics such as wildlife safety and healthy child development. Waterfront staff are certified National Lifeguards and our climbing instructors are trained to meet ACCT standards. Not only are our staff members selected for their qualifications, but also for their enthusiasm, experience in all camp programs, and commitment to the values of the YMCA.

YMCA staff are on duty from breakfast to evening snack and coordinate daily meal procedures. Each group is assigned a YMCA staff host who is dedicated to ensuring your group's needs are met.



## Group Chaperones

The staff at YMCA Camp Elphinstone always appreciate the support provided by group leaders, teachers, and chaperones. A quality and safe outdoor education experience relies on the support of group provided chaperones. One adult chaperone is required for every ten participants. Chaperones are responsible for the conduct of participants at all times and are expected to (1) supervise, accompany, and be present alongside participants during all activities; (2) manage challenging behaviours or conflict between participants; and (3) provide in-cabin overnight supervision unless other arrangements have been made.

While the group is not directly involved in programming, such as during short transition times or if the group finishes their meal early, we require that chaperones are responsible for the supervision of your participants; this gives our program team time to prepare for upcoming programs. During these times, the group can hang out on the bleachers or picnic tables, play some Gaga Ball or pass around a Frisbee, or simply enjoy the nature around you.

## Sample Schedule

	Monday	Tuesday	Wednesday
7:45 a.m.	Ferry - 9:45 a.m. Walk - 10:30 a.m. Arrival - 11:00 a.m. Heat Room & Community Mtg.	Setters	Setters
8:00 a.m.		Breakfast	Breakfast
9:15 a.m.		A: Canoe B: Team Building C: Fire Building	Pack/clean & group debriefing
10:30 a.m.		A: Canoe B: Team Building C: Fire Building	Group Game
11:45 a.m.	Setters	Setters	Setters
12:00 p.m.	Lunch	Lunch	Lunch
1:00 p.m.	A: High Ropes B: Archery C: Low Ropes	A: Fire Building B: Canoe C: Archery	Depart on Ferry Walk Ferry from Langdale
2:15 p.m.	Heat room finished, move-in and ice breakers	A: Archery B: Low Ropes C: Team Building	
3:30 p.m.	A: Low Ropes B: High Ropes C: Archery	Discovery Hikes	
4:45 p.m.	Setters	Setters	
5:00 p.m.	Dinner	Dinner	
6:00 p.m.	Free Time	Free Time	
6:30 p.m.	Group Game	Group Game	
7:30 p.m.	Campfire	Skit in a Bag	
8:45 p.m.	Snack	Snack	

**Program Goals: Team Building/Independence**

**Coordinator: YMCA Host Contact**

**Contact: Main Group Contact**

**Accommodation: Lodges 1 & 2**

**Participants: 45/5**

**Leaders: A: Group Leader 1, B: Group Leader 2, C: Group Leader 3**

## Activity Rotations

\*Must be instructed by YMCA staff at a ratio of 1 YMCA staff to every 15 participants.

\*\*A ratio of 1 YMCA staff to every 8 participants required. Please see Acknowledgement of Risk document.

TEAM BUILDING	Ages/Grades	Season
<b>Canoeing:*</b> Learn basic canoe skills through practice and games in Howe Sound.	All ages	Spring and Fall
<b>Voyageur Canoeing:*</b> Learn basics skills in a 10 to 16-person canoe and apply learning through practice and games in Howe Sound.	All ages	Spring and Fall
<b>Team Building:</b> Participants focus on conflict resolution, communication, decision-making, and problem solving through cooperative activities that build confidence, teamwork and trust.	All ages	All seasons
<b>Low Ropes:*</b> Focusing on cooperation, communication, leadership and trust, participants must problem-solve a number of group challenges to reach a common goal.	All ages	All seasons
<b>Rock Climbing:**</b> Our multi-side climbing tower provides participants with the opportunity to step outside of their comfort zones with the support of their group on the ground.	Gr. 4 and up	Spring and Fall
<b>Dangle-A-Maze:**</b> A multi-person high ropes element that requires teamwork, strategy and trust to climb.	Gr. 4 and up	Spring and Fall

