



**LEADERSHIP 16Y – MAIN-SITE & GRAY JAY**

**PROGRAM OPTIONS:**

**16Y Hike/Canoe @ our Main-site**

**16Y Hike/Horse @ our Gray Jay site**



Make life-long friends and develop strong leadership skills in this unique and memorable program. For 16-year-old youth, this is the time in life to explore stunning landscapes with supportive friends and to develop leadership together. No prior experience is necessary – only a desire to learn, grow and to contribute to a group of friends. Campers enrolled in Alberta Education can earn high school credits during their month at camp. An Alberta student number and a copy of their birth certificate will be required prior to session in order to be eligible for these credits.

**A Leadership Camper writes:**

“I learned things that I will carry with me forever. It was a great time. 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. In the end you get out what you put in.”

**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.”

Hike/Canoe	Horse/Hike
<ul style="list-style-type: none"> <li>- Based out of Main-site</li> <li>- 3-day pre-hike</li> <li>- 11-day hike (leave Main-site and hike through Banff, up to the Yaha Tinda and end at Gray Jay)</li> <li>- 2 days of river learning before their canoe trip</li> </ul> <p><b>4 days canoeing on the Kootenay River</b></p>	<ul style="list-style-type: none"> <li>- Based out of the Gray Jay site</li> <li>- 4-day pre-hike</li> <li>- 11-day hike (starting in Yaha Tinda area, moving towards Banff, and back to Main-site)</li> <li>- 4 days riding in the Yaha Tinda Area</li> </ul> <p><i>Campers and staff travel by bus directly to the Gray Jay site from the Crowfoot YMCA in Calgary.</i></p>

**Program Goals**

1. Group leadership skills
2. Risk management skills
3. Outdoor living skills
4. High School Credits for participants enrolled in Alberta Education
5. Have fun!



# YMCA Calgary

## Camp Chief Hector YMCA Summer Camp

PLEASE NOTE: Evaluations show satisfaction in BOTH programs (Canoe-Hike and Horse-Hike), whether or not the program option was the camper's preferred choice. Participants who have entered their program with optimism and who contribute positively to the group show equal satisfaction with both programs.

### WHAT TO EXPECT

- For campers who are close to or are 16 years old; Co-educational groups (typically 4 females and 4 males)
- These Programs are 27 days in length
- Campers will live in tipis at either Main-site or Gray Jay
- Key Activities outlined in chart above
- Activities at Main-Site
  - o Activities will be chosen based on group interest and may include waterfront activities, high ropes, challenge course, archery and more!
- Activities at Gray Jay
  - o A wide variety of group-initiated activities such as large and small group games, arts and crafts, swimming in Eagle Creek and campfires.
- Experienced, qualified and friendly staff members:
  - o 40-Hour Wilderness Advanced First Aid
  - o Paddle Canada Moving Water Instructor, Tandem (or provincial equivalent) and Canoe River Rescue Workshop (only required for canoe leaders)
  - o Satellite Telephone, First Aid Treatment and Evacuation Guidelines
  - o 10 days of staff training including group leadership and risk management
  - o Prior experience in the region AND/OR specific reference to previous trip reports and references
- These Leadership programs build on the Pioneer programs
  - o It is not necessary to have participated in previous years' programs, however some skills, knowledge and comfort level with outdoor learning and adventures is always welcome
  - o Each year, campers can expect to review and learn new skills and leadership strategies. This includes their role in risk management, safe cook site practices, group meal planning, communicating with teammates, self-confidence, and increasing their abilities to lead others both indirectly and directly.
- Topics include co-existing with wildlife (including cougars, Black bears and Grizzly bears), adapting to sudden changes in weather, healthy kitchen practices, identifying and avoiding exposure to mountain hazards (heights, rock fall, snowfields), and creek crossings. See our [Outtripping Handbook](#) for more examples of the program's leadership skills.
- Leadership participants play games and talk about shared experiences, forming a welcoming and cooperative group.
- Campers in this program are mentors to younger campers, from Pioneers (14 - 15Y), Kananaskin (12 - 13Y) to Mistaya campers (10 - 11Y). Groups will interact, and leadership campers will learn from these younger campers.
- Your leadership contributions will be important to your group and to your leadership community. Your growth will become a life-long strength for you. Your adventures will require teamwork in goal setting, route planning and menu planning. Most importantly, these adventures require your own commitment and having a continuing positive attitude is crucial to your success.
- At the end of your experience, the group shares stories of their explorations and successes with the other Leadership groups. You will join the entire camp community at the final banquet. Later in the evening, you will meet with the other teens at camp at the Mid-Camp coffee-house, sharing your successes altogether.



