

Camp Warwa Chaperone Guide



Introduction

Welcome to Camp Warwa! We are so excited you have chosen us for your group's adventure! Included in this guide are all the pieces you need to know about us to have a positive experience during your stay.

There is also some sample packing list you can give to your participants.

If you have questions prior to your visit, please contact us by email or phone.

Camp Director – Wes Burns, wes@campwarwa.org

Office Phone – 780-892-3648

Office Fax – 780-892-3632

Address

As we are a rural location, here are all of our addresses that you may need for your paperwork.

Mailing Address: PO Box 29 Darwell, AB T0E 0L0

Rural Address: 31 4224 TWP RD 545

Legal Land Description: Lot 1, Block 1 Warwa Estates, SW ¼, Section 34, Township 54. Range 4, West of the 5th Meridian

Chaperone Responsibilities

Groups are expected to have one chaperone per rotation group (15 students). Chaperones pay a reduced rate to come to camp, please make sure all participants have the chance to take full part in an activity before a chaperone takes a turn.

Warwa staff are on duty from 8:30am-7:30pm. After 7:30pm, the chaperones are responsible for their group. From 9pm – 8am we have quiet hours at camp to respect our neighbors and others at camp.

Meal Service

Camp Warwa is a Nut Aware Facility. Please ensure this information is passed on to your participants so they pack a nut free bagged lunch and or snacks for their visit. Our staff will ask your group if there are any nut products when you arrive. Please help them check to ensure we continue to be nut aware.

Meal times for 2 and 3-day groups are standardized at 8:30am, 12:15pm, and 5:30pm. Snacks are provided at 3:45pm and at campfire at 6:30pm. Our afternoon snack consists of fruit, granola bar and water and at campfire our snack is either smores or cookies.

We keep a stock of dietary needs food in our kitchen. Please complete the Visit Worksheet Dietary section so we can properly prepare meals for your group. Staff will check in with you when you arrive

to confirm dietary needs. If you wish to bring dietary food, please let us know in advance and we can make arrangements to store it.

During meal service if you are a multi-day group, we require one chaperone to sit at each table in the dining hall.

Tea, coffee and hot water are available in the dining hall for chaperones only during your visit.

Activities

We want to know what you want to do! Please complete the Visit Worksheet by ranking all the activities so we can make your schedule. Groups are given activity priority based on when they booked into camp formally. We strive to get you all your top choices. If not, we will look to your rankings to give you your next top choice.

Each activity runs for 1hr15mins and will be led by one of our trained instructors. There is also one full group activity each day during your visit.

Medications

Chaperones are required to administer medications to their participants. Camp Warwa can provide refrigeration space if medications require it. Please talk with your Warwa staff member.

Emergencies

Warwa staff working your group will orient your group once you arrive on emergency procedures. Our meeting space in an emergency is the flag poles located south of the Picnic Shelter. Our backup location is in the quad in front of the cabins.

We require groups to bring an emergency vehicle in case a participant or chaperone needs to go to the hospital.

The closest hospital is Stony Plain Hospital. It is located 30 minutes from Camp Warwa. Directions are available in the office.

An ambulance bay is located 15 minutes away in Alberta Beach.

Cell Phone & Internet Service

Camp has cell coverage throughout camp. Camp staff will also orient you to our phones in the office. It is a landline that is local to Edmonton.

Internet is available to teachers and chaperones only. Please ask your Warwa staff about the password. We ask that you use the internet for emails and communication and avoid using video streaming or music streaming or like services. We are on satellite internet which can be hit or miss due to weather. We also encourage you to avoid cell phone usage when with you participants during activity blocks.

We ask that participants do not use their cell phones and like devices during activities. If you wish, once the program day is complete at 7:30pm, students are welcome to use devices in their accommodations. Please let your participants know that there is not internet available to them, but using data on their phone will work.

