

WIDJIWAGAN

YMCA WILDERNESS ADVENTURES

**YMCA Camp Widjiwagan
Environmental Education
School Resource Packet**

YMCA Camp Widjiwagan

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WELCOME TO WIDJIWAGAN

Thank you for your interest in YMCA Camp Widjiwagan's environmental and outdoor education program. Since 1973 Widji has worked with schools and other groups looking for an outdoor based experience for youth. Our small-community focus, wilderness setting and talented staff provide enriching experiences for thousands of participants every year.

This booklet contains helpful information about the Widjiwagan program, from general information about our facility and curriculum, registration materials to planning information.

Thanks again for your interest. Feel free to call if you have additional questions or need more information. We look forward to hearing from you and seeing you up north!

Sincerely,

**Karen Pick
Program Director
218-365-2117 ext 221
karen.pick@ymcamn.org**

SECTION ONE - OVERVIEW

Widjiwagan's mission is to develop in young people a respect for self, community and the environment through wilderness adventure and environmental education. Our wilderness setting, strong program and talented staff provide learning opportunities which empower students to invest in themselves and an environmentally sustainable future. Participants in our program will gain:

- Heightened awareness and appreciation of the natural environment
- Understanding of ecological concepts
- Knowledge of cultural and natural history of the region
- Recognition of the relationship between human attitudes, behaviors and the environment
- Problem solving and decision making skills
- Development, learning and growth

We achieve this through:

- Wilderness immersion
- Modeling an ecologically conscious lifestyle
- Community based, small group experiences
- Experiential learning, outdoor recreation and fun!

LOCATION

YMCA Camp Widjiwagan sits amidst the towering pines of northern Minnesota's inspiring forests. Located 260 miles from the Twin Cities (130 miles from Duluth), Widjiwagan is surrounded by the Superior National Forest and Burntside State Forest. The million acre Boundary Waters Canoe Area Wilderness sits a mere half-mile hike from our door. Glacier scoured cliffs, winding eskers, bogs and fens are as much a part of Widjiwagan as the buildings themselves.

The modern yet rustic facility is located on the northern tip of Burntside Lake's North Arm. The 400 acre site is only 14 miles from Ely, Minnesota. We have over fifty miles of ski and hiking trails which serve as corridors into the wilderness, where curiosity, discovery and excitement await.

STAFF

The staff members at Widjiwagan are a dedicated and talented crew, committed to providing students unique opportunities for learning and adventure in the north woods. Activities are led by Instructor Naturalists; individuals who have had extensive experience working with youth in an outdoor setting. Instructors have completed college and are certified in first aid and CPR and many are certified Wilderness First Responders. Assisting the Instructors are Intern Naturalists; individuals either pursuing a degree or desiring experience in environmental education. As employees of the YMCA of the Greater Twin Cities, all staff undergo background checks as well as thorough interviews and screening.

UNIQUE QUALITIES

Wilderness Based Program – Our facility is located literally on the edge of the wilderness. Thousands of acres of unspoiled boreal forest surround Widjiwagan. The call of the loon, howl of the wolf and bright displays of the northern lights are common. Utilizing this incredible classroom is a priority for all our activities. Hiking at night under starry skies, relaxing after lunch on a quiet north woods lakeshore, or learning orienteering skills in the wilderness is how Widjiwagan works.

Small Community Focus - We structure Widjiwagan's program to make cooperation and teamwork part of every day. Outdoor activity usually takes place in small groups of six to ten students paired with one or two Widji Instructor Naturalists. This low student to staff ratio offers the ideal environment for personal challenge and group development. Together, our staff helps participants accomplish their goals and create new friendships.

EMERGENCY PROCEDURES

Widjiwagan is located fourteen miles from the nearest hospital and clinic in Ely, Minnesota. A health service office is located in our office building which meets basic health needs. Widjiwagan is part of the St. Louis County 911 emergency system.

CAPACITY

We serve groups of up to 117 participants at our facility during the fall, winter and spring.

Program Facilities:

- Sigurd Olson Center – group space, health service and office
- Kirby Dining Hall – dining, group space
- Wash House – bathrooms, showers
- Sauna – traditional wood-fired, Finnish dry sauna
- Anaktuvik Pass – group space
- Trail Building – group space

Sleeping Cabins:

- East Wind – 16 beds (2 rooms of 2 bunk beds, 1 room of 4 bunkbeds), living room, 2 bathrooms
- West Wind – 16 beds (2 rooms of 2 bunk beds, 1 room of 4 bunkbeds), living room, 2 bathrooms
- Caribou – 15 beds
- Fox – 18 beds
- Wolf – 18 beds
- Bear – 12 beds
- Lynx – 12 beds
- Osprey – 10 beds

SECTION TWO - CURRICULUM

Getting the most out of your Widji experience:

We know that it takes a lot of effort to get your group to camp. We want you to feel that your efforts have been worth it and that your group has a fantastic experience. With this in mind, we offer you these suggestions to help you get the most out of your time at Widji. With some prior thought and planning, you can create a week for your students that will allow you to build upon it throughout your school year. As you consider Widji's curriculum options, please keep in mind the following ideas:

First, select a program theme. Having a "string" to help students tie together the numerous adventures and discoveries which are a part of the experience is important. Whether setting a tone in our Orientation Talk or planning a route for the all day Eco Hike, a program theme helps students focus.

