



Activity Facilitation Program Guide

The following Program Guide is
intended for use by Unit Guiders to help
facilitate girl program at select camps

2017

Table of Contents

PRICING.....	3
EQUIPMENT.....	4
BOOKING PROCESS AND AGREEMENT	5
PROGRAMS	6
PROGRAMS by Branch	10
Sample SCHEDULES	12
UNIT BADGES	15
SPARKS	15
BROWNIES	16
GUIDES	17
PATHFINDERS	18
RANGERS	19

Activity Facilitation 2017

Activity Facilitation assists Guiders in planning and facilitating activities at their unit camp. Activity Facilitation helps increase the variety of program opportunities available while meeting Safe Guide requirements.

This guide provides information on branch appropriate activities that staff can facilitate and the relationship to Girl

In 2017 Activity Facilitation is offered at these select camps:

- Adelaide (spring & fall)
- Doe Lake (spring & fall)
- Ma- Kee-Wa, Woolsey and Wyoka (spring, fall, winter)

PRICING

The pricing listed below for units booking activity facilitation. Equipment rental is an additional cost (please see the equipment section for pricing). When you book one of the select Girl Guide Camp properties, indicate that you are also requesting activity facilitation and would like to book the specific program area and the associated equipment.

Group size (Girls and Participating Adults)	Regular	Regular Cost/day	Premium	Premium Cost/day
1 – 20	4 activity periods	\$150	4 activity periods	\$225
21-40	4 activity periods	\$275	4 activity periods	\$350

Payment for activity facilitation and equipment rental will be done directly through your unit bank account two weeks prior to your booking date based on the estimated number of participants at that time. If there is a change in the number of participants of 10% or more then please contact camping.supervisor2@guidesontario.org as we may not be able to accommodate the increased number.

Adults can participate in the activities, however if they are participating please let us know to be sure we can accommodate that number of participants with our equipment, staff, and allotted time, etc. Guiders can often participate at no additional charge (with some exceptions depending on the programs and equipment requested).

TIPS

If you are not interested in a full day booking, there is the option to possibly share a booking with another unit interested in a half day booking. There is no guarantee of availability but the request can be made.

If your unit has over 20 girls, you may wish to split the group in two and have the Activity Facilitator lead half the group at a time (while the Guider leads another activity). Your unit will then be charged the price of 1-20 participants.

EQUIPMENT

Equipment will be provided with some exceptions (e.g., property rental equipment and personal specialized clothing i.e. bathing suits or rain gear). Please ensure the girls in your unit come prepared to their sessions. All participants should arrive at their program meeting spot (determined by the Guider with the Activity Facilitator) with a hat (type depends on season), water bottle, closed-toe shoes and climate appropriate clothing. If participating in water-based activities then sport sandals, water shoes or crocs are acceptable footwear. A suggested packing list for your trip to camp can be provided if you require.

If the girls in your unit have their own equipment they would like to use (e.g., paddle, approved PFD, snowshoes or broomball stick) this is a great opportunity to use it!

Equipment rental

	Adelaide	Doe Lake	Ma-Kee-Wa	Woolsey	Wyoka
Archery	\$25	\$25	\$25	\$25	\$25
Snowshoes			\$1/ Pair		
Canoes	\$15/canoe	\$15/canoe		\$15/canoe	\$15/canoe
Kayaks	\$10/ kayak	\$10/ kayak		\$10/ kayak	\$10/ kayak
Sail boats	\$20/ Boat				
Low ropes	\$25	\$25			\$25
Climbing Wall/Silo/High Ropes		\$50			\$50

NOTE: Camp Wyoka's playground equipment includes a glide ride. It is recommended that Guiders supervise their units while using the glide ride to ensure safe use. This is not a zip line and therefore does not require a trained Activity Facilitator.

