



# Activity Facilitation Program Guide

The following Program Guide is intended for use  
by units who are booking at a Girl Guide of  
Canada, Ontario Council camp and desire to have  
staffed programming as part of their time there.

Winter  
**2015**

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# BOOKING PROCESS AND AGREEMENT

## Activity Facilitation Booking Process

1. Book a Girl Guides Property  
[http://www.girlguides.ca/ON/Adult\\_Members/Property\\_Bookings/Camps/ON/Adult\\_Members/Property\\_Bookings/Property\\_Booking.aspx?hkey=4d9d03bf-569d-4ef4-9d61-a84952083f4c](http://www.girlguides.ca/ON/Adult_Members/Property_Bookings/Camps/ON/Adult_Members/Property_Bookings/Property_Booking.aspx?hkey=4d9d03bf-569d-4ef4-9d61-a84952083f4c)
2. Review the 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 at  
[http://www.girlguides.ca/ON/Parents/Ontario\\_Council\\_Camping\\_Programs/ON/Parents/Ontario\\_Council\\_Camping\\_Programs/Activity\\_Facilitation\\_at\\_Camp.aspx](http://www.girlguides.ca/ON/Parents/Ontario_Council_Camping_Programs/ON/Parents/Ontario_Council_Camping_Programs/Activity_Facilitation_at_Camp.aspx)
5. Camping Program Supervisor will develop a schedule for the unit and email to the Contact Guider
6. Ensure all required Safe Guide Forms for your camp are completed. Please note additional Girl Guides of Canada forms may be required based on the activities you have requested (example. [SG.5](#) for High Ropes, [WA.1](#) for Water Activities).
7. Contact Guider will provide a packing list to your unit. Include any equipment required (review the equipment section of Activity Facilitation Program Guide)
8. Unit will be charged for programming 2 weeks before booking with the Property Bookings Administrative Assistant
9. Camping Program Supervisor will review any adjustment to billing if required due to attendance

## 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.: ice rescue, high ropes rescue).
4. Responsible Guider is to ensure each participant has the required Safe Guide forms completed (e.g.: [SG.5](#) for high ropes, [WA.1](#) for water activities).
5. The 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, 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 criteria that they have been provided and trained upon.
  - 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 would include if adverse weather doesn't allow our Activity Facilitator 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 such as snowshoeing and kick sledding 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!








Please see the Equipment section for details of what is provided and required.

## Legend

	Must be done in partnership with a  program
	Recommend these programs are paired with a  program. Requires no additional time slot on top of the partner program but is a great add on activity.

Program	Description	Time Duration	
		Sparks & Brownies	Guides, Pathfinders & Rangers
<b>Animal Tracking</b> 	Snow offers a wonderful palate for winter animals to paint their tracks. Learn about the local wildlife by identifying their tracks and seeing them first hand.	When paired with a  program it does not add extra time.	
<b>Archery</b>	When this was used as a common method of hunting the bow was not hung up when the weather got cold or the snow fell on the ground. Take aim and test your skills with a bow and arrow.	1 – 1 ½ hr	
<b>Broomball</b>	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 and score goals. A great recreational game for everyone no matter the age or skill level.	1 hr	
<b>Camp Wide Games</b>	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, doubled in fun when the snow is deep. This can be either indoor or outdoor and can be day or night time activities.	1 hr	
<b>Cooperative Games</b>	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 in the winter.	1 – 1 ½ hr	

Program	Description	Time Duration	
		Sparks & Brownies	Guides, Pathfinders & Rangers
<b>Geocaching – Global Positioning Systems</b>	Learn how to use a GPS and do some geocaching right at camp. This popular activity is modern treasure hunting and teaches our girls a new kind of navigation.	Not available	1 – 1 ½ hr
<b>High Ropes Course</b>	Every 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! Our ropes course at Doe Lake can be used in the winter time too if the temperatures aren't plummeting.	Not available for this age	1 ½ hr For 12-15 girls
<b>Ice Crafts</b> 	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 that will surround you during your visit.	When paired with a  program it does not add extra time.	
<b>Ice fishing</b> 	Introduce your girls to a favourite past time of many Canadians. On our tested lake ice learn how to bait a line, fish, and drill a hole if you like to see how thick the ice is! While you are waiting to catch fish this is a great opportunity to learn about safe ice, snow flakes, and sing songs. (Available only at Doe Lake)	1 – 1 ½ hr	
<b>Inuit Games</b>	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.	1 – 1 ½ hr	
<b>Kicksledding</b> 	A Scandinavian form of transportation, kicksleds 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 kicksled. (available only at Doe Lake, Wyoka, and Adelaide, or Woolsey)	1 – 1 ½ hr	1 ½ hr – 2 hrs
<b>Low Ropes</b>	Build your team and problem solving skills all in one activity. See your girls work together through a series of low ropes initiatives. (Available only at Wyoka, Doe Lake, and Adelaide)	1 – 1 ½ hr Per group of 12 - 15	
<b>Maple Tree Tapping</b>	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.	1 – 1 ½ hr	
<b>Photography</b> 	Teach your girls how to operate a camera, compose photos with an artistic eye, and find the beauty in winter around them. Participate in the Roberta Bondar Photography Challenge while at winter camp.	When paired with a  program it does not add extra time.	