ENVIRONMENT	Ages/Grades	Season
<b>Marine Beach Study:*</b> Focused on marine wildlife of the Sunshine Coast, explore living creatures on camp's shoreline through sensory and interactive games.	All ages	All seasons
<b>Nature Hike:</b> Enjoy an active and interpretive hike to "Big Tree", the largest tree on the Sunshine Coast.	All ages	All seasons
<b>Forest Study:*</b> Focusing on sensory awareness and exploration, participants experience forest ecology through active nature connection games and challenges.	All ages	All seasons
<b>Hutchinson Creek Study:*</b> Focused on life and water cycles, examine the salmon-spawning creek with sensory and hands-on activities.	All ages	All seasons
<b>Bee Educated:*</b> Framed through an awareness of a diminishing bee population, learn about the different roles of the colony through interactive games.	All ages	All seasons

INDEPENDENCE	Ages/Grades	Season
<p><b>Kayaking:*</b> In beginner ocean kayaks, participants learn the skills necessary to safely enter, exit and manoeuvre their boat and apply learning through practice and games in Howe Sound.</p>	Gr. 4 and up	May, June and Sept.
<p><b>Archery:*</b> Focusing on skill development and personal accomplishment, participants learn proper technique and handling of equipment through instruction, practice, and games.</p>	All ages	All seasons
<p><b>Vertical Playground:*</b> A new addition to the challenge course, the vertical playground is a unique climbing element that requires the climber to navigate through a series of vertical obstacles.</p>	Gr. 4 and up	Spring and Fall
<p><b>Traversing High Ropes:**</b> Reach personal goals and support teammates in a traversing obstacle 45 feet in the air.</p>	Gr. 4 and up	Spring and Fall
<p><b>Aerial Trust Dive:**</b> Participants can take on the personal challenge of climbing up to a small platform 45 feet in the air and, with a belay team on the ground, jump out to hit a dangling buoy before being slowly lowered to the ground.</p>	Gr. 8 and up	Spring and Fall

SURVIVAL SKILLS	Ages/Grades	Season
<p><b>Fire Building:*</b> After basic instruction of the elements of fire, participants build and light a small campfire designed for different survival situations using "No Trace" practices.</p>	All ages	All seasons
<p><b>Shelter Building:*</b> Participants learn to create a rain and wind-proof shelter.</p>	All ages	All seasons
<p><b>Orienteering:*</b> After learning the features of a compass and how to properly use one, participants test their skills by setting and following a bearing to navigate an orienteering course.</p>	All ages	All seasons
<p><b>Knot Tying:*</b> After learning a series of useful knots, participants play a survival game to test their new skills.</p>	All ages	All seasons

LEADERSHIP	Ages/Grades	Season
<p><b>Communication:*</b> An interactive leadership session for students to develop clear and precise written and verbal communication skills.</p>	Gr. 8 and up	All seasons
<p><b>Conflict Resolution:*</b> An interactive leadership session to learn and execute the VOMP model of conflict resolution.</p>	Gr. 8 and up	All seasons
<p><b>Group Dynamics:*</b> An interactive leadership session to observe impacts of power and privilege within a group and discuss social structures.</p>	Gr. 8 and up	All seasons
<p><b>Leadership Styles:*</b> An interactive leadership session for students to learn about four leadership styles and how to step into different leadership roles.</p>	Gr. 8 and up	All seasons
<p><b>Public Speaking:*</b> An interactive leadership session with activities for students to gain confidence and knowledge in the preparation and execution of speaking in public.</p>	Gr. 8 and up	All seasons