BOOKING PROCESS AND AGREEMENT

Activity Facilitation Booking Process

1. Book a [Girl Guide property](#).
2. Review the Activity Facilitation Program Guide
3. Meet with your fellow leaders and unit to decide on the schedule and programs you will request
4. Complete the [Activity Facilitator Booking Request](#) and a request is automatically forwarded to the Camping Program Supervisor
5. Camping Program Supervisor will develop a schedule for the unit and email the Contact Guider
6. Camping Program Supervisor will provide Activity Facilitator with the program schedule
7. Contact Guider will ensure all required Safe Guide Forms for camp are completed. Please note additional Girl Guides of Canada Safe Guide forms may be required based on the activities you have requested (example. SG.5 for Low Ropes, Silo/Rock Climbing and High Ropes, WA.1 for Water Activities)
8. Unit will be charged for Activity Facilitation and Equipment rental 2 weeks before booking arrival date through a unit to province transfer
9. Camping Program Supervisor will review any adjustment to billing if required due to variance in schedule

Activity Facilitator Booking Agreement

By completing a booking request the Responsible Guider indicates agreement to review the following with their Unit Guiders.

1. Guiders are encouraged to take an active role in Activity Facilitation as a participant and supporter of the girls in their unit. Guiders agree to follow the direction of the Activity Facilitator throughout the program.
2. Guiders with the unit must be present to meet Safe Guide ratios
3. Guiders will be responsible for group management, behavior management, and first aid for the unit. Specialized rescues will be performed by the appropriately trained and appointed staff member (e.g.: water rescue, ice rescue, climbing/high ropes rescue).
4. Responsible Guider is to ensure each participant has the required Safe Guide forms completed (e.g.: SG.5 for low ropes, silo/rock climbing and high ropes, WA.1 for water activities).
5. The Contact Guider acknowledges that payment for Activity Facilitation will be withdrawn from her unit's centralized bank account, along with the cost of the property booking and equipment rental, two weeks prior to the activity. Final billing will be based on a minimum of what numbers are confirmed at that time. If numbers exceed this minimum and can be accommodated within the program's allotted time then the additional cost will be withdrawn from the unit's centralized bank account.
6. Some programs may be affected by adverse weather conditions. This may cause planned activities to be adapted, re-scheduled, substituted, cancelled, or shortened (started late or ended early). The decision regarding how a program will proceed will be made by the Activity Facilitator based on established criteria.
 - a. If the activity, or an appropriate substitution for that activity, cannot occur in any format at any time on the same day, then there will be no charge to the group (this includes adverse weather preventing Activity Facilitator travel and ability to get to the campsite to make it to the scheduled activity).
 - b. If the program occurs but is shortened, rescheduled for the same day, or a substitution of activity is provided, then no refund will occur.
 - c. If the group is unable to make it to the scheduled activity no refund will occur.

PROGRAMS

The recommended program duration is the minimum required. Some programs can be a longer program (an entire morning or afternoon block) with Guide and Pathfinder age groups. This allows for a greater depth of programming and increased adventure!

Land Programs	Description	Season (Winter, Spring, Fall)
Animal Tracking	Snow offers a wonderful palate for winter animals to paint their tracks. Learn about the local wildlife by identifying their tracks.	W (am)
Archery	When this was used as a common method of hunting the bow was not hung up when the weather got cold or rainy. Take aim and test your skills with a bow and arrow. (Equipment Rental Applies)	S,F
Astronomy	Constellations are fun to find, but do you know the stories behind the constellations? There are many ways different cultures use the night sky. Lay back and look way, way up!	S,F
Broomball	A truly Canadian game, broomball is as imbedded in our history as hockey. More popular in rural areas this game has very similar rules to hockey but instead of hockey sticks modern plastic “brooms” are used to pass the ball and score goals. A great recreational game for everyone no matter the age or skill level.	W
Camp Wide Games	Bring the excitement of camp games to your unit by participating in a camp wide game. These non-traditional games are often not played at school and can allow some necessary running time. This can be either indoor or outdoor and can be day or night time activity.	W,S,F
Fire Starting	Collect tinder and kindling and spark that fire! Your girls will get to try hands on different approaches to building a fire safely.	W,S,F

