



Mountain Bike Adventure Camp Summer 2018



Camper & Parent Information

Welcome

Thank you for choosing Scouts Canada – Chinook Council as your summer camping activity. Scouting is the world's largest voluntary youth movement. Our summer programs are designed around the expertise and experience such a movement provides. Campers learn by doing, working in small groups and on individual tasks; and they are challenged to do their best while trying new activities.

Mountain Bike Adventure Camp

The Mountain Bike Adventure Camp will be starting from and returning to camp Impeesa. Located offsite, we will ride approximately 4 hours to our base camp on Monday and return to Impeesa on the Thursday afternoon. There is no incoming phone line to camp, but the bike guides will have a satellite phone. For emergencies, please contact Camp Impeesa directly at 1-403-627-4805, leave a message and we will get back to you as soon as possible. We have partnered with Two Wheel View to provide expertise, experience and the equipment for a fantastic mountain bike adventure. Youth are NOT required to bring their own bike with them.

Expectations and Activities

A week at summer camp is an experience of a lifetime and with that come expectations from the camper, their parents, and the camp. We strive to provide a wide variety of program opportunities for our campers at Impeesa so it is important to discuss, as camper and parent, the key goals you want to achieve at summer camp and what you expect your session to be like. Each camper will have a different and individual experience from another and we recommend having an open mind and being flexible.

With a wide number of activities available campers can expect to participate in a selected number and will not be able to try all during their 6 day session. Certain activities have participant restrictions based on a number of factors which could include age, weight, equipment availability, time, and adverse weather conditions. For a number our programs Campers will decide as a tent group which activities they will participate together.

We know that campers of all levels want to experience all that camp has to offer and we want campers to return excited to try new things each summer. For our Scouts, as part of the Canadian Path program we see our camper's progress and build experiences as they continue to grow in the Scouting program.

Please take a look at our camp webpage where you can find detailed information regarding any specific activity in our Trail Cards section.

Transportation

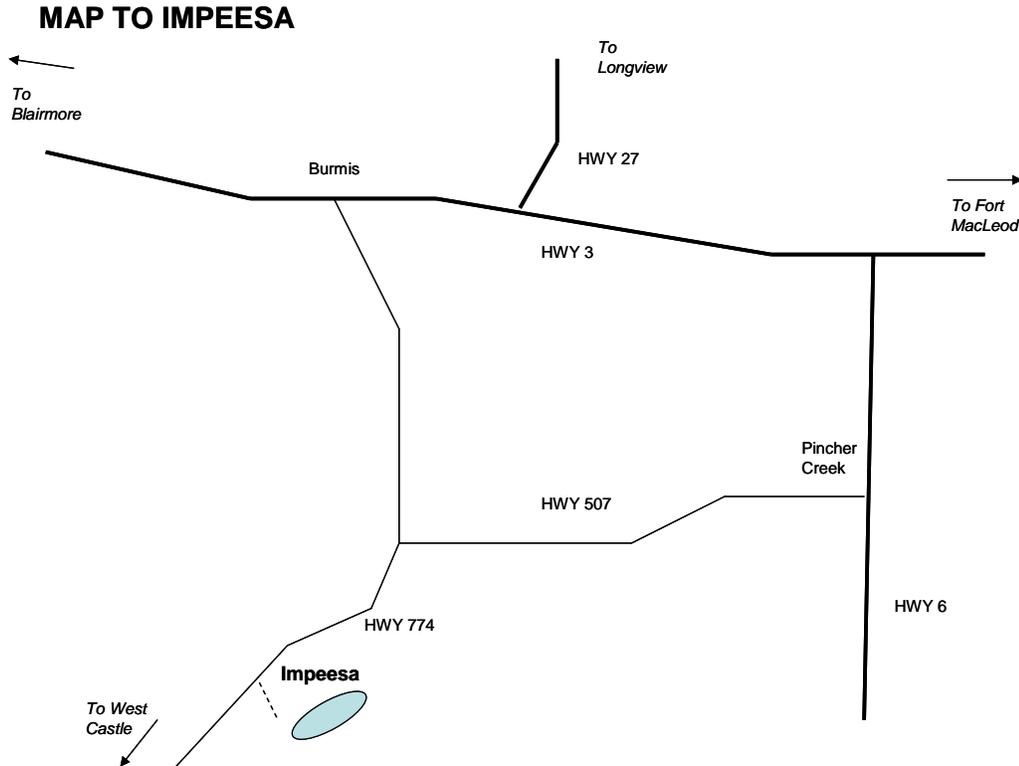
All Campers have the option to travel to/from Camp Impeesa on a bus departing from the Calgary Scout Centre with a stop in High River and Fort McLeod each week of summer camp. You would have chosen the bus option at the time of registration on our webpage.