Second, choose activities and presentations that are connected to your theme as well as the interests of your students. Ideally, the program builds upon itself from day to day. Choosing activities and presentations carefully will help make this happen.

Third, plan lessons that connect to the curriculum at your school. A Night Hike is the perfect environment for students to discuss and review the habitats of nocturnal animals. An evening presentation on the Night Sky can launch students into a semester of astronomy. We encourage you to use your group time at Widjiwagan as more than just an isolated experience. You will find it more rewarding that way.

Curriculum Offerings & Descriptions

Our curriculum is designed to utilize the surrounding wilderness as much as possible. Guided exploration and hands on investigation are the ways we put this into practice. The Widji curriculum is divided into Small Group Classes in which students participate in “study groups” of 6-10 students and Large Group Classes which may involve an entire class of students .

Small Group Classes : Activities and outdoor focused lessons that utilize hands-on, experiential learning. These lessons emphasize observation, critical thinking and teamwork.

Large Group Classes: These presentations and activities may be classroom or outdoor based. They are designed to build enthusiasm for and knowledge of the outdoors.

The following events are incorporated into all schedules:

1. Orientation

An introduction into the program, staff and facility is part of the first day for every group of students. A short indoor presentation introduces the program’s mission of “Respect for self, community and environment” and creatively introduces students to dressing appropriately. In study groups, the students then hike around the facility and begin setting goals for their experience in the north woods.

2. Night Hike

This activity focuses on heightening sensory awareness by experiencing the natural world from a different perspective. A typical night hike may include: blind hike, star gazing, creative writing, nocturnal natural history, solo time and assorted games.

3. Ecology “Eco” Hike

Using skills and information developed during the week, the students prepare for and take a five to six hour hike filled with activities and games to explore the region. Each study group of students is sent on a unique mission and is responsible for returning to share their findings during a closing debrief.

4. Teacher Supervision

For approximately one hour every day, the teachers and chaperones supervise the students. Each school should plan this time in a way that is most beneficial to the students’ needs. Activities such as creative writing, supervised “free” time or group discussion are common.

5. Finnish Sauna or Folk Dancing

A traditional dry sauna is taken by all interested students (in the winter, students 6th grade or older) and is followed by a dip in the lake. Boys and girls sauna separately- swimsuits are required.

Folk dancing provides an opportunity to stomp and clap while learning several simple traditional dances. The activity is offered for students younger than 6th grade in place of the sauna.

6. Closing Campfire

The entire community has the opportunity to sing, laugh, tell stories and share final thoughts as the week comes to a close.

Small Group Classes:

Animal Studies

Students explore tracks and other signs of animals in the natural world. Through games and exploration, the students will learn many of the secrets of survival practiced by the remarkable creatures of the north woods.

Forest Studies

Students explore the fascinating world of plants in Minnesota's northern forests. Students discover the adaptive strategies of plants, learn tree identification and classification and explore a variety of forest habitats.

Freshwater Studies (Fall and Spring only)

The lesson enhances students' understanding of the role of water on this planet. By exploring the diversity of freshwater habitats in the north woods, students learn about the water cycle and concepts such as pH and aquatic communities.

Teambuilding

Building a sense of group and exploring the important skills of cooperation and communication is the theme of this activity. Groups will encounter a wide array of challenges which each offer a new opportunity to work together.

Map and Compass

Hands-on experience is emphasized as students learn the skills necessary to navigate using a map and compass. Groups may utilize our on-site orienteering course as they develop the skill needed to navigate their way using these tools.

Canoeing Skills (Fall and Spring only)

Students are taught basic paddling strokes and have the opportunity to explore the area as the Voyageurs and Native Americans once did. All participants are required to wear life jackets and follow Widji canoeing procedures.

Voyageurs and the North Canoe

Students travel back to the 1800s to learn about the Voyageurs and their role in the great fur trade. Topics may include the history of the fur trade, the use of birch bark canoes, traditional food and gear the Voyageurs used and more.

Wilderness Survival

Being able to create a shelter, build a fire and find food are essential skills for anyone excited to spend time in the outdoors. This class teaches students the fundamentals of basic outdoor survival in a fun, hands-on manner.

Cross Country Skiing (Winter only)

After an introduction to ski equipment, staff outfit students with equipment and instruct them in basic track skiing. The students are divided into small groups based upon ability and then have the opportunity to ski along the miles of nearby trails.

Options

This activity allows the Widji staff to prepare and offer their favorite activity for the students in their study group. Topics may include papermaking, bird identification or focusing on a specific north woods animal.

Large Group Classes:

The Night Sky

Observation of the magical night sky is only one of the tools used to gain students interest and curiosity in understanding planets, stars and constellations. The presenter may use legends, dramatics or models to make this presentation factual and fun.

Wolves of the North

This presentation examines the complex issues surrounding this threatened species which thrives in the wilderness of northern Minnesota. Discussion, slides or video bring the concepts of wolf ecology and species management into the classroom.