Geocaching – Global Positioning Systems	Learn how to use a GPS and do some geocaching right at camp. This popular activity is modern treasure hunting and teaches our girls the most modern method of navigation.	W,S,F
Ice Crafts	Building a snowman is only the beginning of what is possible with snow. By using a variety of tools, colours, and natural objects, create beautiful sculptures, shapes, and structures.	W
Inuit Games	Learn about games the Inuit play. Most of these games started as a way to train for the everyday life on the tundra and are still played today. These games can be played indoors or outdoors.	W,S,F
Kick-sledding	A Scandinavian form of transportation, kick sleds are used at our camps to travel the roads through the forest. After learning how to steer and propel yourself you can take turns with a partner exploring the camp property by kick sled.	W
Maple Tree Tapping	When the winter starts to wind down and the temperatures rise the sap starts flowing. Help tap the trees and collect the sweet sap needed to produce syrup and make maple taffy. (Woolsey & Wyoka availability will depend on sap run)	W
Nature Hike	Explore the forest, fields, creeks, and swamps. Look for animal tracks, interesting plants, and entice the local chickadees to eat right out of the palm of your hand. Learn about the local flora and fauna close at hand.	W,S,F
Orienteering	Find your way with a compass! Learn the basics of how to use a compass and follow a bearing.	W, S, F
Quinzee Building	Have you ever built a snow fort? Ever imagined spending the night out in the winter? Quinzees are a great snow shelter used in the sub-arctic zones where snow is not well suited to igloos. Build it up and dig it out while learning the science of how it keeps you warm and safe. If you pack your courage and the appropriate winter equipment you could even try to sleep out in it! (Dependent on snow base/pack and weather)	W

Senses Hike	Using all of your senses explore the outdoor world in a way you have never done. By immersing yourself in the hike you gain an appreciation for the world around us through the five senses.	W,S,F
Shelter Building	Ever wonder how people survive without a tent and the comforts of modern camping? Curious what it's like to test your intuitive skills as a survivor? Come and forage for insulation and protection from the elements in the wilderness.	W,S,F
Snow Snakes	Learn a 500 year old Aboriginal game involving sticks and a track made of snow. Use a premade snake to race down the track and see whose technique gets them the farthest.	W
Snowshoeing	Walk in the path of Aboriginal people and learn from the snowshoe hare by strapping on a pair of snowshoes. When the snow is deep experience the real difference having big feet makes when hiking our camp trails. Learn about the origin of snowshoes and how they work while on this adventure. (Equipment Rental Applies)	W
Teambuilding, Trust and Ropes Activities ** (SG. 5 forms must be provided to the facilitator prior to the program)		
Cooperative Games	Great games for bringing a group together and helping everyone feel comfortable. Can be done indoors or outdoors and can set the foundation for your trip to camp.	W,S,F
Low Ropes** / Trust Games	Build your team and problem solving skills all in one activity. See your girls work together through a series of low ropes initiatives. Only available at Wyoka, Doe Lake, and Adelaide. This activity is weather dependent for safety reasons. (Equipment Rental Applies)	W,S,F
Rock Climbing Wall**	Reach new heights on our climbing wall or silo! This is great activity for goal setting, trust, and personal challenge. Our staff will guide you to setting goals supporting each other and helping you find your way up the walls! Available only at Doe Lake and Wyoka. This activity is weather dependent for safety reasons. (Equipment Rental Applies)	S, F

High Ropes Course**	Ever wanted to see the world from a little higher up? Push yourselves beyond what you thought was capable and face a challenge in the air! Available at Doe Lake and Camp Wyoka only. Weather dependent for safety reasons. (Equipment Rental Applies)	W,S,F
Water Programs *boating and/or swimming tests are required to participate in the following programs (W.1 or W.3 need to be provided to the facilitator or testing will need to be done before facilitation). All water programs are weather dependent.		
Swimming	Let us do your lifeguarding for you! Swim in our natural lakes or our pools and have the safety taken care of by our trained life guards. Pool opening date is beginning of June. Please inquire for specific date.	S, F
Canoeing	Learn the basic skills and play some games to get more comfortable on the water.	S, F
Kayaking	Learn the basic skills and play some games to get more comfortable on the water.	S, F
Sailing	Learn the basic skills and get more comfortable on the water. Available only at Doe Lake.	S, F

PROGRAMS by Branch

There are recommended program durations associated with the age group of the girls and the size of the group. Some programs can be a longer program (an entire morning or afternoon block) with Guide and Pathfinder age groups. This allows for a greater depth of programming and increased adventure!