Sleeping Accommodations

We have four lodges and one dormitory building. All buildings are fully winterized and are heated. We can add a cot to most of the rooms to increase their capacity by 1 if necessary. Their room break downs are below:

South Pavilion: 4 rooms with 8 beds, 2 rooms with 4 beds

Begin Lodge: 1 room with 8 beds, 1 room with 8 beds, connecting room with 4 beds

Dunstall Lodge: 1 room with 8 beds, 1 room with 8 beds, connecting room with 4 beds

Lister Lodge: 1 room with 8 beds, 1 room with 8 beds, connecting room with 4 beds

Simpson Lodge: 1 room with 8 beds, 1 room with 10 beds, connecting room with 2 beds

The South Pavilion has male and female washrooms with shower facilities.

Across from the lodges is our washhouse which has male and female washrooms with shower facilities.

We will assign you to the building that will best house your group.

Most participants bring sleeping bags and a pillow, which is what we recommend. Our mattresses have a vinyl cover so some prefer to bring a twin size fitted sheet to put over the mattress.

Picnic Shelter

This open-air shelter is available to be used for when your group has a bagged lunch on the first day. It is also the main cooking area for our camping group packages.

Camping Sites

Warwa has two main campsite areas. Our waterfront campsite is across from our picnic shelter and close to both of our outhouses. There is plenty of space for large groups to set up many tents.

We ask that if you are burning wood to cook, please make sure the fire is out after cooking is finished.

Hosler Hall

Hosler Hal is a one room meeting space for smaller groups. It can be booked for meetings or presentations. It can comfortably sit 40 people. There is a large board room style table, chairs, couches, and a TV.

Damages

User groups are responsible for any damages incurred to the facility or property as a result of improper use. If you notice anything on site which requires attention or may be a danger, please inform a Warwa staff member.

Smoking

Warwa is a smoke-free facility. Chaperones that are smokers must leave site and be in the sub-division when smoking. If students are smokers, they must be accompanied by a chaperone when leaving site.

Alcohol

Alcohol is not permitted to be consumed on site. If chaperones or participants appear to be intoxicated, Warwa reserves the right to ask these individuals to leave the site in a safe manner (pick up or cab) at the expense of the individual.

Site Preservation

Warwa has 23 acres which sees over 7500 clients a year. Our goal is to maintain our site as a natural area as much as possible. Please do not destroy anything that is alive. Please also keep your fires in the designated fire pits.

If you are a camping group, please make sure that the area you were camping in has been cleaned up prior to your departure (food, extra wood, etc.).

Lost and Found

Camp Warwa does not take responsibility for items brought and left at camp. If any client believes they have left an item at camp, they can call the office and we will do our best to locate it. If we do find the item, it can be picked up at the office or posted to you 'pay on arrival'.

Liability Insurance

Insurance coverage is normally provided through your school board or organization for off-site activities. Please become familiar with your organization's liability policy.

Warwa carries a comprehensive general liability policy covering Warwa staff, clients, and programs up to \$10 million.

Outdoor Education Full Program List

The Camp Warwa Outdoor Education Centre offers all the programs below. You can select any combination of programs when you schedule your visit. Most programs are done as rotation blocks of about 75 minutes each, in groups of about 10-15. Some programs are also well suited to be done with your entire group. When you book with us, our Team will take your program choices and use them to create a full schedule for your visit that meets your needs and goals.

As an accredited member of the Alberta Camping Association, all of our programs follow the highest industry standards for safety and facilitation. We are a waiver-exempt facility and do not require our participant to sign any waivers or releases to participate in our programs. We also follow all safety guidelines and procedures as required by:

- Alberta Education - Guidelines for Physical Activities
- Girl Guides Canada
- Scouts Canada

Rotation Programs

Archery

A staple in many camp's programming, Archery is as much fun today as it was years ago. At Camp Warwa, the Archery program is one of the most popular. Participants will learn proper aiming and shooting technique and safety procedures. Activities and games are added to enhance the activity and put our archers to the test!

Broomball (Jan-April Only)

Broomball is a game very similar to hockey. The group is divided into two teams of six. Each team consists of a goalie, two defensemen and three forwards. Although, instead of a puck, a rubber ball is used. This is a great activity that encourages teamwork and communication. This program is paired with our ice fishing program.