Global Issues

There are many complex environmental issues facing humans today, such as acid rain, global warming and solid waste disposal. This presentation provides an introduction to these issues and then helps students explore how they can make a difference.

Glacial Geology

Titanic forces have shaped the face of northern Minnesota. Over time, ancient bedrock has been exposed and deep lakes scoured out. Students will explore the history of glacial eras and learn basic terminology and features.

Native Cultures of Northern Minnesota

This presentation introduces students to the culture and history of people native to Northern Minnesota. Community structure, hunting and gathering, story telling and much more are woven together to create the basis of this presentation.

North Woods Birds

Of all wild creatures, birds are the most conspicuous and colorful. This presentation introduces students to the great diversity of birds that reside in and migrate to the north woods.

Snow Crystal Study (Winter only)

The Inuit cultures of the north have many words to describe what we simply call snow. This presentation covers crystal structure and metamorphosis, snow layering and habitat impact.

Boreal Black Bears

Black bears are some of the most extraordinary animals in the north woods. We'll use discussion and activities to learn about issues surrounding the prevalence of these powerful animals.

Sustainable Living; Big ideas and small steps

Using discussion, games and activities, students have the opportunity to investigate how choices they make impact their communities and the environment.

Environmental Simulation

This exciting activity simulates a public hearing on a regional environmental issue. Students role play as members of interest groups, presenting and discussing a wide range of views. Other students, acting as the facilitating governing body, seek to develop an appropriate community solution. Students learn about the particular issue being addressed as well as how the public process works.

Predator & Prey

Role playing as predator and prey within the food chain, students must locate food, water and shelter while also hunting and/or being hunted. Discussions before and after the game cover topics such as carrying capacity and the food chain.

Quiz Bowl

Within the framework of a game show, students have the opportunity to review concepts and themes discussed during their week.

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Breakfast Male Female Students Adults STUDY GROUPS 1. (8) xxx, xxx 2. (8) xxx, xxx 3. (8) xxx, xxx 4. (8) xxx, xxx 5. (8) xxx, xxx 6. (8) xxx, xxx Theme: Start Date:	8:00 Breakfast *Clean Cabins 9:30 SMALL GROUP ACTIVITIES	8:00 Breakfast *Clean cabins 9:30 SMALL GROUP ACTIVITIES	8:00 Breakfast *Clean Cabins 9:30 ECO-HIKE PLANNING Proper Clothing Equipment & Food Set Goals Discuss theme Depart!!!	8:00 Breakfast *Pack & Clean before b-fast *Lost & Found *Program Evaluations *T-Shirts/Sweatshirts for sale 9:00 Departure
12:00 Lunch 2:00 ARRIVAL!! ORIENTATION TALK Dressing Appropriately MOVE INTO CABINS ORIENTATION HIKES 5:00 GAMES & Teacher Meeting (SOC)	12:30 Lunch 1:30 SMALL GROUP ACTIVITIES 4:30 LG GROUP ACTIVITY	12:30 Lunch 1:30 SMALL GROUP ACTIVITIES 4:00 LG GROUP ACTIVITY	Trail Lunch 3:30 Return 4:00 ECO-DEBRIEF 4:30 TEACHER SUPERVISION	
6:00 Dinner Food Waste _____ 7:30 NIGHT HIKE 10:00 Lights Out	6:00 Dinner 7:30 LG GROUP ACTIVITY 8:30 TEACHER SUPERVISION 9:30 Lights Out	6:00 Dinner 7:30 LG GROUP ACTIVITY 8:30 TEACHER SUPERVISION 9:30 Lights Out	5:30 Dinner 6:45 SAUNA TALK & SAUNA CAMPFIRE 9:30 Lights out	

SECTION THREEE - REGISTRATION INFORMATION

REGISTRATION PROCESS

Registration for YMCA Camp Widjiwagan’s environmental education program occurs in three stages. This process is intended to make enrollment as simple and equitable as possible. The intent is to meet the needs of returning organizations while also recognizing the desires of new organizations.

Stage 1 – REPEAT Registration Option

Returning organizations may choose to return in the same time slot from year to year. After receiving repeat registration information, organizations have one month to make this decision.

Stage 2 – RETURN Registration Option

Returning organization may wish to request a different time slot then the previous year. For each season, this stage begins on the date outlined below. Repeat registrations have priority over return registrations.

Stage 3 OPEN Registration Option

New organizations may request dates for the coming year at any time following stages 1 and 2. For each season, this stage begins on the date outlined below. Repeat and return registrations have priority over open registrations.

Registration Schedule

<u>Stage</u>	<u>Fall</u>	<u>Winter</u>	<u>Spring</u>
Repeat registration	December 1	April 1	June 1
Return registration	December 15	April 15	June 15
Open registration	January 1	May 1	July 1

NOTE – If the 1st or 15th fall on a weekend or holiday, registration will begin the next weekday.

Contracting Process

1. Widjiwagan’s Twin Cities office will issue an agreement as soon as a registration is received.
2. The agreement must be returned within **one month** with the specified non-refundable deposit.
3. No dates are officially reserved until the agreement and deposit have been received.

PROGRAM FEES 2016-2017

Widjiwagan's Environmental Education Center

Environmental Education Program

These fees include all instruction, food, lodging and equipment but do not include transportation.