Age restrictions have be set in order to ensure safety, age appropriateness and that we are offering the highest quality experience we can for the girls.

Activities	Sparks	Brownies	Guides	Pathfinders/ Rangers
Winter Jan 14- March 25	Broomball Camp Wide Games Fire Starting Ice Crafts Inuit Games Maple Tree-Tapping Nature Hike Map games Senses Hike Shelter Building Snowshoeing Cooperative Games	Broomball Camp Wide Games Fire Starting Ice Crafts Inuit Games Kick sledding Maple Tree Tapping Nature Hike Map games Senses Hike Shelter Building Snowshoeing Snow Snakes Cooperative Games	Animal Tracking Archery Broomball Camp Wide Games Fire Starting Geocaching Inuit Games Kick sledding Maple Tree Tapping Nature Hike Orienteering Quinzee Building Senses Hike Shelter Building Snow Snakes Snowshoeing Cooperative Games	Animal Tracking Archery Broomball Camp Wide Games Fire Starting/ outdoor cooking Geocaching Inuit Games Kick sledding Maple Tree Tapping Nature Hike Orienteering Quinzee Building Senses Hike Shelter Building Snow Snakes Snowshoeing Cooperative Games
Spring May 13- June 17	Archery Camp Wide Games Fire Starting Inuit Games Nature Hike Map games Maple Tree Tapping Senses Hike Shelter Building Cooperative Games Portable Low Ropes**/Trust Games Swimming*	Archery Camp Wide Games Fire Starting Inuit Games Nature Hike Map games Maple Tree Tapping Senses Hike Shelter Building Cooperative Games Low Ropes** ++/ Trust Games Swimming* Canoeing*	Archery Astronomy Camp Wide Games Fire Starting Geocaching Inuit Games Maple Tree Tapping Nature Hike Orienteering Senses Hike Shelter Building Cooperative Games ^Rock Climbing Wall** Swimming* Canoeing*	Archery Astronomy Camp Wide Games Fire Starting/ outdoor cooking Geocaching Inuit Games Maple Tree Tapping Nature Hike Orienteering Senses Hike Shelter Building Cooperative Games ^Rock Climbing Wall** ^High Ropes Course** Swimming*

			Kayaking*	Canoeing* Kayaking* Sailing*
Fall Sept 23- Nov 25	Camp Wide Games Fire Starting Nature Hike Map games Senses Hike Shelter Building Cooperative Games Portable Low Ropes**/Trust Games Swimming*	Archery Camp Wide Games Fire Starting Inuit Games Nature Hike Map games Senses Hike Shelter Building Cooperative Games Low Ropes** ++/ Trust Games Swimming* Canoeing*	Archery Astronomy Camp Wide Games Fire Starting Geocaching Inuit Games Nature Hike Orienteering Senses Hike Shelter Building Cooperative Games Low Ropes** / Trust Games ^Rock Climbing Wall** Swimming* Canoeing* Kayaking*	Archery Astronomy Camp Wide Games Fire Starting/ outdoor cooking Geocaching Inuit Games Nature Hike Night Hike Orienteering Senses Hike Shelter Building Cooperative Games ^Rock Climbing Wall** ^High Ropes Course** Swimming* Canoeing* Kayaking* Sailing*

++ must be spotted by Pathfinder or older

^Premium Activities Require 2 Facilitators

Winter Regular Sample SCHEDULE

Winter		Sparks	Brownies	Guides	Pathfinders/ Rangers
Morning Session	10:30– 12:00	Animal Tracking	Animal Tracking	Animal Tracking	Animal Tracking
Lunch Break 12 noon-1:30pm					
Afternoon Session	1:30 – 3:00	Snow shoeing	Low Ropes	Kick sledding	Quinzee building
Afternoon Session	3:30 – 5:00	Map games	Kick sledding / Snowshoeing	Shelter building	Quinzee building
Dinner Break 5-6:30pm					
Evening Program	6:30- 7pm	Inuit Games	Snow Snakes	Camp Wide games	Snow shoeing