### **A STRONG AND CLEAR COMMITMENT**

By joining this remarkable program, you will be making a strong and clear commitment. Out of respect for all participants, and for the safety and satisfaction of all those who partake in the program, please review the following points:

- **Goals:** The Leadership program develops group leadership skills in an outdoor setting; Leadership programs are exciting and appropriately challenging; however, they are NOT designed for those seeking an “extreme” outdoor experience
- **Conduct:** Leadership participants commit to respecting themselves and respecting others, as well as to respecting their counsellors’ guidance. **To ensure this is understood and accepted, please read the [Camper & Parent Commitment](#).**

### **RISK AND REMOTENESS**

Leadership participants’ journeys are outside the limits of an urban-setting evacuation. Due to the possibility of communications failure, night-time conditions, challenging weather, cloud-cover or any number of other circumstances, an evacuation may take a number of days. The group may need to re-route due to an injury, an illness or a behavioural concern. **Campers must be clear with themselves, with their families and with Camp Chief Hector YMCA about histories that may influence participation in a remote outdoor journey.** Such information would include the following:

- Fitness level, but more importantly one’s willingness to participate
- Relevant past injuries/illness (all 2016 Leadership evacuations were due to difficulties with prior injuries)
- Disrespectful or risky behaviour, conflictive or self-excluding attitudes and behaviours, offensive language
- Worries or anxieties that would be difficult to manage in the back-country

[Click here](#) for the Leadership packing list.

### **LEADERSHIP HIKE/CANOE 16Y – MAIN-SITE**

Focusing on fun, friendship and responsibility, this program provides a wide range of canoe-related opportunities as well as a backpacking trip. The Hike/Canoe program is based out of the Camp Chief Hector YMCA’s Main-site, but campers will have the chance to visit the Gray Jay site. Campers in this program will develop their canoeing, hiking and leadership skills during their time at camp as they explore both in canoes and in hiking boots. After each trip, groups will discuss and share stories of their successes. They will revisit their goals and see how they are moving towards being better leaders and trippers.

Campers are expected to share their personal goals and develop group goals for both their backpacking and canoe trip. They will have the opportunity to be a leader within their tipi group as they help facilitate games and take turns leading the group during their two trips. Campers will engage in discussions about various wilderness, leadership, and outdoor living topics. This includes topics like navigation, the Leave No Trace movement, safe cook site practices, how to celebrate diversity, and how build trust within a group.

#### **Canoe Experience Part 1: Bow Valley Canoe Skills**

- Campers and staff discuss their goals for the canoe adventures ahead of them.
- Your group spends time reviewing basic canoeing maneuvers on Chilver Lake.



- For two days you will continue to develop canoeing skills on the Bow and Kananaskis Rivers where you will also learn to identify and avoid river hazards.
- Participants practice canoe rescue techniques in moving water.

**Canoe Experience Part 2: Kootenay River Canoe Trip**

- Your group travels to the Kootenay River in Kootenay National Park, at the MacLeod Meadows.
- Your group reviews their plans, including river signals, strokes, hazards and rescue strategies; they load their canoes and then they push off from shore into the river. Typically, the group explores between 10 and 25 kilometers of the river each day. The river usually runs at a grade 2 to 2+ rate. Groups view rapids from shore wherever necessary, in order to decide how best to proceed.
- The trip concludes four days later at Canal Flats in British Columbia.

**Backpacking Experience Part 1: 2/3-Day Hiking Trip**

- This short hike prepares for your 10/11-day backpacking trip.
- You will review and practice backpacking skills that will be essential to your expedition.
- This also provides counsellors an opportunity to assess the group and for campers to self-evaluate their strengths.

**Backpacking Experience Part 2: 10/11-Day Backpacking Expedition**

- After your short trip, your group is now ready to plan and depart for your expedition.
- Packing and planning for the 11-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 700 meters (600 – 2000 feet) in elevation each day.
- Days can be hot and sunny, mild and overcast, cold and raining or even cold and snowing.
- Campsites are in designated areas 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, designed by you and your group, are cooked over a camp-stove. Campsite equipment that is carried by the group includes two tents, two tarps and bear-proof food vaults. *\*Please let us know if you have any severe food allergies that you would like to discuss prior to your trip.*
- You will learn first-hand the value of teamwork and co-operation, negotiation, and compromise. Counsellors work to hand over much of the leadership of the trip to the campers, with each camper being a Leader-of-the-Day a number of times during the expedition.
- By mid-trip, campers are in charge of daily navigation, cooking, tenting and group leadership duties.

