

# CAMP SUMMIT OUTDOOR EDUCATION CENTRE ACTIVITIES

**Archery** - Our outdoor archery range provides students with an opportunity to experience traditional long-bow archery at our elevated & covered Archery range. Under the careful supervision of a trained instructor, archery can improve student's level of participation and improve educational performance. Students of all sizes and athletic ability can easily be involved in archery, and achieve high success.

**Arts & Crafts** - What would camp be without Arts & Crafts? A chance to get creative during craft periods lets students try out everything from making dream catchers to macramé to bracelets. Crafts also include beadwork, picture framing, painting and more! Having a bit of down time in a busy schedule can encourage communication & creating thinking time.

**Bouldering** - At the Camp Summit Bouldering Wall, students get all the physical benefits of rock climbing without the height! This is a form of "traverse" style climbing that is very low to the ground using "spotters" instead of harnesses and ropes. The top of our wall is only 8 feet high and students can learn climbing techniques through fun games and challenges.

**Climbing** - We offer climbers from beginner to advance a chance to climb on our outdoor artificial climbing tower. It stands 35 feet high offering 2 routes of varying difficulty. All students receive instructions and safety measures by certified instructors before climbing. Climbing Wall sessions include climbing techniques and route management a great combination of physical and mental challenges. This is a great introduction to rock climbing, offered right on the Summit property. Our rock wall will allow students to become comfortable with the gear, procedures and tricks of climbing.

**Campfires** - What would an outdoor experience be without a campfire? It is a common way to wind down the night at Summit, sitting under the stars and around the campfire, singing songs and roasting marshmallows.

**Camp Craft or Outdoor Living Skills** - This activity teaches students to build natural shelters, tie knots, fire build and set up a proper campsite. This is a great activity to allow students to take a moment and explore the forests around them as well think about different survival techniques they would use in the wilderness.

**Campfire Cooking** - At Campfire Cooking students learn how to build cooking fires in a safe setting. Once the fire is built students have the opportunity to cook bannock or cedar tea over the open fire and enjoy it with some delicious toppings!

**Eco-Centre Activities** - This nature based program gives students the opportunity to experience nature with all of their senses. Eco-Centre takes students around the beautiful temperate rainforest that Camp Summit sits in for a closer look at the natural world around them. At the Eco-Shed students will learn about solar energy, water collection, worm composting and have an opportunity to tend the soil in our camp garden.

**Field Games & Sports** - Camp Summit boasts a great playing fields on which we play Soccer, Football, Ultimate Frisbee and pretty much any sport you can think of! We also play a wide variety of traditional camp wide games such as Capture the Flag, and Survival!

**Geo-Caching** - an entertaining adventure game for GPS users. Participating in a cache hunt is a good way for students to learn how to navigate and take advantage of the wonderful features and capabilities of a GPS unit. GPS users can then use the location coordinates to find the caches which will then lead them to a fun surprise!

**High Ropes** - The Giants Ladder, Vertical Playground and Leap of Faith are only a few of the elements that you will find at our High Ropes course. This program allows campers to push the boundaries of their comfort zone while practicing trust and teamwork skills with their classmates. With many High Ropes elements to choose from students are able to participate at the level that best challenges them!

**Initiatives** - Initiatives ignite students into working as a team through challenging them to solve unusual problems. It is a fantastic way to practice and learn about creativity, communication, support and leadership all while having fun!

**Low Ropes** - This activity area is a series of wood, ropes and cables that tests one's agility, balance and creativity while also incorporating an element of trust by having teammates act as "spotters". Hanging only a few feet above the ground, students will be challenged in ways they never have before, all while learning valuable communication and problem solving skills.

**Mountain Biking** - Summit's biking experience is suitable for all ability levels from first timers to experienced trail riders. Our trail is cross-country and authentic to mountain biking. Students are supplied with a quality front suspension bike, helmet, leg pads and gloves. The lesson will cover basic techniques and safety while riders practice on fields, single track forested trails, small rolling jumps and beginner level "trials features" (*low to the ground, man-made stunts such as skinny planks, ladders and teeter-totters*).

**Orienteering** - Campers have the opportunity to learn basic skills on how to use a compass, read a map, how to take a bearing and apply these skills to one of three courses we have around camp.

\* **We also offer a number of off-site activities, as well we can cater to any curriculum and plan activities accordingly.**