Fall/Spring Premium Sample SCHEDULE

Fall/ Spring		Guides	Pathfinders/ Rangers
Morning Session	9:00 – 10:30	Climbing Wall	Archery
Morning Session	11:00 – 12:30	Climbing Wall	Canoeing/ Sailing
Lunch Break 12 noon-1:30pm			
Afternoon Session	1:30 – 3pm	Kayaking/ Canoeing	High Ropes Course
Afternoon Session	3:30 – 5:00pm	Swimming (1 hr.)	High Ropes Course
Dinner Break 5-6:30pm			
Evening Program	7:00 – 8:30	Astronomy	Swimming (1 hr.)

Fall/Spring Regular Sample SCHEDULE

Fall/ Spring		Sparks	Brownies	Guides	Pathfinders / Rangers
Morning Session	9:00 – 10:30	Nature Hike	Archery	Nature hike	Archery
Morning Session	11:00 – 12:30	Co-op Games	Low ropes	Archery	Shelter building
Lunch Break 12:30-1:30pm					
Afternoon Session	1:30 – 3pm	Shelter building	Orienteering	Camp wide games	Geocaching
Afternoon Session	3:30 – 5:00pm	Map Games	5 Senses Hike	Fire starting/ outdoor cooking	Low ropes/ Trust activities
Dinner Break 5-7pm					
Evening Program	7:00 – 8:30	Not available for Sparks	Campfire 1hr	Astronomy	Night Hike

- Units will choose 4 activity session
- Refer to the following program descriptions for the recommended timing of your programs.
- Lunch facilitation may be available (e.g., outdoor cooking after fire building, or picnic on the trail) if requested in advance. Food must be provided by the unit according to the dietary needs of your unit.
- Swimming facilitations are maximum 1 hour in duration

UNIT BADGES

Each chart below indicates what programs are available to each age group. It also indicates what badge work can be done during each program. Some badges may be fully achieved during your program however some may also require additional work either before your visit to camp or more after you return home. Please refer to your Program Handbook.

Badges will not be provided at camp. It is up to the unit leaders to ensure their girls are awarded.

SPARKS

Keepers	Animal Tracking	Archery	Broomball	Camp Wide Games	Canoeing	Cooperative Games	Fire Starting	Hike	Ice Crafts	Inuit Games	Low Ropes / Trust Games	Maple Tree Tapping	Map Games	Shelter Building	Snowshoeing	Swimming
Going Outside	X	X	X	X	X	X	X	X	X		X		X	X	X	X
Being Healthy				X	X	X		X			X	x			X	X
Going Camping	X	X		X	X	X	X	X			X		X	X	X	X
Exploring and Experimenting		X		X	X	X	X	X	X	X	X	x	X	X		X

BROWNIES

Key	Badge	Animal Tracking	Archery	Broomball	Camp Wide Games	Canoeing	Cooperative Games	Fire Starting	Geocaching – GPS	Hike	Ice Crafts	Inuit Games	Low Ropes / Trust Games	Maple Tree Tapping	Map Games/Orienteering	Rock Climbing	Shelter Building	Snow Snakes	snowshoeing	Swimming
Key To My Community	Aboriginal People in Canada											X						X	X	
	Outdoor Action	X	X	X	X		X	X		X	X	X	X	X	X			X	X	
	Fabulous Food							X												
	Swim! Skate!																			X
	Go For It			X	X		X					X	X						X	
	Winter Is Great	X	X	X	X		X	X		X	X	X	X	X	X			X	X	
Key to the Living World	Wondrous Walks	X								X					X				X	
	Plant Life	X								X				X	X				X	
Key To Camping	Safety First	X						X		X										
	Dress Right	X								X									X	
	Lost Outdoors	X								X					X				X	
	Happy Hiking	X								X					X				X	
	Going Camping							X												
	Which Way?														X					
	Be Aware							X												
	Cookout							X												