<u>Length Of Stay</u>	<u>Program Options</u>	<u># of Meals</u>	<u>Fee per Student</u>	<u>Fee per Adult</u>
5 Day	M to F	11	\$203.00	\$ 101.00 *
4 Day	M to Thur	9	\$170.00	\$ 85.00 *
3 Day	M to W W to F	7	\$129.00	\$ 65.00 *

* One adult chaperone is required for every 10 students. One chaperone per 10 students is allowed at the adult fee. Additional chaperones are billed at the student fee.

Additional Meals

Groups may add meals to their program schedule.

Breakfast -	\$6.50	Dinner -	\$8.45
Lunch -	\$7.00	Bag Lunches -	\$3.50

Scholarships

The YMCA provides financial assistance based on need and availability of funds. Please call for additional information.

YMCA Camp Widjiwagan Fall/Winter/Spring Program Policies

Widjiwagan is excited and pleased to have the opportunity to work with other organizations and schools. Listed below are the guidelines which serve as a base for these partnerships. Please review these guidelines carefully.

CONFIRMATION, ENROLLMENT & CANCELLATION:

*To confirm agreement dates, organizations/schools must return the signed agreement along with a non-refundable deposit of 50% of estimated final billing fees.

*The total number of participants listed on the contract will represent projected enrollment. A guaranteed enrollment must be projected no later than 30 days before arrival.

*Cancellations:

More than 60 days before arrival: Widji retains \$500 of deposit.

60-30 days before arrival: Widji retains the non-refundable deposit and is paid 50% of the guaranteed enrollment.

29-15 days before arrival: Widji retains the non-refundable deposit and is paid 80% of the guaranteed enrollment.

15 days or less before arrival: Widji retains the non-refundable deposit and is paid 90% of the guaranteed enrollment.

GUIDELINES:

- We encourage you to thoroughly prepare your students and chaperones for their Widji experience. You can do this by reviewing our “What to Expect” paperwork with participants, scheduling a dvd presentation and/or discussing the experience with the participants. Central to our program is Widji’s mission of **Respect for self, community and environment.**” Participants and Group Leaders are expected to support this theme by following all program policies.
- In the event necessary, Widjiwagan staff will coordinate all first aid or emergency care in conjunction with organization/school personnel.
- School/Organization personnel are responsible for dispensing prescribed student medications.
- Any damage to the facility, grounds, or equipment resulting from inappropriate use is the financial responsibility of the school/organization.
- Smoking is not permitted. Groups may ask that this requirement be waived prior to their arrival. In this event, individuals who smoke may only do so at our designated outdoor smoking area.
- The use of alcohol and drugs is not allowed and are grounds for dismissal.
- Firearms are not allowed at Widjiwagan.
- Please distribute a copy of this information as well as our “Chaperone Expectations” form to all group leaders prior to your Widjiwagan trip.

SECTION FOUR - PREPARING FOR YOUR STAY AT WIDJIWAGAN

Getting students and chaperones prepared and excited for Widjiwagan is an important part of the entire experience. Managing expectations, introducing concepts, discussing appropriate behavior and setting goals will help everyone get the most out of the time. Here are some simple suggestions:

WHAT TO EXPECT:

Please explain to your students that we are a different kind of school than the one they are used to attending. Just as your school has certain behavior expectations, we also want students to treat themselves and others with respect. While at Widjiwagan, your class will spend the majority of their time outside learning and having fun. Please set your students up to understand that participation is the key to getting the most from their experience.

CLOTHING & EQUIPMENT:

Sharing examples of appropriate clothing and equipment with students helps them understand how to prepare to be outdoors. Emphasizing using layers of clothing, staying as dry as possible (good rain gear or snow pants) and keeping head, hands and feet warm.

PICTURES OR DVD PRESENTATION:

Pictures are worth a thousand words. Showing photos, slides or Widji's DVD and telling stories will enable everyone to see the experience more accurately. A Widji staff member is available to participate in the presentation if desired.

INTRODUCE KEY CONCEPTS:

While up north students will encounter opportunities to learn outdoor skills, understand the natural environment and work together in a group. Introducing key concepts which connect to the selected curriculum gives students a head start.

DISCUSS BEHAVIOR EXPECTATIONS:

Working together and participating in the north woods lifestyle is integral to the experience. Agreeing on student policies for the trip helps set a positive tone from the start.

PREPARATION CHECKLIST FOR GROUP LEADERS

1. ___ Dates confirmed. Dates attending: _____
 Agreement and deposit mailed to Widji Office.
2. ___ Transportation plans set
3. ___ Program introduced to participants:
4. ___ Materials distributed to participants:
 - * Health Form (adult or student)
 - * Clothing List
 - * Map (if driving separately)
5. ___ Program information shared with chaperones.
 Distribute:
 - * Chaperone Responsibility Form
 - * Copy of anticipated schedule
6. ___ Curriculum Form completed and sent to Widji at least two weeks before departure.
 Email: karen.pick@ymcamn.org Phone: 218-365-2117 ext.221
 Fax: 218-365-2018
7. ___ Information collected from students:
 - * Completed Health Form
 - * Program and Transportation Fees
 - * Additional Medication/Medical Information?
8. ___ Program schedule and housing plan received from Camp. This will include:
 - * Housing plans
 - * Program schedule
 - * Number of study groups
9. ___ Depart for Ely. Call from final stop to estimate arrival time (218-365-2117).
 Bring:
 - * Health Forms
 - * Housing Assignments
 - * Study Group Assignments
10. ___ Bill received and payment mailed. Request dates for next year

