LEADERSHIP I 16Y – Midcamp or Gray Jay

The goals of these 27-day Leadership programs are for each camper and each group to learn the following:

1. Group leadership skills
2. Risk management skills
3. Outdoor living skills

Campers may choose from the following three programs:

- Hike – based out of the main-site
- Hike & Horse – based out of the Gray Jay site (in Yaha Tinda)
- Canoe – based out of the main-site, but journeying through the northern Canadian Shield on the Churchill River in northern Saskatchewan

Details are given, further below in this document, for each program

PLEASE NOTE: All three program options are very popular. Evaluations show great satisfaction in ALL programs, whether or not the program option was the camper’s preferred choice (due to the activity or to a desire to be amongst previous camp friends). As long as the camper was optimistic about the program and enthusiastic to contribute positively to the group, the evaluations demonstrate a very high level of satisfaction.

Leadership Campers write:

“You may have been to camp before, so you may know much of what to expect. However, once you are with your group, you will realize how different this experience is. If you want to enjoy it fully you really have to be prepared to participate fully and give it your best. In the end you get out what you put in. I feel very satisfied knowing that I did everything I could to ensure not only that I had the best possible time at camp and on the trip, but also that all of my new friends in my group had the same opportunity. If I had not given my best to contribute to the trip, I don’t think I would have enjoyed it as much. I learned things that I will carry with me forever. It was just a great time.”

A parent writes:

“We recognize the great personal and leadership skills our son has gained with Camp Chief Hector YMCA. Camp Chief Hector YMCA is having a very important role in forming who our son is becoming as a young man. Thank you for your tremendous leadership.”

A Clear Commitment

Campers and families make a significant decision when they register for a Leadership I program. Out of respect for all applicants, and for the safety and satisfaction of all those who partake in the program, each young person and their family must inform themselves as best they can about the Leadership I programs.

- Goals: Leadership I programs’ goal is to develop group leadership skills in an outdoor setting (Leadership I programs are NOT designed for those seeking an “extreme” outdoor experience)
YMCA Calgary
Camp Chief Hector YMCA
Summer Camp

- **Conduct:** Leadership I participants commit to respecting themselves and to respecting others, as well as to respecting their counsellors’ guidance on questions regarding appropriate behaviour. Therefore, please review, in the Camper Information Form, items, behaviours and attitudes NOT acceptable at camp and for which a camper would be asked to discontinue the program.

**Risk and Remoteness**

Leadership I participants enjoy strenuous backcountry journeys that are often outside the limits of an easy evacuation. Due to the possibility of satellite telephone communications failure, night-time conditions, challenging weather or cloud-cover, or any number of other circumstances, an evacuation may take a number of days - perhaps a week in the case of the Canoe option. A flight-assisted evacuation may be costly (it is recommended that participants have health insurance that covers patient transportation). The group may need to re-route due to an injury, an illness or a behavioural concern.

Out of respect for the group’s safety and satisfaction, applicants and registered campers must be clear with themselves, with their families and with Camp Chief Hector YMCA about medical or personal histories that would influence participation in a remote outdoor journey. Such information would include fitness level, relevant past injuries/illness, challenging behaviour, conflictive attitudes and any circumstances that might contribute to strong and challenging emotions.

**LEADERSHIP I 16Y – HIKE PROGRAM – Mainsite**

**Program Overview**

The Leadership I Hike program begins with one week of planning and preparing for an 18-day backpacking trip through the valleys and mountains of Banff National Park. When your group has hiked from the trailhead, your learning continues with wilderness discoveries, group leadership, risk management, outdoor living skills and personal growth. Pitch your tents near pre-historic campsites, walk over high alpine passes and work together among the mountains. Your close-knit group will re-supply mid-way through the journey at our Gray Jay Site in the Yaha Tinda. Your leadership contributions to the group will be an important part of the success of this extraordinary journey. This program was premiered in 2010 – and the response from the campers, staff and families has been outstanding.

**Location**

The Leadership I Hike program is based out of the Camp Chief Hector YMCA main-site. The backpacking trip may take place in several locations throughout Kananaskis Country, Banff National Park and the Bighorn Wildland. If the proposed route is available (taking into consideration wildlife, weather and trail conditions) the journey begins from any of several trailheads near the town of Banff (such as Johnson Canyon) and travels generally northeast towards our Gray Jay site in Yaha Tinda. After re-supplying, the group turns to the west, travelling towards the Lake Louise trailhead or the Mosquito Creek trailhead. Alternatively, the route may go in the reverse order of this description – for instance, beginning at the Mosquito Creek trailhead and heading south. All these place-names are noted on backcountry campsite maps provided on the web pages of Parks Canada: Banff National Park > Activities > Backpacking.
Arrival, Preparations & Travel to the Region

On the first day of camp, participants meet their fellow campers and their counsellors at the Outtripping Center on the main site of the Camp Chief Hector YMCA.