LEADERSHIP HIKE/CANOE 16Y FEMALE   \$2815 + GST			LEADERSHIP HIKE/CANOE 16Y MALE   \$2815 + GST		
Session	Dates	Barcode	Session	Dates	Barcode
1	Jul 2 - 28	120108	1	Jul 2 - 28	120109
2	Jul 30 - Aug 25	120224	2	Jul 30 - Aug 25	120225



## **LEADERSHIP HIKE/HORSE 16Y – GRAY JAY SITE**

Focusing on fun, friendship, and responsibility, this program provides a wide range of horse-related opportunities as well as a backpacking trip. The Hike/Horse program is based out of the Camp Chief Hector YMCA's Gray Jay site (90km west of Sundre near Yaha Tinda). This area of Alberta is well-known for spectacular riding trails. Campers in this program will develop their horsemanship, hiking and leadership skills during their time at Camp as they explore the Yaha Tinda area both on horseback and in hiking boots. After each trip, groups will discuss and share stories of their successes. They will revisit their goals and see how they are moving towards being better leaders and trippers.

Campers are expected to share their personal goals and develop group goals for both their backpacking and canoe trip. They will have the opportunity to be a leader within their tipi group as they help facilitate games and take turns leading the group during their two trips. Campers will engage in discussions about various wilderness, leadership, and outdoor living topics. This includes topics like navigation, the Leave No Trace movement, safe cook site practices, how to celebrate diversity, and how to build trust within a group.

### **Backpacking Experience Part 1: 4-Day Hiking Trip**

- This short hike prepares for your 10/11-day backpacking trip.
- You will review and practice backpacking skills that will be essential to your expedition.
- This also provides counsellors an opportunity to assess the group and for campers to self-evaluate their strengths.

### **Backpacking Experience Part 2: 10/11-Day Backpacking Expedition**

- After your short trip, your group is now ready to plan and depart for your expedition.
- Packing and planning for the 11-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 700 meters (600 – 2000 feet) in elevation each day.
- Days can be hot and sunny, mild and overcast, cold and raining or even cold and snowing.
- Campsites are in designated areas 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, designed by you and your group, are cooked over a camp-stove. Campsite equipment that is carried by the group includes two tents, two tarps and bear-proof food vaults. *\*Please let us know if you have any severe food allergies that you would like to discuss prior to your trip.*
- You will learn first-hand the value of teamwork and co-operation, negotiation and compromise. Counsellors work to hand over much of the leadership of the trip to the campers, with each camper being a Leader-of-the-Day a number of times during the expedition.
- By mid-trip, campers are in charge of daily navigation, cooking, tenting and group leadership duties.

### **Horse Experience: 4 days of Riding and Horsemanship Development**

- Group will revisit and discuss their goals for the four days of horseback riding and equine care.
- Campers and staff meet their horses with the guidance and help from our passionate and well trained horse staff.
- Your group also learns to authoritatively manage the risks associated with horsemanship.
- You will review how to groom and saddle a horse. The group rides to the corral area where they practice riding basics.



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- When the group has demonstrated a level of comfort with the fundamentals of riding, they explore the trails of the Yaha Tinda on horseback. If the Red Deer River is suitable to cross, your group may cross the river on horseback to access trails on the south bank.
- In the evenings, your group feeds their horses and cares for the stables.

**GETTING TO AND FROM GRAY JAY**

Campers and staff travel by bus directly to the Gray Jay site from the Crowfoot YMCA in Calgary. Upon arrival at Gray Jay, campers and counselors are welcomed, given a tour, and move into their tipi. Campers and staff travel back to the Camp Chief Hector YMCA's main-site and spend their last night there for the final banquet and closing ceremonies.

LEADERSHIP HIKE/HORSE 16Y FEMALE   \$2815 + GST			LEADERSHIP HIKE/HORSE 16Y MALE   \$2815 + GST		
Session	Dates	Barcode	Session	Dates	Barcode
1	Jul 2 - 28	120110	1	Jul 2 - 28	120111
2	Jul 30 - Aug 25	120226	2	Jul 30 - Aug 25	120227