CURRICULUM SELECTION FORM

Camp Widjiwagan-Environmental Education

Please complete this form and return it at least two weeks prior to your arrival at Widjiwagan

Mail to: Program Director-Widjiwagan

3788 North Arm Road

Ely, MN 55731

Email: Karen.pick@ymcamn.org

School/Organization _____ Date _____

Contact Person's Name _____ Phone _____

Contact Person's Email _____

Number of Students: Male _____ Female _____ Grade(s) _____

Number of Adults: Male _____ Female _____

Plans for Arrival: Date _____ Time (2pm) _____

Plans for Departure: Date _____ Time (9am) _____

PROGRAM PREPARATION

1. How were students prepared for their Widji experience?

Slideshow Comments:

Parent Gathering

Clothing discussed in class

Class Projects (please explain)

2. What is the overall theme for the experience that you would like our staff to emphasize?

Interdependence Wilderness Immersion

Adaptations Lifestyles & Stewardship

History of Northern Minnesota Other: _____

3. Are there any students or adults with special dietary needs? No Yes

Details:

4. Are there any students or adults who have a disability requiring accommodation (mobility impaired, hearing impaired, etc.)?

5. Will you need Widji to provide bag lunches for your trip home? Yes No
(There is an additional fee for this).

Additional Comments or Information?

CURRICULUM SELECTION:

As you make your curriculum selection, please help us make your schedule as balanced and as focused as possible. This can be accompanied by:

1. Select presentations and activities from each of the different categories below. Small group activities are our hallmark, large group activities and presentations help round out each day.
2. Make selections which center around your program theme. Having activities that focus upon this theme is essential.

The number of activities your group will do varies depending on the length of your stay and the classes you choose (some are longer than others.) Please prioritize your selections beginning with #1 as the most important. The number of activities you may select is:

4 night stay- 10 3 night stay- 7 2 night stay- 4

Large Group Classes

- | | |
|--|--|
| <input type="checkbox"/> The Night Sky | <input type="checkbox"/> Glacial Geology |
| <input type="checkbox"/> Wolves of the North | <input type="checkbox"/> Global Issues |
| <input type="checkbox"/> Snow Crystal Study (Winter) | <input type="checkbox"/> Predator & Prey |
| <input type="checkbox"/> Boreal Black Bears | <input type="checkbox"/> North Woods Birds |
| <input type="checkbox"/> Native Cultures of Minnesota | <input type="checkbox"/> Quiz Bowl |
| <input type="checkbox"/> Environmental Simulation | |
| <input type="checkbox"/> Sustainable Living; Big ideas and small steps | |

Small Group Classes

- | | |
|--|---|
| <input type="checkbox"/> Animal Studies | <input type="checkbox"/> Teambuilding |
| <input type="checkbox"/> Forest Studies | <input type="checkbox"/> Map & Compass |
| <input type="checkbox"/> Canoeing Skills (Fall & Spring) | <input type="checkbox"/> Freshwater Studies (Fall & Spring) |
| <input type="checkbox"/> Wilderness Survival | <input type="checkbox"/> Options |
| <input type="checkbox"/> Voyageurs & the North Canoe | <input type="checkbox"/> Cross Country Skiing (Winter) |

In addition to the choices you select, each group will also have the following activities:

- Orientation
- Night Hike
- Eco-Hike (Hike, paddle or snowshoe option)
- Sauna or Folk Dancing
- Closing Campfire
- Teacher Supervision (approximately 1 hour each day)

CHAPERONE RESPONSIBILITIES

(Please distribute a copy of this information to all chaperones prior to departing for Widji)

1. Supervision of students during unassigned times. This includes before and after meals, in the transition times between activities, scheduled teacher supervision times, and in the cabins. Please help the students manage their time and clothing so they arrive at the classes and meals on time and well prepared. Additionally, we want to keep the students safe while they are here. Balls are kept on the athletic field for students to use however please keep the students from becoming too rough with each other. We do not allow any tackling during games.
2. Please attend the large group activities: Your presence is very helpful in group management. We invite you to participate in the “study group” activities but your attendance isn’t required at those classes.
3. In order not to overwhelm the students, please limit chaperones to no more than 2 per study group for small group activities. We encourage you to join your student for some activities but urge you to join other groups as well.
4. Support the program: Living in the north woods may be quite different than being at home. Please help us by modeling the behaviors that we ask the students to show. This includes being on time for meals and activities, refraining from using electronic devices, etc. **If you need to use your cell phone while you are at Widji, please make sure it is turned off when you are with students.**
5. Meals: Please disperse yourselves among the tables at meals so there is at least one adult per table. We rely on your help to encourage the students to eat well, show appropriate manners, coordinate clean up and keep the noise level at a reasonable level.
6. Management of student cabins: You are responsible for night time safety, and helping the students keep the cabins clean and organized. Students may not leave the cabins at night without the chaperone’s knowledge. Students who leave the cabin at night without permission from the cabin chaperone may be sent home.
7. Dispensing student medication is the responsibility of school representatives.