The group shares their personal and group goals. They share risk management practices and tips for comfortable backpacking. Some topics of risk management include co-existing with and responding to wildlife (including elk, Black bears, Grizzly bears and cougars), kitchen practices, identifying and avoiding exposure to heights, rock fall, snowfields, weather systems, wet weather management and creek/river crossings. Campers will also learn and share discoveries of the regional history, current land usage, ecology and heritage arts, such as tracking, fire lighting and edible-wilds.

The group prepares for their hiking trip by planning an on-site day-hike where they practice and review some of the topics described above. Also during their first week at camp, the group packs for their hiking expedition, preparing personal gear, reviewing the route, and pre-packaging the food-drop that they will pick-up mid-hike.

Groups travel for approximately one to two hours to their trailhead. Then, it is off to the mountains for 18 days of immersion, wonder and learning.

A Day on the Hike

The hike averages from 7 to 15 kilometres daily, on trails and off-trail, through forests, and beside mountain creeks and lakes. The groups may gain anywhere from 200 to 1000 meters (600 – 3000 feet) in elevation each day. Camping sites are situated by mountain forests, creeks or lakes, above or below the tree line. Side trips may include exploration of viewpoints, mountain passes, waterfalls or hike-approached summits. Days can be very hot and sunny, mild and overcast, cold and raining or even cold and snowing. Campsites are in designated as well as in random-camping areas. Meals are cooked over a camp-stove. The campsite equipment that is carried by the group includes two tents, two tarps and bear-proof food vaults.

Learning and Growing

Campers become aware of the responsibilities involved with wilderness travel in the Rocky Mountains. Campers learn first-hand the value of teamwork and co-operation, negotiation and compromise. Specifically, counsellors work to hand over much of the leadership of the trip to the campers: by mid-trip, campers are in charge of daily navigation, cooking, tenting and group leadership duties. As in all programs at the Camp Chief Hector YMCA, participants on the Leadership I Hike program receive thorough instruction and 24-hour supervision. Counsellors work in pairs to facilitate the month-long experience.

Returning to Mainsite

On the last day of the hiking trip, the group returns to the main site of the Camp Chief Hector YMCA where they share stories of their explorations and successes with the Leadership groups that have returned from their northern canoe journey. The group enjoys a banquet and other closing activities with their fellow Leadership I groups and with the rest of the camp.
Staff Member Qualifications

- 40-hour wilderness-oriented first aid certificate
- At least one leader with Senior Backpack Leadership (collaboratively developed with Parks Canada)
- Satellite telephone, first aid treatment guidelines, evacuation guidelines
- 8 days Pre-camp staff training including group leadership, wildlife management and risk management
- Prior experience in the region AND/OR specific reference to previous trip reports/resources & consultation with local land managers (Parks Canada & Alberta Environment).

<table>
<thead>
<tr>
<th>Leadership 1 Hike (Midcamp) 27-Day 16Y</th>
<th>Leadership 1 Hike (Midcamp) 27-Day 16Y</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>$2480 + GST</td>
</tr>
<tr>
<td>Session</td>
<td>Dates</td>
</tr>
<tr>
<td>1</td>
<td>Jul 7 – Aug 2</td>
</tr>
<tr>
<td>2</td>
<td>Aug 4 – 30</td>
</tr>
</tbody>
</table>
LEADERSHIP I 16Y – HIKE/HORSE PROGRAM – Gray Jay

Program Overview

Share and develop your leadership skills with your group based out of our Gray Jay site in the mountain wilderness of Yaha Tinda (80 kilometers west of Sundre, Alberta). Learning from a four-day backpacking trip, your group then plans and leads a ten-day backpacking trip. Become an experienced horse-person; help to care for a herd of horses and specifically care for the horse you will be riding. During a four-day horseback riding experience you will further develop your riding as well as your ability to communicate. You will also assist in the daily operations of Gray Jay – meal preparation and cleaning, stable management, and site maintenance. You will be a mentor to the Pioneers, Kananaskin and Mistaya campers with whom you share the Gray Jay site – and you will learn from these younger campers as well. Your leadership contributions will be important to your group and to your Gray Jay community. Your growth will become a life-long strength to you.

Location

Camp Chief Hector YMCA’s Gray Jay site is located in the Yaha Tinda region of the Rocky Mountains, along the upper Red Deer River where grasslands support elk, bighorn sheep, wolves and grizzly bears. Please note: Leadership I Hike/Horse campers travel by bus from the Crowfoot YMCA in Calgary directly to Gray Jay. At the end of their month, Leadership I Hike/Horse groups travel by bus back to the main-site of Camp Chief Hector YMCA.