Canoeing

Participants first learn the basic canoeing strokes on land before taking to the water in groups of 2 or 3 per canoe. On water, our instructors go through detection and correction of stroke technique and use games and activities to reinforce these skills. The Tandem Canoeing program strives to teach patience, teamwork, skill, and appreciation for canoeing within the framework of an enjoyable activity.

Climbing Wall

One of the most popular activities at Camp Warwa, the Climbing Wall offers participants a mentally, emotionally, and physically challenging task, in a safe and supportive environment. At the outdoor wall, participants learn about trust, support, and encouragement first-hand by operating our "just right descender" belay system. The outdoor wall has 3 belay systems, overhangs, inclines and other features and is 32 feet high. We also have an indoor wall that allows participants to challenge themselves despite any poor weather.

Cross Country Skiing (Jan to April Only)

Designed as an introductory activity to X-Country Skiing, participants will learn how to properly select the right equipment, about wax choice, and the basic skiing techniques. Our large field provides a perfect learning space for beginners, and our wooded track-set trails provide a greater challenge for more experienced skiers. Longer half-day or full-day trips can be arranged to provide an opportunity to explore one of the many frozen natural areas around camp. This program is open January to April.

Fire & Shelter Building

This program provides participants with the theoretical knowledge of fire building – why, when, where – the practical knowledge of how to build a fire as well as knowledge of essential safety and survival techniques. Each camper also gets to build their own fire! They will also learn the different types of wilderness shelters including A-frame, debris hut and lean-tos. Campers will also get to experience a scenario where they will have to put their shelter building skills to the test.

Forest Exploration

Made up of a variety of smaller games and lessons, participants learn about the natural world in ways that are fun and memorable. Exciting games will get them directly interacting with the natural world while our instructors weave in interesting facts and knowledge. The program can also be tailored to feature information on trees to tie into the Grade 6 science curriculum. It is a great way to get kids connecting with nature and enjoying their time outside.

Group Challenge Course

Made up of many small activities or challenges, the Group Challenge program provides an excellent opportunity for participants to have fun while learning valuable life lessons. Each activity has an obvious goal, but the group is given certain constraints of challenges, forcing them to think collectively, to communicate and to experiment with different ideas. The task is not successful until the entire group has completed the challenge. After each activity, Camp Warwa staff debrief the experience focusing on elements of communication, teamwork, support, initiative, and personal experience. Through the activities, as they dare to try, they begin to experience physical and mental success and recognize that the seemingly difficult is often quite possible.

High Ropes Course

The High Ropes Course is our extensive aerial playground, suspended 10 meters from the ground. This program requires at least 2 ½ - 3 hours for groups of up to 14, of which the first hour is spent learning the ropes, so to speak, and the safety procedures for the Course. The rest of the time, the group spends playing on the ropes and discovering what they are capable of doing – It would surprise even the most confident of people! Although participants travel individually around the course, the other groups members provide an important network of support, encouragement and trust. And after all the hard work of traveling around the ropes, participants come back to earth via our exciting zipline. After the program, the group members are encouraged to share their experiences with the group and help discover their true potential. The High Ropes Course is only available to groups in Grade 7 or older.

Ice Fishing (Jan to April Only)

Participants in this program are taught everything they need to know to have a shot at catching a real live fish. It begins with choosing their bait, setting up their rod, and eventually out onto the ice to their fishing holes. The lucky (and patient) ones will have a fish story to brag about for years to come. All

fish caught in the program are released by the staff members. This program is open January to April and is paired with our broomball program.

Low Ropes Course

This modified obstacle course allows participants to focus on individual achievement while the group provides “spotting” and verbal encouragement. Groups move through the different elements as a team emphasizing trust and support as they go. As many of the elements are similar to those on the High Ropes Course, the Low Ropes Course provides a good alternative for those groups that can’t participate in the High Ropes program, or as a buildup and confidence booster for the High Ropes program.

Orienteering

More advanced than the Map & Compass program, Orienteering puts participants in teams of 2 or more to actively navigate through our professionally designed orienteering course. Participants first learn about the sport of Orienteering, about the use of landmarks in navigation, and reading a map. The course itself reinforces the principles of navigation and relating the real surroundings to the symbolic details of a map.