*If you need assistance from Widji staff during the night, you can find them in the staff cabins which include the upper level of Anuktuvik Pass (to enter, go up the hill to the upper entrance on the back side of the cabin) or use the phones to call staff cabins. Phones are located in Kirby Dining Hall and the Sigurd Olson Center offices.

We appreciate your help in making your group’s visit a fun and successful one!

YMCA CAMP WIDIJWAGAN



FALL & SPRING SEASON CLOTHING LIST

YMCA Camp Widjiwagan

This is a list designed to help you understand what clothing is needed to be comfortable in the fall/spring weather of northern Minnesota. While staying at Widji, you'll spend the majority of the time outside. We want to keep you comfortable and happy.

When preparing for the outdoors there is no substitute for good clothing. The goal is simple: keep the body at its normal temperature, neither too cool nor too warm. The importance of keeping the body warm is obvious, but the danger of being too warm (and thus perspiring) is a concern often overlooked.

In order to maintain normal body temperature through a wide range of activity levels, there are three key principles:

1. Wear several **LAYERS OF CLOTHING** rather than one thick layer. With layers you can adjust to temperature changes by putting on or taking off one layer at time.
2. Wear **GOOD RAINGEAR** that will keep your entire body dry (from head to toe) when the weather is damp. Wet clothing makes it more difficult for your body to stay warm.
3. Wear clothing that is **WARM EVEN WHEN IT'S WET**. Wool or synthetics are bet since they pull the moisture away from the skin. **AVOID** cotton if possible since it loses its insulating value once it gets wet.

Please keep the following ideas in mind as you get organized:

*It is not necessary to purchase new clothing or equipment since the north woods are a great place to use older, durable items which can get a bit dirty.

*Label all clothing and equipment just in case you misplace anything. If it is labeled, we can track you down and return it!

Please Note:

Widjiwagan's trading post has shirts, sweatshirts, hats and water bottles for sale. Prices range from \$10-\$45.

Personal Items

Water bottle, towel, camera, **BACKPACK**, notebook or journal, pencil and pen, chapstick, underwear, skin lotion, toothbrush and paste, other toiletries, flashlight, books and sunglasses.

Head & Hands

Wool or Fleece Hat- which covers the ears and forehead

Brimmed Hat- to keep the sun and rain off your face

Mittens- two pairs since they may get wet

Upper Body

Long-underwear top- wool or synthetic

Sweater- two which can be worn together, if possible

Rain Jacket- should fit over all layers, rain jackets work better than ponchos

Warm Jacket- which fits over everything

T-shirts- for indoor use

Sweatshirt- for indoor use

Lower Body

Long-underwear- wool or synthetic

Rain pants- should fit over layers, keeps your insulating layers dry

Swimsuit- for taking to the sauna

Wool or synthetic pants- to layer over long-underwear

Jeans or sweat pants- for indoor use

Feet

WOOL Socks- 4 pairs at least 50% wool

Hiking/Rubberized boots- should be large enough to allow two pairs of socks, will get wet when hiking

Tennis Shoes- for indoor use

Sleeping

Sleeping Bag- for use in heated cabins

Pillow- to keep yourself comfortable

PLEASE LEAVE THE FOLLOWING AT HOME:

We want you to enjoy the north woods without the distractions of portable electronics such as Ipods, DVD players, etc. Please leave them at home! In addition, we'd like to keep north woods critters such as mice and chipmunks out of the cabins so please leave all snack foods and gum at home, too. Thanks!

WINTER SEASON CLOTHING LIST

YMCA Camp Widjiwagan

This is a list designed to help you understand what clothing is needed to be comfortable in the winter weather of northern Minnesota. While staying at Widji, you'll spend the majority of the time outside. We want to keep you comfortable and happy.

When preparing for the outdoors there is no substitute for good clothing. The goal is simple: keep the body at its normal temperature, neither too cool nor too warm. The importance of keeping the body warm is obvious, but the danger of being too warm (and thus perspiring) is a concern often overlooked.

In order to maintain normal body temperature through a wide range of activity levels, there are three key principles:

1. Wear several **LAYERS OF CLOTHING** rather than one thick layer. With layers you can adjust to temperature changes by putting on or taking off one layer at time.
2. Wear a **WATER-RESISTANT OUTER LAYER** that will keep the snow off your insulating layers. If clothing gets wet from melting snow it makes it more difficult for your body to stay warm.
3. Wear clothing that is **WARM EVEN WHEN IT'S WET**. Wool or synthetics are best since they pull the moisture away from the skin. **AVOID** cotton if possible since it loses its insulating value once it gets wet.

Keep the following ideas in mind as you get organized:

*It is not necessary to purchase new clothing or equipment since the north woods are a great place to use older, durable items which can get a bit dirty.

*Label all clothing and equipment just in case you misplace anything. If it is labeled, we can track you down and return it!

Please Note:

Widjiwagan's trading post has t-shirts, sweatshirts, hats and water bottles for sale. Prices range from \$10-\$45.