## Group Games, Free Time Activities and Evening Programs

### GROUP GAMES

**Capture the Flag:** two or more groups compete in an attempt to capture the other team's flag.

**Cardio Pictionary:** teams compete in a series of picture puzzles while racing each other to find the next round.

**Gold Rush:** groups rush to steal the opposition's gold and finish with the biggest pile.

**Icebreakers:** active and exciting games to help participants become comfortable with one another.

**Pack Rats:** bring the host a requested object to get a point. Bonus points for creativity and sportsmanship.

**Predator vs. Prey:** participants experience the interdependence of animals through role play.

**Super Scavination:** a scavenger hunt that combines touring camp, meeting YMCA staff and learning camp trivia.

### FREE TIME

**Courts:** beach volleyball court, four tetherball courts, basketball courts and all equipment provided.

**Field:** with a huge grass field and shed full of sports equipment, field games get participants moving and active.

**Swimming:\*** participants can play in the "crib", a swimming area created by four dock. (Lifejackets required and supplied, only offered in June and September).

**Gaga Ball:** kids of all ages learn strategy and hand-eye coordination in this fast-paced, competitive camp favourite.

### EVENING PROGRAMS

**Campfire:** sing songs, learn some skits and enjoy a toasty treat. A must-have for any camp trip!

**Apples to Apples:** a group game based on the classic card game, teams score points for creativity and humour.

**Iron Chef:** work in groups to impress a panel of judges on your culinary creations made with secret ingredients.

**Initiative Challenge:** activities like an egg drop provide opportunity for teamwork, creativity and a lot of fun.

**Skit in a Bag:** participants are divided into groups and challenged to create a skit using all the items in the bag.

**Stop the bus:** like Scategories with a twist. Competing in teams, provide the best answer for each category.

**How Well Do You Know Your Y Staff:** after a short question-and-answer period, groups gain points for correctly answering questions about the Y staff with whom they've spent their day.







## Accommodation

Our facilities accommodate up to 472 participants, typically with multiple groups on site. All accommodations have bunk beds with comfortable foam mattresses, heat, lights, and electricity.

Accommodation Type	Total number	Number of Beds	Washroom Facilities	Other information
Lodges	5	32 in 8 bedrooms	4 private washrooms with showers, 2 that are fully accessible	Lodges boast a cozy seating area with fireplace, mini fridge, microwave and coffee maker. Lockers are available in the bedrooms to secure belongings (bring your own lock)
Hemlock Cabins	18	10 in the main room; 2 in an alcove	in separate building	Hemlock Cabins also have an entry-way with hooks and shelves for belongings
Forest Cabins	8	12 in one room	in separate building	Our most rustic accommodations



**Lodges**



**Hemlock Cabins**



**Forest Cabins**

## **Meals**

YMCA Camp Elphinstone serves nutritious family or buffet-style meals. Breakfast includes a cereal and fruit bar, while lunch and dinner include an endless salad bar. An evening snack is served daily. We proudly prepare food for most dietary needs, restrictions, and allergies. There is no additional charge for these meals provided they are the exception and the requested forms have been submitted.

For special events, groups may upgrade to our banquet menu. Contact us for more information about our menus, availability, and fees.

To serve multiple groups, we schedule two seating times as required: early meals (8:00 am breakfast, 12:00 pm lunch, 5:00 pm dinner) or late meals (9:15 am, 1:15 pm, 6:15 pm). Coffee, tea, water, and fruit are always available in our dining hall. Single meals are also available for day groups.

## **Transportation**

Groups are responsible for arranging travel to and from YMCA Camp Elphinstone. For those arriving by ferry, YMCA staff can meet your group at the Langdale Ferry Terminal and lead you on the 20-minute walk to camp. A luggage service is available where YMCA staff collect your luggage from BC Ferries' dollies and transport it to camp. Overnight parking is available in our upper gravel parking lots.

Group reservations are highly recommended for BC Ferries. BC Ferries offers discount programs when travelling on school-related activities. Please note that as ferry schedules are subject to change, groups should always confirm ferry departure times on the BC Ferries website.

BC Ferries Luggage Service: visit the BC Ferries website or phone 1-888-223-3779 to book your free dolly cart for both directions of travel. If reserved, participants load luggage on private dollies at the Horseshoe Bay ferry terminal which will be delivered to the Langdale terminal and vice versa. If dollies are not reserved, your group will have to carry all luggage on. Dollies are limited so reserve early.

