



LEADERSHIP 16Y – MAIN-SITE & GRAY JAY

MAIN-SITE PROGRAM OPTIONS:

- Hike
- Canoe
- Mountain Arts *NEW*

GRAY JAY PROGRAM OPTION:

- Horse



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.

LEADERSHIP PROGRAMS 2018

Hike (main-site)	Canoe (main-site)	Mountain Arts (main-site)	Gray Jay Horse
<ul style="list-style-type: none"> - Day hike - 3-day hike - 18-day backpacking trip through Banff National Park and adjacent lands, with a rest and re-supply at our Gray Jay site 	<ul style="list-style-type: none"> - two day-trips (canoe development) - 3-day canoe trip - 13-days of canoe tripping (not consecutive) 	<ul style="list-style-type: none"> - Day hiking and canoeing trips - Overnight hike - 8-day backpacking trip with integrated time for art and instruction - Time for art and instruction most days through the session 	<ul style="list-style-type: none"> - Day-long horse and hiking trips - 8-day backpacking trip - Horsemanship, care, riding or learning integrated into most days - overnight rafting trip along the upper Red Deer River

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. Fun!

PLEASE NOTE: Evaluations show satisfaction in all previous leadership programs, even if the program option is the camper’s second 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)



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- 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 have these qualifications and support:
 - 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 safe creek crossings. [Outtripping Handbook](#)
- Leadership participants play ice-breaker 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). Leadership campers will learn from their interactions with these younger campers.
- Leadership will be important to the group and to the Camp community. The Leadership program adventures will require teamwork in goal setting, route planning and menu planning. Most importantly, these adventures require campers to be committed to participating fully in this program and having a positive attitude throughout the 27-days is crucial to a successful experience.
- At the end of the experience, the group shares stories of their explorations and successes with the other Leadership groups. The Leadership campers join the entire camp community at the final banquet and final night closing campfire.

A STRONG AND CLEAR COMMITMENT

Campers must commit to participate fully in this program. 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.
- **Choice:** Please ensure that Leadership campers are choosing this adventure for their summer. This is not a program for campers who are not interested in being at camp.
- **Conduct:** Leadership participants commit to respecting themselves and others, as well as to respecting their counsellors' guidance. We have a zero-tolerance policy regarding behavior or actions that make group members feel uncomfortable or threatened, for

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example, isolating self or others, sexual activity or harassment, alcohol, drugs, cigarettes of any kind or other illegal substances and behaviours. **Both campers and parents/guardians must read and sign the [Camper & Parent Commitment](#).**

RISK AND REMOTENESS

Leadership participants' journeys are outside the limits of an urban-setting or even front-country wilderness 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 including challenges with mental health
- Disrespectful or risky behaviour, conflictive or self-excluding attitudes and behaviours, offensive language
- Worries or anxieties about the program or otherwise that would be difficult to manage in the back-country

Read the **[Leadership packing list](#)**.

HIKE – MAIN-SITE

Focusing on fun, friendship and responsibility, this program provides a wide range of leadership-related opportunities as well as a backpacking trip. The Hike program is based from Camp Chief Hector YMCA's Main-site, but campers will have the chance to visit the Gray Jay site. These participants will develop their hiking and leadership skills during their time at camp as they explore through a series of experiences. 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 their backpacking trips. 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.

Day hike:

- Before leaving on their camping trip, the group will also explore the local area on a day hike, during which campers will learn basic skills, increase their comfort level, and continue developing as leaders and teammates.

3-Day Hiking Trip:

- This short hike prepares the group for their 18-day backpacking trip.
- Campers will review and practice backpacking skills that will be essential to the longer expedition.
- This also provides Camp staff an opportunity to assess the group and for campers to self-evaluate their strengths.

18-Day Backpacking Expedition:

- Packing and planning for the 18-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 900 meters 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 the 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.*



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- Campers will learn, first-hand, the value of teamwork and co-operation, negotiation, and compromise. Camp staff 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 16Y FEMALE \$2905 + GST			LEADERSHIP HIKE 16Y MALE \$2905 + GST		
Session	Dates	Barcode	Session	Dates	Barcode
1	Jul 8 – Aug 3	134278	1	Jul 8 – Aug 3	134280
2	Aug 5 – 31	134279	2	Aug 5 – 31	134281

CANOE – MAIN-SITE

Focusing on fun, friendship and responsibility, this program provides a wide range of leadership-related opportunities as well as a canoeing trip. The Canoe program is based out of the Camp Chief Hector YMCA's Main-site. Campers in this program will develop their canoeing and leadership skills during their time at camp as they explore over the course of a series of experiences. 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 their canoeing trips. 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 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.

Day Trips:

- Before leaving on their camping trip, the group will also explore the local area on two day trips to local water systems, during which campers will learn basic skills, increase their comfort level, and continue developing as leaders and teammates.

3-Day Canoe Trip:

- This short canoe trip prepares campers for the 13-day canoe trip(s).
- Participants will review and practice canoe skills that will be essential to the expedition.
- This also provides Camp staff with the opportunity to assess the group and for campers to self-evaluate their strengths.