Program	Description	Time Duration	
		Sparks & Brownies	Guides, Pathfinders & Rangers
<b>Quinzee Building</b>	Have you ever built a snow fort? Ever imagined spending the night out in the winter? Quinzee's 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!	3-4 hours minimum to complete the building process with a required 1 hour half way break.	
<b>Senses Hike</b> 	Using all of your senses explore the outdoor world in a way you have never done before. By immersing yourself in the hike you gain an appreciation for the world around us through the 5 senses.	When paired with a  program it does not add extra time.	
<b>Skating</b>	Our camp properties offer a basic skating surface, perfect for a country skate. Either on the lake or our own rink straps on your skates and take a few loops. (availability varies with camps)	1 hr	
<b>Snow Science</b> 	Your girls will learn all about snowflakes, crystals, and the properties of snow. Dine on fresh snow cones, make fresh ice cream all the while learning the science of our winters.	When paired with a  program it does not add extra time.	
<b>Snow Snakes</b> 	Learn a 500 year old Aboriginal game involving sticks and a track made of snow. Learn to carve your own snake or use a premade one to race down the track and see whose technique gets them the farthest.	When paired with a  program it does not add extra time.	
<b>Snowshoeing</b> 	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.	1 – 1 ½ hr	1 ½ hr – 2 hrs
<b>Tobogganing</b>	What is better than a fresh or well worn in tobogganing hill? Hours of entertainment on some great camp hills are to be had whether on crazy carpet or classic toboggan. Races, creative competitions, and unstructured sliding all make this a never ending popular choice for all ages.	1 hr	
<b>Winter Fires</b>	Learning to start a fire in dry summer conditions is challenging enough but try starting one in the winter when heat can make all the difference! Learn about winter wood collection, fire starting, and winter techniques. Maybe even roast a marshmallow or heat up some hot chocolate afterwards!	1 – 1 ½ hr	

Program	Description	Time Duration	
		Sparks & Brownies	Guides, Pathfinders & Rangers
Winter First Aid	Winter creates a few additional first aid challenges that other seasons do not have. Hypothermia and frost bite can create first aid emergencies; learn how to identify them and some basic treatment guidelines.	1 – 1 ½ hr	



# SCHEDULE

		Activity
<b>Morning Block</b>	<b>9:00 – 10:30</b>	
	<b>10:30 – 12:00</b>	
	<b>12:00 – 1:00</b>	<b>Lunch</b>
<b>Afternoon Block</b>	<b>1:00 – 2:30</b>	
	<b>2:30 – 4:00</b>	
<b>Dinner Block</b>	<b>4:00 – 5:00</b>	
<b>Evening Program</b>	<b>7:00 – 9:00</b>	Available in Spring and Fall only!

- Refer to the following program descriptions for the recommended timing of your programs.
- Some lunch facilitation may be available (e.g.: outdoor cooking after fire building, or picnic on the trail during a snowshoe hike) if requested in advance.
- Guiders must provide food for any outdoor cooking for their unit.

# PRICING

The pricing listed below includes only the facilitation cost. There is an additional cost for booking the camp, equipment and/or reserving the program area. Please confirm when you book the camp property that you also book the requested program area and the associated equipment.

Staff are provided on an hourly basis for a minimum of 2 hours. The price of the required 30 minutes of set-up and 15 minutes of pack up time per program is included in the fee listed below.

<b>Group size (Girls and Participating Adults)</b>	<b>Minimum Number of Activity Facilitators Required for High Ropes **</b>	<b>Cost/hour</b>	<b>Minimum Number of Activity Facilitators for all remaining activities</b>	<b>Cost/hour</b>
1 – 20	2	\$50	1	\$25
21-40	3	\$75	2	\$50
40-60	4	\$100	3	\$75
60+	5	\$125	4	\$100

\*minimum 2 hour booking required (1 hour of facilitation, 1 hour of set-up/pack-up)

If the number of Activity Facilitators needs to be added to the minimum number to meet Safe Guide ratios, an additional charge of \$25/hr will be added per each Activity Facilitator added.

Payment for Activity Facilitation is done directly with your property booking two weeks prior to your booking date with the estimated number of participants at that time. If there is a change in the number of participants of 10% or more then please advise us as we may not be able to accommodate.

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 are able to participate at no additional charge with some exceptions depending on the programs and equipment requested.

# EQUIPMENT

All equipment is provided with the exceptions of skates, helmets and tobogganing sleds. Please ensure the girls in your unit come prepared.

There are many second hand equipment stores (e.g.: Source for Sports, Value Village) that sell reasonably priced equipment that you can recommend to families.

Helmets are recommended for a variety of activities including skating and tobogganing. Safe Guide indicates that if a parent sends their child with a helmet they must be used for these activities. Our staff team strives to be positive role models when it comes to helmet use and will be wearing helmets for skating and tobogganing.