## **Heat Room & Packing**

To ensure a bed bug-free facility, all bags and belongings must pass through a heat treatment process upon arrival to eliminate the concern of bed bugs spreading to our facilities or to your homes. Do not bring food or drinks (except water), pets, valuables, money, electronics, knives/pocket tools, or other weapons. For more information, see our "Heat Room Preparation" and "What to Pack" letters.

## Phone & Internet

Phones are accessible 24 hours a day. YMCA Camp Elphinstone Outdoor Education Centre is an unplugged, electronics-free environment. However, Wi-Fi is accessible in the Dining Hall, Exploration Hall, and Mackenzie Hall for chaperone use if needed. AV equipment is available upon request.



## Health Care and First Aid

Chaperones act as guardians to participants and are responsible for the following:

- Designate one adult chaperone as the First Aid Attendant
- Bring a vehicle to use in the event of emergency
- Oversee first aid if an incident should occur
- Dispense medication to participants

YMCA staff are trained in Standard First Aid with CPR-C as a minimum and are available to provide assistance if required in the event of an emergency. The Sunshine Coast ambulance service has an average ten-minute response time. Medical care is available at the Gibsons Medical Clinic (10-minute drive) or Sechelt Hospital (25-minute drive).

## All-Inclusive Fees

Accommodation fees are per participant and include all standard meals, snacks, programming, and YMCA staffing. Adult chaperones at a ratio of 1:10 (adults to participants) stay at no charge if they provide 24-hour supervision and stay in the same accommodation as participants.

YMCA Camp Elphinstone can be booked exclusively for an additional \$1,500/day (free for groups with 250 guests or more), allowing your school to be the only participants at Camp Elphinstone during your stay.

We offer a 10% discount to schools booking trips during the low season of November 1st to April 30th.

## **Accessibility at Camp**

The YMCA welcomes children of all abilities to our programs. Camp Elphinstone has accessible equipment and offers program adaptations for any students with physical and developmental disabilities to ensure each student is included and integrated into the Camp Elphinstone experience. If any of your students require the use of accessible equipment, program adaptations, or who will have an EA joining them for their Outdoor Education trip, please contact the Outdoor Education Director to discuss and plan supports to be put in place.

## **Inclusion at Camp**

Recognizing that prejudice, discrimination, and stereotyping are prevalent through society, we are dedicated to the creation of a safe, secure space for those seeking services with us. It is the policy of YMCA Camp Elphinstone to maintain and promote a facility and community that provides the highest quality of services to our guests regardless of their actual or perceived gender identity or sexual orientation. Please don't hesitate to contact the Outdoor Education Director to discuss the commitments to inclusion made by YMCA Camp Elphinstone and how we can best welcome and support your students.



## Our Signature Schools Package

Our 2-night/3-day signature package is our most popular option for school groups of all ages, allowing ample time for a variety of experiential outdoor activities. Monday-Wednesday and Wednesday-Friday bookings are available.

Type	Details	Fee
<b>2 nights/3 days</b>		
Lodges	Per person	\$249
Hemlock Cabins	Per person	\$218
Forest Cabins	Per person	\$179

Interested in a shorter or longer stay?

Type	Details	Fee
<b>3 nights/4 days</b>		
Lodges	Per person	\$327
Hemlock Cabins	Per person	\$283
Forest Cabins	Per person	\$232
<b>1 nights/2 days</b>		
Lodges	Per person	\$166
Hemlock Cabins	Per person	\$144
Forest Cabins	Per person	\$119
<b>Day Use Fees</b>		
Site Use Only	Per person, per day	\$30
Site Use and Lunch	Per person, per day	\$38
Site Use and YMCA Program Instruction	Per person, per day	\$38
Site Use, Lunch and YMCA Program Instruction	Per person, per day	\$44
Ropes Instructor	Per staff to meet ratio	\$140







## **Payment**

The first deposit is due thirty (30) days after you have sent your booking request and we have responded with an estimated rental agreement. The first deposit is \$1,000.00 and confirms your booking and guarantees your spot in the calendar. The second deposit is due ninety (90) days prior to your arrival and is calculated as 30% of your final estimate (or \$1,000.00, whichever is greater). Invoices for both deposits are included in the rental agreement. If you book within 90 days of your arrival, the first deposit and second deposit will need to be paid in full at the time of booking. Final payment of the remaining balance is due fourteen (14) days after departure.