Canoeing Expedition(s):

- The group will plan their meals, equipment and trip goals
- 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 rivers and forests. Side trips may include exploration of viewpoints, mountain passes, waterfalls or hike-approached summits.
- Meals, designed by the group, are cooked over a camp-stove or firebox. Campsite equipment that is carried by the group includes two tents, two tarps and canoe barrels.
- Campers will learn first-hand the value of teamwork and co-operation, negotiation, and compromise. Staff 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.
- With staff support, campers are in charge of daily navigation, cooking, tenting and group leadership duties.



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Session	Dates	Barcode	Session	Dates	Barcode
1	Jul 8 – Aug 3	134114	1	Jul 8 – Aug 3	134118
2	Aug 5 – 31	134115	2	Aug 5 – 31	134119

MOUNTAIN ARTS – MAIN-SITE

The Leadership - Mountain Arts group will have a focus on visual arts, using the natural world and mountain culture as inspiration. Campers will increase their comfort in the backcountry, combining hiking and leadership skills with time to create. During their session at camp, they will work on group and individual creative projects and share some of their work with the camp community. Campers will talk about their personal goals and develop group goals for both their backcountry trip and art experiences. They will have the opportunity to be a leader within their tipi group as they help facilitate games and take turns leading the group.



Camera - Campers will need to bring their own camera. Any type and brand will work as long as it is not part of a mobile phone/tablet/ipod/etc. and please not a disposable camera. We will have a secure place for the group to store their cameras.

Participants in all Mountain Art groups will leave one piece of art at camp to be on display through the summer and as a contribution to the Camp Chief Hector art show in the fall. This piece is chosen by the camper and will become the property of Camp Chief Hector YMCA.

Mountain Arts:

Areas of focus for artistic creation

- Photography - basics of taking good photos, exploring themes, mountain photography and history
- Drawing and Painting – groups will take supplies with them most days to incorporate drawing in their daily routine
- Art with Nature – using the natural world as physical inspiration
- Group Project – each group will have a project they collaborate on during the session, for example creating an interpretive trail or adding art to their section building (projects are determined by group and leaders)
- Art encompasses so much! Throughout their time at camp, the groups will have potential opportunities to discover other forms of art, for example, music, literary, sculpting/carving, and performing

10-Day Backpacking Trip:

- The focus of this trip is to have the opportunity to create while immersed in the natural world. The group will have time each day devoted to art and campers can expect to bring along a few different mediums to use during their backpacking trip.
- The group will travel to a campsite and stay there for a few days to explore the area and create before moving on to the next campsite.
- To prepare and start to become comfortable with backcountry living, the group will do at least one day hike and an overnight trip. This will allow all members of the group to be familiar with the systems and flow of a day in the backcountry.
- Groups will travel between 5 to 15 kilometres per day, including anywhere from 200 to 700 meters in elevation. Some days will focus more on art and exploration and not on moving camp and travelling. This is an opportunity for campers to explore and develop comfort and a sense of belonging in the natural world.
- Packing and planning for the 10-day hiking expedition is the whole group's responsibility.
- Days can be hot and sunny, mild and overcast, cold and raining or even cold and snowing.

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- 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 the 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.
- 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 trip.
- With the support of counsellors, campers are in charge of daily navigation, cooking, tenting and group leadership duties.

LEADERSHIP MOUNTAIN ARTS FEMALE \$2905 + GST			LEADERSHIP MOUNTAIN ARTS MALE \$2905 + GST		
Session	Dates	Barcode	Session	Dates	Barcode
1	Jul 8 – Aug 3	134282	1	Jul 8 – Aug 3	134284
2	Aug 5 – 31	134283	2	Aug 5 – 31	134285

HORSE – GRAY JAY SITE

This program provides a wide range of horse-related opportunities as well as a backpacking trip. The 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. 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 time at camp. Campers will engage in discussions about various horsemanship, riding, wilderness, leadership, and outdoor living topics.

Riding and Horsemanship:

- Campers will discuss their goals for 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.
- When the group has demonstrated a level of comfort with the fundamentals of riding, they will 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.
- Some time will be spent riding trails, some will be in the arenas learning more about horsemanship, control and the basics of horse packing.
- With their counsellors and help from the other groups, the Leadership group is responsible for feeding and caring for the Gray Jay horses and the barn and paddock areas.

Overnight Hiking Trip:

- This short hike is in preparation for backpacking and horseback riding in the backcountry.
- 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.

8-Day Backpacking Trip:

- During this backpacking trip, the group will explore the local Yaha Tinda valley. This area of the mountains has long been host to people travelling with horses and on foot. The group will align their goals and find a route that is the right challenge for all participants, and includes exploring some areas of history and significance.



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- Packing and planning for the 8-day hiking trip 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 the 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.
- 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.

GETTING TO AND FROM CAMP GRAY JAY

Campers and staff travel by bus directly **to and from the Gray Jay site from Shane Homes YMCA** at Rocky Ridge in NW Calgary.

GRAY JAY LEADERSHIP HORSE FEMALE \$2905 + GST			GRAY JAY LEADERSHIP HORSE MALE \$2905 + GST		
Session	Dates	Barcode	Session	Dates	Barcode
1	Jul 8 – Aug 3	134116	1	Jul 8 – Aug 3	134120
2	Aug 5 – 31	134117	2	Aug 5 – 31	134121