Photo Scavenger Hunt

In this program, participants use photos to locate different areas of camp and answer trivia questions about camp. Campers will gather clues that they need to unscramble at the end of the activity. It is a fun way to explore the natural environment here at Warwa.

Quinzhee Building (Jan to April Only)

In this program, participants will participate in the traditional art of quinzhee building - or building a snow shelter. This shelter is made by piling snow, letting it sinter or settle, and then hollowing it out. Our field and frozen lake provide ideal settings to learn how this shelter actually "cements" and can keep you warm, and provides a fun outdoor activity for the whole group. This program is open January to April.

Sling Shot Range

One of our most popular traditional camp activities. Participants will learn proper aiming and shooting technique and safety procedures. Our range is both fun, engaging and safe. Activities and games are added to enhance the activity and test the accuracy of our shooters.

Snowshoeing (Jan to April Only)

In this activity participants get to explore our camp forest with a tour by our trained instructor. They get to learn skills on how-to walk-in snowshoes while having fun exploring in nature. It is paired with our Frisbee Golf course.

Team All Aboard

The Team All Aboard takes a popular Group Challenge element and thrusts it 20 feet in the air. Four participants support and assist each other to climb the 20`pole and make it on to the 2x2 platform at

the top. Meanwhile the rest of the group provides ground support by belaying the climbers. This is a fantastic team building and personal challenge program. Team All Aboard can be done as a small group program rotation, or with the entire group at once.

Vertical Playground

The Vertical Playground is a tweak on a climbing wall program, using mixed media (tires, rope ladders, 4x4s) instead of traditional climbing holds. The entire playground will sway under use making this climb a little more challenging. This is a great program to spice up your visit and add some personal challenge.

Voyageur Canoeing

It takes teamwork to move our 29-foot voyageur canoe, which can seat up to 14 people. Activity groups go on the water as one group after their on-land briefing session and learn that it takes rhythm and teamwork to move such a boat. The program is intertwined with natural history and the history of the Voyageurs and their travels across this Country. Games and activities make this program a great team builder, history teacher, and environmental educator.

Zipline

A very popular choice! Participants will learn about the safety procedures of the course, the importance of support and encouragement, and about defining success and failure for themselves. From the top of the High Ropes Course, participants will be clipped into the zipline system by one of our trained staff. Participants make the leap themselves and enjoy the ride! Participants must be in Grade 6 or older to participate in the zipline.

All Group Programs

Action Auction

This game is focused on team building and can be done with the entire group at once. Small groups bid on interesting items that will eventually be used to build an egg protection device! Each team builds a device that is tested at the end of the session to see if the egg will survive a drop.

Smugglers & Spies

In this game campers try to sneak items through the forest, past patrolling staff members, to be delivered to other campers hiding at a secret location. Multiple teams' race against each other at a time, all trying to smuggle through as many points as possible, and all trying to avoid being caught!

Survival Game

Also known as Predator & Prey, Survival is a very popular game for all your participants to play at the same time. For campers, it combines specific goals, challenging friends, cooperating with teammates, physical activity and fun. For outdoor educators, it is a useful tool for educating participants in the food chain and the cycle of life, and the strategies behind certain animal body types and behaviors, while having fun the whole time. Participants assume the roles of Carnivores, omnivores, and herbivores and search for elusive food and water stations while being on the lookout for predators and hunters! Survival is another activity that is inclusive to all, regardless of physical ability.

Warwa Capture the Flag

Warwa Capture the Flag is a large group game played by your entire group. It is played on our main field with the entire group. Capture the Flag contains physical activity, yet remains inclusive to all regardless of physical ability, and requires strategizing and teamwork for success. Two teams strive to gain all of the “stones” on their side. Stones can fit into any schedule with no set time needed to play the game.

Warwa Quidditch

This game is played in two teams on our field and is loosely based on the fantasy field game made popular by the hit books Harry Potter. Two team aim to pass the volleyball down the pitch to score into their teams’ goal. Teams must work together to pass the ball down the pitch. Team must also be on the lookout for the golden snitch who can run into the game at any moment and scores their team extra points.

