



Kamp Kiwanis

Parent Manual: Outdoor School with Kamp Kiwanis

Objective:

Outdoor School with Kamp Kiwanis is based upon a simple premise: Provide a curriculum-based, engaging, outdoor learning experience that meets the needs of students, parents, and teachers.

Goals:

1. Increase capacity in the areas of Environmental Literacy, Awareness, and Action.
2. Provide a total learning experience specific to each individual school/classroom that spans the breadth of Alberta Learning's Program of Studies.
3. Provide experiential and inquiry-based curriculum studies in science, physical education, social studies, art, and language arts.

Preparation

Overview:

Students need to know that Outdoor School with Kamp Kiwanis is an educational experience that is part of the entire school program. They are expected to conduct themselves as though they were in a school setting. Respect for one's self, others, and the environment is stressed.

Clothing:

Everyone, students and adults, should wear 'animal clothing' - clothes that can get wet and dirty. Being worried about keeping clothes clean gets in the way of getting in touch with the natural world. Your child should bring clothing that it is ok to get dirty in as they will be outside for much of the trip. Dressing for the weather is critical. Please tell students to pack for the worst weather possible. Even if the forecast looks to be sunny all week, the weather could easily change.

Suggested Packing List:

- Socks (many!)
- Underwear
- Shirts
- Sweaters/Sweatshirts
- Jeans/Heavy pants
- Pajamas



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- 2 PAIRS of shoes (runners, rubber boots, winter boots, etc.)
- Warm/Waterproof Jacket
- Toque/Hat
- Mittens/Gloves
- Day Pack/Backpack
- Sleeping bag OR bedding (sheet, blanket, pillow)
- Toiletries (hair brush, face wash, etc.)
- Toothbrush & Toothpaste
- Towel & Shower Stuff
- Water Bottle
- Book/Journal
- Pencils/Pens
- Please pack all items in: a suitcase, hockey/sports bag, duffle bag, hiking backpack. NO garbage bags please!

* Some schools may choose to have the students bring cameras. Please check with your teacher.

Please do not Bring the Following:

- Food
- Money
- Curling Irons/Hair Dryers
- Electronics (cell phones, games, smart watches, cameras)
- Flashlights
- Jewelry/Anything expensive or sentimental
- Knives
- Lighters/Matches

Transportation:

Transportation is primarily provided via Willco Transportation (other bus companies may be used for your trip). Willco is a bus company based out of Springbank that does many routes for various school boards in the Calgary area. Kamp Kiwanis will book the necessary transportation.

Roles & Responsibilities

Overview:

Upon arrival the organization, teaching, and supervisory responsibilities are shared in a variety of ways.



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Teacher Responsibilities:

Teachers have first hand knowledge of students' academic base and needs, as well as experience with what is happening back at Outdoor School. Teachers will interject with expertise whenever appropriate, and will also be in charge of student behavior and any medical concerns.

Kamp Kiwanis Staff Responsibilities:

The Kamp Kiwanis staff team is composed of all adults, usually of university age. All staff have a minimum of standard first aid and CPR, although many have higher level certifications such as wilderness first aid or NLS. All have submitted a clear criminal record check that includes a vulnerable sector search and have undergone an internal reference check procedure.

The Kamp Kiwanis staff will lead all program activities including mealtimes (let-ins, hand washing, announcements, etc). The Kamp Kiwanis staff will also assist with the supervision of students. Kamp Kiwanis will provide staff at a ratio of at least 1:15. With your school providing a ratio of 1:15, the overall ratio is usually around 1:7. Please note that Kamp Kiwanis staff do not count in school supervision ratios. Kamp Kiwanis staff will deal with any immediate behaviour issues and inform teachers of any behavioural incidents that occur.

There will be at least 1 Kamp Kiwanis staff acting as a cabin supervisor in each dorm room area.

Food:

The food services department is able to accommodate a wide variety of dietary needs as long as we have this information in advance. Please have your dietary needs submitted 2-3 weeks in advance to your trip date so the kitchen can best accommodate the individual's needs. The common dietary restrictions that can be accommodated are: nut free, gluten free, vegetarian/vegan and lactose free. If a student/teacher has a severe dietary need outside the above needs, the parent or teacher will need to contact the chef directly and the needs of the student/teacher will be dealt with on a case by case basis. The kitchen is nut aware which means that food coming from the kitchen will not contain nuts. However, we can not control snacks and food that groups or other students might bring.

Health Concerns:

In the case of a medical emergency, 911 will be contacted. If a student needs to be taken to the hospital, the Alberta Children's Hospital is the normal destination.



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Kamp Kiwanis staff are trained in a minimum of standard first aid and will respond to any incidents to the level of their training. Any reported incident will be documented and teachers will be informed.

Cost:

The cost of the Outdoor School program, room and board will generally be borne by the parents. If problems exist in this area, please contact your child's teacher or principal in confidence, and arrangements will be made.