Arrival and Preparations

After arriving at Gray Jay and having a welcome tour, Leadership I Hike/Horse campers move their gear into their tipi. The group then meets to share their living, riding and backpacking goals – personal goals and group goals. The group shares risk management practices and tips for site living, for equine work and for comfortable backpacking. Some topics of risk management include co-existing with and responding to wildlife (including elk, cougar, Black bears and Grizzly bears), kitchen practices, identifying and avoiding exposure to heights, rock fall, snowfields, weather systems, wet weather management and creek/river crossings. Campers will also learn and share discoveries of the regional history, current land usage, ecology and heritage arts, such as tracking, fire lighting and edible-wilds.

4-Day Pre-Hike Backpacking Trip

The groups prepare for their ten-day backpacking trip by preparing for and participating in a four-day backpacking trip. They practice and review the topics described above. Having integrated some of the basics of leadership hiking on this pre-hike, the group returns to Gray Jay for their 4-day horse experience.

4-Day Horse Experience

Campers and staff discuss their goals for the next four days. At the corrals, campers and staff meet their horses. The Horse staff helps each member of the group as they learn to manage the risks associated with horsemanship. The group then learns and reviews how to groom and saddle a horse. The group heads to a riding area where they mount their horses and ride, learning the basics of horsemanship and getting to know their horses. When the group has demonstrated a level of comfort with the fundamentals of riding, they explore, on horseback, the trails of the Yaha Tinda. If the Red Deer River
seems suitable to cross, groups may cross the river on horseback to access trails on the south bank. In the evenings, the
groups feed their horses and care for the stables.

10-Day Backpacking Experience

The packing and planning for the 10-day hiking expedition is the whole group's responsibility. The hike averages from 7
to 15 kilometers daily, on trails and off-trail, through forests, and beside mountain creeks and lakes. The groups may gain
anywhere from 200 to 1000 meters (600 – 3000 feet) in elevation each day. Days can be very hot and sunny, mild and
overcast, cold and raining or even cold and snowing. Campsites are in designated as well as in random-camping areas.
Camping sites are situated by mountain forests, creeks or lakes, above or below the tree-line. Side trips may include
exploration of viewpoints, mountain passes, waterfalls or hike-approached summits. Meals are cooked over a camp-stove.
Campsite equipment that is carried by the group includes two tents, two tarps and bear-proof food vaults.

Campers learn first-hand the value of teamwork and co-operation, negotiation and compromise. Specifically, counsellors
work to hand over much of the leadership of the trip to the campers – by mid-trip, campers are in charge of daily
navigation, cooking, tenting and group leadership duties. As in all programs at the Camp Chief Hector YMCA, participants in
the Leadership I program receive thorough instruction and 24-hour supervision. On the last day of the hiking trip, the group
returns to Gray Jay, where they share stories of their explorations and successes with the other Leadership I Hike/Horse
group, and with the entire Gray Jay community.

Returning to Main-site Camp

On the second to last day of camp, the group travels by bus back to the main-site of the Camp Chief Hector YMCA, where
they spend their last night and participate in the final banquet and Grand Council ceremony.

Staff Leader Experience

- 40-hour wilderness-oriented first aid certificate
- At least one leader with Senior Backpack Leadership (collaboratively developed with Parks Canada)
- Satellite telephone, first aid treatment guidelines, evacuation guidelines
- 8 days Pre-camp staff training including group leadership, wildlife management and risk management
- Prior experience in the region AND/OR specific reference to previous trip reports/resources & consultation with
  local land managers (Parks Canada & Alberta Environment).

<table>
<thead>
<tr>
<th>Leadership 1 Hike/Horse (Gray Jay) 27-Day 16Y</th>
<th>Leadership 1 Hike/Horse (Gray Jay) 27-Day 16Y</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>$2480 + GST</td>
</tr>
<tr>
<td>Session</td>
<td>Dates</td>
</tr>
<tr>
<td>1</td>
<td>Jul 7 – Aug 2</td>
</tr>
<tr>
<td>2</td>
<td>Aug 4 – 30</td>
</tr>
</tbody>
</table>

Building healthy communities
LEADERSHIP 16Y – CANOE PROGRAM – Midcamp

Program Overview

Discover the rhythms of a 17-day canoe adventure through Canada’s northland – across immense lakes, over ancient portage paths, and through an inspiring network of waterways. Located in northern Saskatchewan, this area is in the northern boreal forest and includes thousands of lakes connected by portages, waterfalls and rapids, cliffs and creeks. This challenging adventure requires your teamwork in goal setting, route planning and menu planning. Most importantly, this canoe adventure includes your own leadership contributions as your group paddles through the network of lakes and rivers of the Canadian Shield.