Sample Schedules

Once you complete your visit worksheet our team will build you a schedule to suit your needs. Below are a few samples of what that schedule might look like depending on how many days you are staying at camp.

SAMPLE DAY USE

| | | |
|--------------------------------------|---|--------------------|
| Students: 0M0F (30) Chaperones: 0M0F | | |
| Grade: SAMPLE | | |
| Accommodations: Day Use | | |
| Dietary: N/A | | |
| Tuesday, 14th May 2019 | | |
| Staff | Moose | Sage |
| 10:00 | Arrival, Tour, Community Meeting, Icebreakers | |
| 10:30 | Archery | Low Ropes |
| 11:45 | Climbing Wall | Archery |
| 1:00 | Bring Your Bagged Lunch | |
| 1:30 | Forest Exploration | Climbing Wall |
| 2:45 | Low Ropes | Forest Exploration |
| 2:30 | Warwa Capture the Flag | |
| 4:00 | Departure | |

SAMPLE 2 DAY

| | | |
|--------------------------------------|---|-------------------------|
| Students: 0M0F (30) Chaperones: 0M0F | | |
| Grade: SAMPLE | | |
| Accommodations: Lister & Dunstall | | |
| Dietary: 1 Veg | | |
| Wednesday, 23rd September 2019 | | |
| Staff | Cheddar | Bundy |
| 10:00 | Arrival, Tour, Community Meeting, Icebreakers | |
| 10:45 | Group Challenge | Vertical Playground |
| 12:00 | Transition Time | |
| 12:15 | Lunch & Move In | |
| 1:00 | Archery | Group Challenge |
| 2:15 | Transition Time | |
| 2:30 | Orienteering | Archery |
| 3:45 | Snack | |
| 4:15 | Warwa Quidditch | |
| 5:15 | Transition Time | |
| 5:30 | Dinner | |
| 6:15 | Campfire, Smores & Reflection | |
| 7:30 | End of Program Day | |
| 9:00 | Quiet Hours & Lights Out | |
| Thursday, 24th September 2019 | | |
| Staff | Cheddar | Bundy |
| 7:30 | Wake Up & Move Out | |
| 8:30 | Breakfast | |
| 9:15 | Fire & Shelter Building | Orienteering |
| 10:30 | Transition Time | |
| 10:45 | Vertical Playground | Fire & Shelter Building |
| 12:00 | Transition Time | |
| 12:15 | Hot Dog Roast provided by Camp Warwa | |
| 1:00 | Departure | |

SAMPLE 3 DAY

| | | |
|--------------------------------------|---|----------------------|
| Students: 0M0F (30) Chaperones: 0M0F | | |
| Grade: SAMPLE | | |
| Accommodations: South Pav | | |
| Dietary: 1 LF, 1 GF | | |
| Friday, 19th June 2019 | | |
| Staff | Yogi | Sunflower |
| 6:00 | Arrival, Tour, Community Meeting, Icebreakers | |
| 6:30 | Introductions & Campfire | |
| 7:30 | End of Program Day | |
| 9:00 | Quiet Hours & Lights Out | |
| Saturday, 20th June 2019 | | |
| Staff | Yogi | Sunflower |
| 7:30 | Wake Up | |
| 8:30 | Breakfast | |
| 9:15 | Sling Shot | Group Challenge |
| 10:30 | Transition Time | |
| 10:45 | Zipline | Sling Shot |
| 12:00 | Transition Time | |
| 12:15 | Lunch | |
| 1:00 | Voyageur Canoe | Zipline |
| 2:15 | Transition Time | |
| 2:30 | Group Challenge | Voyageur Canoe |
| 3:45 | Snack | |
| 4:15 | Survival | |
| 5:15 | Transition Time | |
| 5:30 | Hot Dog Roast provided by Camp Warwa | |
| 6:15 | Campfire, Smores & Reflection | |
| 7:30 | End of Program Day | |
| 9:00 | Quiet Hours & Lights Out | |
| Sunday, 21st June 2019 | | |
| Staff | Yogi | Sunflower |
| 7:30 | Wake Up & Move Out | |
| 8:30 | Breakfast | |
| 9:15 | Archery | Photo Scavenger Hunt |
| 10:30 | Transition Time | |
| 10:45 | Photo Scavenger Hunt | Archery |
| 12:00 | Transition Time | |
| 12:15 | Lunch | |
| 1:00 | Departure | |