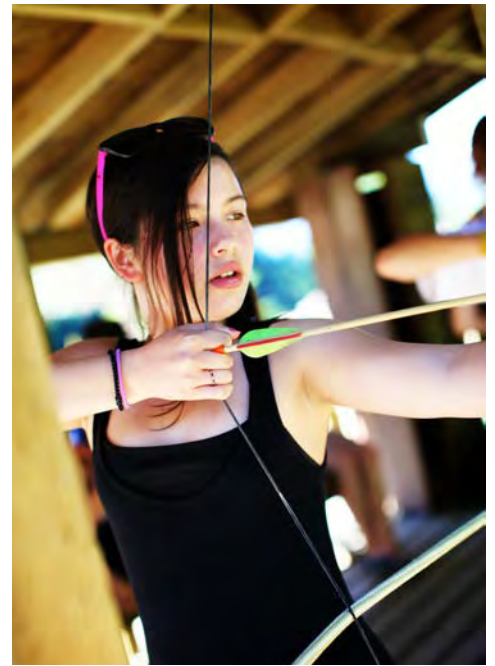
Any damage to the facilities and/or equipment at YMCA Camp Elphinstone will result in a minimum fee of \$200. Fees will be charged directly to your group and must be paid within 14 days of departure. Damages include, but are not limited to, broken windows, graffiti, or unnecessarily discharged fire extinguishers. A full site inspection is completed before and after your visit.

## **Financial Assistance**

Our Strong Kids program provides subsidies for participants who are unable to cover the costs of outdoor education. If you represent a school that needs financial assistance, please contact us.

## **Cancellation Policy**

Both deposits are non-refundable. Should you cancel less than ninety (90) days prior to your booking, you shall pay ninety percent (90%) of your estimated final invoice within fourteen (14) days of cancellation. If you cancel and we book another group for your intended dates, you shall be refunded the amount you have paid, less the first deposit and the second deposit. All cancellations must be done in writing.



## Booking Procedure

Please contact us to inquire about availability and to get a Booking Request Form (Form A). A Rental Agreement package will be sent to your group after receiving the Booking Request. To confirm, sign and return Form B: Guidelines and Expectations and Form C: Rental Estimate and First Deposit Invoice with payment within 30 days. Form D: Second Deposit Invoice is due 90 days prior to arrival. Form E: Booking Confirmation, including the final confirmation of your group size, is required 30 days prior to arrival. If numbers decrease after this point, we will reduce your total participant number by up to 5% of the final number reported one month prior. An increase in group size is subject to staff and accommodation availability and the associated fees. If your group size has changed, let us know immediately.

## Information Sessions

Schools new to the YMCA Camp Elphinstone Outdoor Education Centre are welcome to host a free information session for parents/guardians, staff, chaperones, and/or students. Please contact us to book an information session.

### Location:

**YMCA Camp Elphinstone**

**1760 YMCA Road**

**Gibsons, B.C. V0N 1V6**

**Email: [elphinstone@gv.ymca.ca](mailto:elphinstone@gv.ymca.ca)**

**Website: [gv.ymca.ca/outdooreducation](http://gv.ymca.ca/outdooreducation)**

### Contact:

**Davin Allan**

**Outdoor Education Director**

**Email: [davin.allan@gv.ymca.ca](mailto:davin.allan@gv.ymca.ca)**

**Phone: 604.886.2025**

**Fax: 604.886.2363**