GUIDES

Program Area			Animal Tracking	Archery	Broomball	Camp Wide Games	Canoeing	Cooperative Games	Fire Starting	Geocaching – GPS	High Ropes Course	Hike	Inuit Games	Kicksledding	Kavaking	Low Ropes / Trust Games	Maple Tree Tapping	Orienteering	Quinzee Building	Rock Climbing	Senses Hike	Shelter Building	Snowshoeing	Snow Snakes	Swimming
Yours In Guiding	Interest Badge (Adventures in Guiding)	Cultural Awareness											X	X			X						X	X	
		Heritage	X		X								X				X						X	X	
You and Others	Badge	Learn About Leadership						X			X					X									
		Build Skills in Communication						X			X					X									
		Picture This																							
Beyond You	Badge	Try New Things	X	X	X	X		X	X	X	X	X	X	X		X	X	X	X		X	X	X	X	
		Explore the Outdoors and Nature	X		X				X	X		X		X			X	X	X		X	X	X		
	Interest Badge (Fun in the Outdoors)	Bird watching										X													
		Ecology				X											X						X		
		Exploring										X													
		Forestry									X						X						X		
		hiking									X												X		
		Outdoor Adventures									X												X		
		Outdoor Cooking							X																

PATHFINDERS

Program Areas		Animal Tracking	Archery	Broomball	Camp Wide	Canoeing	Cooperative	Fire Starting	Geocaching –	High Ropes	Hike	Inuit Games	Kayaking	Kicksledding	Maple Tree	Low Ropes / Trust	Orienteering	Quinzee Building	Rock Climbing	Senses Hike	Shelter Building	Snowshoeing	Snow Snakes	Swimming
Creating Your Future	We're a Team			X	X		X		X	X						X	X	X						
	Find Your Inner Leader						X			X						X								
Let's Take it Outside	Outdoor Know-How							X																
	Knots, Knives and Outdoor Lore							X															X	
	Finding Your Way								X								X							
	Survivor Girl – Prepared for the Outdoors!							X										X						
	Out on the Trails!								X					X			X					X		
	Winter Wonderland	X	X	X	X		X	X	X	X	X	X		X	X	X	X	X		X		X	X	
	Up Close and Personal With Nature	X									X				X									
Living Well	Active Living			X	X					X				X										
	Beyond Baseball	X	X	X	X		X	X	X	X	X	X		X	X	X	X	X		X		X	X	

RANGERS

A few of the direct connections to the Ranger program are listed below in the chart. The camp atmosphere is a great place to practice the skills you have been learning through the Girl Guide program in your unit. Take the opportunity to test your team building and communication skills through low and high ropes. Request longer programs to allow for not only more time to explore but also more creative programming where we help can build your unit of Rangers into a dynamic team while providing a challenge.

Program Areas		Animal Tracking	Archery	Broomball	Camp Wide Games	Canoeing	Cooperative Games	Fire Starting	Geocaching – GPS	High Ropes Course	Hike	Inuit Games	Kayaking	Kicksledding	Low Ropes / Trust Games	Maple Tree Tapping	Orienteering	Quinzee Building	Rock Climbing	Senses Hike	Shelter Building	Snowshoeing	Snow Snakes	Swimming
Community Connections	Be Prepared																X							
	Canadian	X		X														X	X			X	X	
Environment, Outdoors and Camping	A Life Outdoors	X	X	X	X		X			X	X	X		X	X		X	X	X	X	X	X	X	
	Camping Skills					X		X			X		X				X				X	X		X
	Going Natural	X									X													
	Hide and Seek								X								X							
	The Outdoor Community	X	X	X	X		X			X	X	X		X	X		X	X	X	X	X	X	X	
	Winter Wonderland	X		X										X			X	X	X			X	X	
Healthy Living	Wide World of Sports			X	X							X											X	
Leadership and Management	Leadership Skills						X			X					X		X		X		X			
	What You Say						X			X					X				X		X			
	Facilitation or Leading?						X			X					X						X			