Day Use Packing List

Spring & Fall

Long Sleeve Shirt
Rain Gear
Towel
Hat
Sunscreen & Sunglasses
Sweater/Hoody
Closed Toed Shoes
Water Bottle
Nut Free Bagged Lunch (Warwa is a Nut Free Facility)
Camera
Day Pack

Warwa Merchandise for Sale

Sunglasses - \$5
Water Bottles - \$10

Winter

Warm Winter Jacket
Extra Socks
Snow Pants or Waterproof Pants
Sweater/Hoody
Warm Hat
Waterproof Gloves/Mitts
Extra Pair of Waterproof Gloves/Mitts
Winter Boots
Scarf
Water Bottle
Nut Free Bagged Lunch (Warwa is a Nut Free Facility)
Camera
Day Pack

Warwa Merchandise for Sale

Sunglasses - \$5
Water Bottles - \$10

Please DO NOT Pack

Knives, matches, lighters
Electronics
Food
Valuables

Spring & Fall Multi-day Visit

Personal Items

Bedding (sleeping bag or fitted sheet & blanket)
Pillow
Toiletries
Sunscreen & Sunglasses
Medications
Towel
Laundry Bag

Clothing

Underwear
3-4 Pairs of Socks
1 Pair of Pants per day plus 1 extra
1 Pair of Shorts per day plus 1 extra
1 Shirt per day plus 1 extra
1 Long Sleeved Shirt
1 Sweater/Hoody
Rain Gear
Hat
Sleep Wear
1 Pair of Closed Toed Shoes
1 Pair of Relaxing Shoes
Warm Hat, Mitts, Gloves

Equipment

Nut Free Bagged Lunch (Warwa is a Nut Free Faculty)
Water Bottle
Flashlight
Camera
Day Pack
Insect Repellant
Sleeping Pad (camping groups)

Warwa Merchandise for Sale

Sunglasses - \$5
Water Bottles - \$10

Please DO NOT Pack

Knives, matches, lighters
Electronics
Food
Valuables

Winter Multi-day Visit

Personal Items

Bedding (sleeping bag or fitted sheet & blanket)
Pillow
Toiletries
Sunscreen & Sunglasses
Medications
Towel
Laundry Bag

Clothing

Underwear
Long Underwear/Thermals
3-4 Pairs of Socks
1 Pair of Pants per day plus 1 extra
1 Shirt per day plus 1 extra
1 Long Sleeved Shirt per day
1 Sweater/Hoody
Warm Winter Jacket
Sleep Wear
1 Pair of Closed Toed Shoes
1 Pair of Relaxing Shoes
2 Warm Hats, 2 Pairs of Mitts or Gloves
Scarf

Equipment

Nut Free Bagged Lunch (Warwa is a Nut Free Faculty)
Water Bottle
Flashlight
Camera
Day Pack
Insect Repellant
Sleeping Pad (camping groups)

Warwa Merchandise for Sale

Sunglasses - \$5
Water Bottles - \$10

Please DO NOT Pack

Knives, matches, lighters
Electronics
Food
Valuables

Camping Group Additional Packing List

Camping Group with no meal service

Tents/Shelters
Poles & Pegs
Stoves
Pots & Pans
Extra Ropes
Extra Tarps
Cooking Utensils
Wash Basins
Dish Soap
Dish Cloth
Water Containers
Cooler
Plates, Cups, Bowls, Cutlery
Matches or Lighter
Flashlight
Garbage Bags

Camping Group with meal service provided by Warwa

Tents/Shelters
Poles & Pegs
Extra Ropes
Extra Tarps
Matches or Lighter
Flashlight
Garbage Bags