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

# 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 Unit Handbook.

Badges will not be provided at camp, it is up to the Unit Leaders to ensure their girls are awarded.

## SPARKS

 <b>Keepers</b>	Animal Tracking	Broomball	Camp Wide Games	Cooperative Games	Ice Crafts	Ice fishing	Low Ropes	Maple Tree Tapping	Photography	Senses Hike	Skating	Snow Science	Snowshoeing	Tobogganing
Going Outside	X	X	X	X		X	X		X	X	X		X	X
Being Healthy		X	X	X			X	X		X	X		X	X
Going Camping	X									X			X	
Exploring and Experimenting					X			X				X		

# BROWNIES

Key	Badge	Animal Tracking	Archery	Broomball	Camp Wide Games	Cooperative Games /	Geocaching/GPS	High Ropes	Ice Crafts	Ice fishing	Inuit Games	kicksledding	Maple Tree Tapping	Orienteering	Photography	Quinzee Building	Senses Hike	Skating	Snow Science	Snow Snakes	Snowshoeing	Tobogganing	Winter Fires	Winter First Aid	
Key To My Community	Aboriginal People in Canada										X									X	X	X			
	Outdoor Action	X	X	X	X	X	X	X	X	X	X	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				X	X		
	Winter Is Great	X	X	X	X	X	X	X	X	X	X	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	X							X			
	Plant Life	X											X	X	X		X					X			
Key To Camping	Safety First	X																						X	
	Dress Right	X					X					X				X	X	X				X	X		X
	Lost Outdoors	X												X		X	X					X			X
	Happy Hiking	X												X			X					X			
	Going Camping						X																	X	
	Which Way?						X							X											
	Be Aware						X																	X	
	Winter Outside																								X
Cookout																							X		

# GUIDES

Program Area Challenges			Animal Tracking	Archery	Broomball	Camp Wide Games	Cooperative Games / Low Ropes	Geocaching / GPS	High Ropes	Ice Crafts	Ice Fishing	Inuit Games	Kicksledding	Maple Tree Tapping	Orienteering	Photography	Quinzee Building	Senses Hike	Skating	Snow Science	Snow Snakes	Snowshoeing	Tobogganing	Winter Fires	Winter First Aid
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																
		Build Skills in Communication					X		X																
	Interest Badge (Being Healthy)	Skating																	X						
		Snowshoeing																					X		
Interest Badge (Safety)	First Aid																							X	
Discovering You	Interest Badge (Girls Creating)	Art Creation								X															
		Picture This															X								X
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	X	X	X	X
		Explore the Outdoors and Nature	X		X			X			X		X	X	X		X	X	X				X	X	X
	Interest Badge (Fun in the Outdoors)	Bird watching																							
		Ecology				X																	X		
		Exploring																							
		Forestry													X								X		
		hiking																					X		
		Outdoor Adventures																					X		
Outdoor Cooking																							X		

# PATHFINDERS

Program Areas		Animal Tracking	Archery	Broomball	Camp Wide Games	Cooperative Games / Low ropes	Geocaching/GPS	High Ropes	Ice Crafts	Ice fishing	Inuit Games	kicksledding	Maple Tree Tapping	Orienteering	Photography	Quinzee	Senses Hike	Skating	Snow Science	Snow Snakes	Snowshoeing	Tobogganing	Winter Fires	Winter First Aid	
Creating Your Future	We're a Team			X	X	X	X	X						X		X									
	Find Your Inner Leader					X		X																	
Lets 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	X	
	Out on the Trails!						X					X	X	X	X	X	X	X	X	X	X	X	X	X	
	Winter Wonderland	X	X	X	X	X	X	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												
Girl Stuff	Girls Just Want to Have Fun																					X			
Living Well	Active Living			X	X			X				X						X			X	X			
	Beyond Baseball	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
My Music, Movies, and More!	Camera Crazy													X											
On My Own	First Aid																						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 Programs. Take the opportunity to test your team building and communication skills through low and high ropes. Request longer snowshoeing and kicksledding 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 winter challenge.

Program Areas		Animal Tracking	Archery	Broomball	Camp Wide Games	Cooperative Games / Low ropes	Geocaching/GPS	High Ropes	Ice Crafts	Ice fishing	Inuit Games	kicksledding	Maple Tree Tapping	Orienteering	Photography	Quinzee	Senses Hike	Skating	Snow Science	Snow Snakes	Snowshoeing	Tobogganing	Winter Fires	Winter First Aid	
Community Connections	Be Prepared									X														X	
	Canadiana	X		X						X	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	X	X	X	X	X	X	X
	Going Natural	X												X								X			
	Safety First																							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	X	X	X	X	X	X	X
	Winter Wonderland	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Explore Your Creativity	Artists and the Natural World								X																
Healthy Living	Winter Wonderland	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
	Wide World of Sports			X							X	X									X				
Leadership and Management	Leadership Skills					X		X						X		X									
	What You Say					X		X																	