Winter Season Clothing List

Personal Items

Water bottle, towel, **BACKPACK**, notebook or journal, pencil or pen, chapstick, underwear, skin lotion, camera, flashlight, sunglasses, toothbrush and paste, and other toiletries.

Head & Hands

Wool or Fleece Hat- which covers the ears and forehead

Scarf- to keep the cheeks and neck warm

Mittens- 2 pairs since they may get wet, wool liners with leather “choppers” work well

Upper Body

Long-Underwear top- wool or synthetic (2)

Sweater- two which can be worn together if possible

Nylon Jacket- should fit over all layers, nylon helps to keep the snow off your layers

T-shirts- for indoor use

Sweatshirt- for indoor use

Lower Body

Long-underwear- wool or synthetic (2 pairs)

Snow pants- should fit over all layers, nylon helps to keep the snow off your layers

Swimsuit- for taking a sauna

Jeans or sweatpants – for INDOOR use

Feet

WOOL socks- 4 pairs, at least 50% wool

Winter Boots- best if liners are removable

Tennis Shoes- for indoor use

Sleeping

Sleeping Bag –for use in heated cabins

Pillow- to keep yourself comfortable

PLEASE LEAVE THE FOLLOWING AT HOME:

We want you to enjoy the north woods without the distraction of portable electronics such as iPods, DVD players, etc. Please leave these at home! In addition, we'd like to keep north woods critters such as mice and chipmunks out of the cabins so please leave all gum and snack foods at home, too. Thanks!!

**YMCA CAMP WIDJIWAGAN
HEALTH HISTORY FORM
FOR YOUTH**

Dear Parent/Guardian,

The information requested on this form will be used to provide your child with the best possible experience during his/her visit to YMCA Camp Widjiwagan. By program policy, all of the information is confidential and will only be made available to the staff members working with your child.

Thank you for taking the time to complete this form. Please, return it as soon as possible to the lead staff person coordinating the trip. For your child's safety in the event of an emergency, it is crucial that complete information is provided. As necessary, please feel free to attach additional information.

Name _____ Age _____ Sex _____
 Address _____ Phone _____
 City/State/Zip _____ Birth Date _____
 Insurance Company _____ Policy# _____

Parent/Guardian Name(s) _____
 Home Phone _____ Work Phone _____

Emergency Contact (if parent/guardian unavailable) _____
 Home Phone _____ Work Phone _____

Does camper take any medications? Please describe. _____

Has camper ever experienced any serious injuries or operations? Please describe. _____

Has your child recently been exposed to any contagious disease? Please describe. _____

Date of your child's last tetanus booster (required within the last 10 years) _____

Does your child have any of the following health concerns? **Please provide details on the back of this sheet if any of the following items are checked.**

Health History:	Allergies:	Other:
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Insect stings	<input type="checkbox"/> Sleep walking
<input type="checkbox"/> Asthma	<input type="checkbox"/> Foods	<input type="checkbox"/> Fainting
<input type="checkbox"/> Seizures	<input type="checkbox"/> Penicillin	<input type="checkbox"/> Bed Wetting
<input type="checkbox"/> Attention Deficit	<input type="checkbox"/> Other Drugs	<input type="checkbox"/> Dietary Concerns
<input type="checkbox"/> Anorexia/Bulimia	<input type="checkbox"/> Hay Fever	

This section must be signed before participation will be allowed:

I hereby give permission:

- For Widjiwagan to use for promotional purposes any photos or videos taken of my family while participating in Camp activities.
- To the medical personnel selected by Widjiwagan to hospitalize, secure proper treatment for, and to order anesthesia or surgery for the person named above in case of surgical emergency.
- For my son our daughter to participate in the Widjiwagan program

Signature of Parent or Guardian _____ Date _____

**YMCA CAMP WIDJIWAGAN
HEALTH HISTORY FORM
FOR ADULT**

Dear Adult Participant,

The information requested on this form will be used to provide you with the best possible experience during your visit to YMCA Camp Widjiwagan. By program policy, all of the information is confidential and will only be made available to the staff members working with you.

Thank you for taking the time to complete this form. Please, return it as soon as possible to the lead staff person coordinating the trip. For your safety in the event of an emergency, it is crucial that complete information is provided. As necessary, please feel free to attach additional information.

Name _____ Age _____ Sex _____

Address _____ Phone _____

City/State/Zip _____ Birth Date _____

Insurance Company _____ Policy# _____

Emergency Contact #1- Name _____

Home Phone _____ Work Phone _____

Emergency Contact # 2- Name _____

Home Phone _____ Work Phone _____

Do you take any medications? Please describe. _____

Have you ever experienced any serious injuries or operations? Please describe. _____

Have you recently been exposed to any contagious disease? Please describe. _____

Date of your last tetanus booster (required within the last 10 years) _____

Do you have any of the following health concerns? **Please provide details on the back of this sheet if any of the following items are checked.**

Health History:

- Diabetes
- Asthma
- Seizures
- Heart Condition
- Other

Allergies:

- Insect stings
- Foods
- Penicillin
- Other Drugs
- Hay Fever

Other:

- Sleep walking
- Fainting
- Bed Wetting
- Dietary Concerns

This section must be signed before participation will be allowed:

I hereby give permission:

- For Widjiwagan to use for promotional purposes any photos or videos taken of me
- To the medical personnel selected by Widjiwagan to hospitalize, secure proper treatment for, and to order anesthesia or surgery for me in case of surgical emergency.
- To participate in the Widjiwagan program

Signature of participant _____ Date _____

RELEASE, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT

In consideration of participating in YMCA activities, and for other good and valuable consideration, I hereby agree to release and discharge from liability arising from negligence the YMCA of the Greater Twin Cities (hereinafter referred to as YMCA) and its owners, directors, officers, employees, agents, volunteers, participants, and all other persons or entities acting for them (hereinafter collectively referred to as "Releasees"), on behalf of myself and my children, parents, heirs, assigns, personal representative and estate, and also agree as follows:

1. I acknowledge that participating in YMCA activities involves known and unanticipated risks which could result in physical or emotional injury, paralysis or permanent disability, death, and property damage. Risks include, but are not limited to, broken bones, torn ligaments or other injuries as a result of falls or contact with other participants; death as a result of drowning or brain damage caused by near drowning in pools or other bodies of water; medical conditions resulting from physical activity; and damaged clothing or other property. I understand such risks simply cannot be eliminated, despite the use of safety equipment, without jeopardizing the essential qualities of the activity.
2. I expressly accept and assume all of the risks inherent in this activity or that might have been caused by the negligence of the Releasees. My/My child's participation in these activities is purely voluntary and we elect to participate despite the risks. In addition, if at any time I believe that event conditions are unsafe or that I or my child are unable to participate due to physical or medical conditions, then I will immediately discontinue participation.
3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless Releasees from any and all claims, demands, or causes of action which are in any way connected with my/my child's participation in these activities, or our use of their equipment or facilities, arising from negligence. This release does not apply to claims arising from intentional conduct. Should Releasees or anyone acting on their behalf be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
4. I represent that I have adequate insurance to cover any injury or damage I or my child may suffer or cause while participating in this activity, or else I agree to bear the costs of such injury or damage myself. I further represent that I/my child have no medical or physical conditions which could interfere with our safety in these activities, or else I am willing to assume – and bear the costs of – all risks that may be created, directly or indirectly, by any such condition.
5. In the event that I file a lawsuit, I agree to do so in the state where Releasees' facility is located, and I further agree that the substantive law of that state shall apply.
6. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

Parent/Guardian Authorization Section Transportation/Medical

1. In the event that I/my child need immediate medical attention for injuries received while participating in a YMCA program, I authorize the YMCA staff to give me or my child reasonable first aid, and to arrange transport of myself or my child to a health care facility for emergency services as needed.
2. I give permission for myself and/or my child to be transported by the YMCA as needed for field trips, inclement weather, or late pick up. I also give my permission to participate in walking field trips.
3. I also give permission for myself or my child to enter Canada with the YMCA. I also understand that I/my child will need to bring our passport to camp if the trip involves such travel to Canada.
4. I hereby acknowledge that the YMCA will assume that either parent of the child may pick up the child at any time during the program unless there is pertinent court documentation on file at the YMCA that indicates otherwise.
5. I agree to the release of any records necessary for treatment, referral, billing or insurance purposes. The YMCA receives medical information on campers/participants that may need to be shared with medical providers.
6. If I or my child requires use and administration of an epi-pen, prescription or over the counter medication, it is my responsibility to ensure that the epi-pen and/or medication are on me or my child or within our personal belongings every day of the program. If YMCA staff is required to administer and use the epi-pen and/or medication, I agree to forever release and discharge the YMCA and its directors, officers, and employees from any and all liability arising out of or resulting from use or administration of the epi-pen and/or medication.

General

1. I hereby release all pictures of myself or my child taken by the YMCA for promotional purposes and programming materials including the YMCA website.
2. I give my permission for the YMCA to administer sunscreen as needed and to change my child's diaper while my child is in their care.
3. I acknowledge that certain sections of this waiver may not apply to me and/or my child and the programs or activities that we have chosen but agree to be bound by any applicable language.

By signing this document, I agree that if I or my child is hurt or our property is damaged during participation in these activities, then I or my child may be found by a court of law to have waived our right to maintain a lawsuit against the parties being released on the basis of any claim for negligence.

I have had sufficient time to read this entire document and, should I choose to do so, consult with legal counsel prior to signing. Also, I understand that this activity might not be made available to me or that the cost to engage in this activity would be significantly greater if the YMCA did not utilize waivers as a method to lower insurance and administrative costs. I have read and understood this document and I agree to be bound by its terms.

Signature _____ Print Name _____
Address _____ City _____ State _____ Zip _____
Telephone (_____) _____ Date _____

PARENT OR GUARDIAN ADDITIONAL AGREEMENT (Must be completed for participants under the age of 18)

In consideration of _____ (PRINT minor's names) being permitted to participate in this activity, I further agree to indemnify and hold harmless Releasees from any claims alleging negligence which are brought by or on behalf of minor or are in any way connected with such participation by minor.

Parent or Guardian _____ Print Name _____ Date _____