A Typical Day:

7:15am Wake Up
8am Breakfast
9:15am Cabin Inspection
10am Program Studies 1
11am Program Studies 2
12pm Lunch
1:15pm Nature Nook (Journaling Time)
2pm Program Studies 3
3:30pm Program Studies 4
4:30pm Recess
5pm Dinner
6pm Wide Game
7pm Classroom Meeting
8pm Kampfire
9pm Evening Activity
9:30pm Get ready for bed
10pm Lights out
* times are subject to change

Additional Information

Kamp Kiwanis Information:

Kamp Kiwanis is an overnight summer camp for underprivileged or disadvantaged children, and an outdoor school provider. Kamp Kiwanis was founded in 1951 by the Kiwanis Club of Calgary. We welcome over 12,000 campers, students, and community members to our programs every year.

Kamp Kiwanis Program Location:



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Kamp Kiwanis is running the Spring Outdoor School program at the Camp Connect on Sibbald lake off of Highway 68 in Kananaskis. The camp is situated on approximately 64 acres of mixed spruce and poplar forest in Kananaskis Country. The camp is equipped with heated yurts, indoor plumbing, and shower facilities.

Emergency Service Access:

The closest emergency response for the is the Kananaskis Emergency Services Centre located on Highway 40, 26 km south of Highway 1. The Kananaskis Emergency Services Centre provided "front-country" and facility fire and rescue services throughout the Kananaskis Improvement District (KID). Their services include:

- Vehicle Extrication and Rescue
- Municipal Fire Suppression
- Wildland Fire Suppression
- 24 Hour Advanced Life Support (ALS) services from both Station 96 in Ribbon Creek and Station 95 in Priddis; paramedics respond to a range of both front-country and back-country emergencies throughout KID
- Backcountry rescue (partnering with Alberta Tourism, Parks and Recreation and Kananaskis Public Safety)

The closest hospital is the Canmore General Hospital, 55km away located at:

1100 Hospital Place

Canmore, AB T1W 1N2

Phone: 403-678-5536

Depending on the situation, the Alberta Children's Hospital in Calgary could be considered.

Risk Assessment & Management:

Kamp Kiwanis aims to provide a safe and enjoyable educational Outdoor School experience and has done so for more than 50 years. Our staff have provided current criminal records checks and hold current certifications in standard first aid and CPR. Kamp Kiwanis staff receive training in risk management, emergency procedures, childcare, and the program material.

Maintaining a safe environment for learning is a top priority for Kamp Kiwanis. However, there are inherent risks associated with all activities. Kamp Kiwanis manages these risks through education and action. Kamp Kiwanis staff are familiar with the inherent risks associated with outdoor programs and activities. The following table outlines our risk management plan.

Hazard	Explanation	Risk Management
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Trees & Branches	☐ Trees and branches present a hazard with the potential of poking a person or falling in the wind.	☐ Participants are warned to be careful when running or moving in a forest. ☐ Dangerous trees or branches are regularly removed. ☐ Activity areas are placed in areas where there are minimal dangerous trees and branches. ☐ Kamp Kiwanis staff carry 1st aid kits.
Insects	☐ Insects present a hazard as some insects such as wasps or bees may sting a person and cause an allergic reaction. ☐ ticks are also present periodically.	☐ Participants are informed of the risks and asked to avoid wasp nests or bee hives they may come across. ☐ Wasp nests or bee hives close to activity areas are removed. ☐ Students are informed that they should be aware that there may be ticks in the area and informed as to how to dress and check for ticks. ☐ Kamp Kiwanis staff carry 1st aid kits.
Wild Animals	☐ Animals such as squirrels, mice, birds, rabbits and deer live year round. Other animals such as coyotes and black bears are infrequent visitors to the site however, they are present randomly at different times of the year.	☐ Contact with any wild animal is avoided. ☐ Participants are informed that they are in a natural environment that has many wild animals in it. ☐ Participants are expected to stay in activity groups. ☐ Kamp Kiwanis staff are trained to respond to animal encounters.
Uneven Terrain	☐ The Outdoor School site is a natural area. Footing is uneven with roots and	☐ Participants are informed of the nature of the terrain and the need to monitor the changes in terrain.



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	elevation changes present	☐ Dangerous areas are avoided. ☐ Kamp Kiwanis staff carry 1st aid kits.
Weather & Natural Disasters	☐ All natural outdoor areas present the risk of a person being exposed to unexpected weather conditions.	☐ Weather forecasts are monitored. ☐ Evacuation plans are in place.
Becoming Lost	☐ All natural areas present the risk of a person becoming lost.	☐ Participants are expected to remain with their activity groups during all structured activities. If free time is scheduled, a defined area, with clear boundaries is stated. ☐ Participants are informed that if they get lost they are to stay in one spot and someone will find them. ☐ Regular attendance check-ins are conducted by Kamp Kiwanis staff.

Questions:

If you have any questions concerning Outdoor School, please feel free to contact the staff at Kamp Kiwanis (outdoor.school@kampkiwanis.ca or 403-242-9255). We are looking forward to running programs for your school this season.