Groups will travel along the Churchill River, starting and ending near Missinipe, Saskatchewan. Each month, two single-gender groups travel north for this adventure.

The Leadership I Canoe program has a strong tradition at camp. Camp Chief Hector YMCA began canoe tripping in this northern lake system in the 1970s. After several years’ hiatus, this program was re-established in the summer of 2005 with great success. There is no doubt that you and your group will finish this trip as life-long canoeists.

Location

This region is in the Canadian Shield and the Boreal Forest: thousands of lakes, creeks and rivers in one of the largest forests on earth – nothing at all like the typical image of Saskatchewan! To view a satellite image of the type of landscape through which these trips travel, go to: Google Maps > Get Directions, and in line ‘A’ enter “Black Bear Island Lake, Saskatchewan”. Although your group may not pass over Black Bear Island Lake, this location will give you a good idea of the landscape, as it sits in the middle of various route options.

Arrival, Preparations & Travel to the Region

Leadership I Canoe participants meet on the first day of their session at the Camp Chief Hector YMCA's main site. Upon arrival at camp, participants are welcomed by their counsellors and meet and get to know their new tipi-mates. Starting from (and ending) at the main Camp Chief Hector YMCA site in the Bow Valley, each Leadership I Canoe group will use the first week at camp to plan their adventure.

In-camp trip preparation includes packing gear and food, preparing their route-plan, and establishing individual and group expectations. The group discusses their strengths, their limitations, and their goals. The groups discuss river and lake hazards (such as sudden changes in weather, wind and waves on lake crossings, entrapment in shoreline vegetation or equipment, foot entrapment, rough or muddy ground during portages) and ways to reduce the risk of these hazards. Groups also share risk management pertaining to backcountry camping. Some topics include black bear and other wildlife concerns, kitchen practices and stove handling, identifying and avoiding exposure to heights, weather systems and swimming procedures. On Chilver Lake, the group reviews paddling and canoe-rescue skills. The group also spends a day on the Bow River practicing and reviewing river paddling and river rescue techniques on Grade 1+ moving water.

The groups then travel for two days by bus to the canoe trip region, which is approximately 1000 kilometers northeast of Camp Chief Hector YMCA – near Missinipe, Saskatchewan.
A Day on the Canoe Trip

Each day of the trip is unique, although a rhythm establishes itself with the group. Distances travelled each day average from 5 to 35 kilometers. Some days there are many portages (carrying canoes and gear from one lake to another, or past waterfalls), some days groups may be wind-bound (unable to move on account of the wind) and some days are spent exploring rapids or waterfalls. Some lakes are small, some are very large. Rapids, if they are run in the canoes, vary from class 1 to 2+. Rapids are scouted beforehand to assist in the group’s plan. Mosquitoes and black flies may be quite numerous on some days and evenings. The weather can be hot or cold or moderate. Meals are cooked over wood fires in a metal firebox. There is the potential for fishing and berry picking – groups in the past have learned to fry trout and bake pies!

Learning and Growing

Campers become aware of the responsibilities involved with wilderness travel in this beautiful land. Campers learn first-hand the value of teamwork and co-operation, negotiation and compromise. Specifically, counsellors work to hand over much of the leadership of the trip to the campers – by mid-trip, campers are in charge of daily navigation, cooking, tenting and group leadership duties. As in all programs at the Camp Chief Hector YMCA, participants on the Leadership I Canoe program receive thorough instruction and 24-hour supervision. Counsellors work in pairs to facilitate the month-long experience.

Returning to Main-site Camp

Upon returning to the main site at Camp Chief Hector YMCA, the Leadership I Canoe groups are able to celebrate and share their experiences. The groups enjoy a banquet and other closing activities with their fellow Leadership I groups and with the rest of the camp.

Staff Member Qualifications

- Both leaders: Paddle Alberta Tandem River Instructor (or other provincial equivalent)
- Both leaders: 40-hour wilderness-oriented first aid certificate
- At least one leader with Bronze Cross certification
- At least one leader trained in Canoe River Rescue
- Satellite telephone, first aid treatment guidelines, evacuation guidelines
- 8 days of pre-camp staff training including group leadership and risk management
- Prior experience in the region AND/OR specific reference to previous trip reports/resources & consultation with local authoritative canoe outfitter.

<table>
<thead>
<tr>
<th>Leadership 1 Canoe (Midcamp) 27-Day 16Y</th>
<th>Leadership 1 Canoe (Midcamp) 27-Day 16Y</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>$2630 + GST</td>
</tr>
<tr>
<td>Session</td>
<td>Dates</td>
</tr>
<tr>
<td>1</td>
<td>Jul 7 – Aug 2</td>
</tr>
<tr>
<td>2</td>
<td>Aug 4 – 30</td>
</tr>
</tbody>
</table>

Building healthy communities