Bus service for Lethbridge and Medicine Hat is not scheduled for summer 2018 due to low demand over the past number of summers. We encourage parents to arrange drop off and/or pick up at one of our other locations if a bus is not available in your direct area.

We are happy to arrange a bus for Lethbridge or Medicine Hat if enough demand is indicated.

Parents who wish to provide their own transportation for their youth to/from camp must let the Calgary Scout Centre know as soon as possible; please email prairies@scouts.ca.

Attached is a map showing how to get to Camp Impeesa. From Calgary it takes about 2 ½ hours, from Pincher Creek it takes about 40 minutes to reach camp. Please use the radio located at the front gate house to let us know you have arrived so we can direct you to the main parking area. The camp gate will be closed but is not locked, please proceed through the gate and close it behind you.



Going To Camp – BUS SERVICE:

Bus Runs weekly for Calgary / High River / Fort Macleod

Calgary:

When: first day of summer camp; Sunday

Where: **Calgary Scout Centre – 2140 Brownsea Drive NW, Calgary**

When: **11:40 AM** for check in. The bus will depart at **12:00 PM sharp**.

A camp staff member must talk to the parent dropping off the youth. They will confirm the youth is scheduled for the correct camp week and if the youth has any medications or other special instructions for the youth. Please be on time to allow for check in and loading of the bus to go smoothly. Parents should help with loading of youth baggage.

High River:

When: First day of summer camp; Sunday

Where: **Heritage Inn at 1104 11 Ave. SE, High River**

When: The bus is estimated to arrive at **1:00 PM** on Sunday. Please make sure you arrive 15 – 20 minutes early. Traffic, weather, road conditions could change the times slightly.

Fort Mcleod

When: First day of summer camp, Sunday

Where: **LDS Church at 643 20th Street**

When: The bus is estimated to arrive at **2:00 PM** on Sunday. Please make sure you arrive 15 – 20 minutes early. Traffic, weather, road conditions could change the times slightly.

Parents should provide a small and easy snack for the bus ride to Camp Impeesa. This snack must be NUT FREE. Dinner will be served once campers arrive at camp around **5:00 PM**.

Parents Driving to/from Camp

We ask that the youth arrive at camp on Sunday evening at **4:00 PM**. Please DO NOT arrive any earlier as camp staff will not be available to supervise youth before 4:00 PM. Please be sure that you have sent in or have with you all required medical forms and medication to be turned in to us. Dinner for youth will be served at **5:00 PM**.

If you are going to be picking up your youth from camp please plan to do so on Friday at **2:00 PM**. Please early as the camp staff needs to prepare for the next weeks camp.

Campers cannot be picked up at camp without prior written notification to the Calgary Scout Centre (prairies@scouts.ca) or the on-site camp office. This notification must come from the person who signed the camper's physical fitness form.

Departure From Camp – BUS SERVICE:

Pick up locations are the SAME as the drop off locations for Fort Mcleod, High River, and Calgary. See above for details.

When: Last day of summer camp, Friday

When: Campers will depart Camp Impeesa on Friday at **2:00 PM**

Fort Mcleod – For those picking up in Fort Mcleod, the bus is estimated to arrive at **3:30 PM** on Friday. Please make sure you arrive early to pick up youth as the bus must continue on to Calgary.

High River – For those picking up in High River, the bus is estimated to arrive at **4:30 PM** on Friday. Please make sure you are early to pick up youth as the bus must continue on to Calgary.

Calgary – For those picking up in Calgary, the bus is estimated to arrive at **5:00 – 5:30 PM**. Parents MUST arrive between **4:45 – 5:15 PM** to pick up their youth. If you are going to be late you must make arrangements for your youth to be picked up by an approved parent.

For camp updates including bus information please go to...

<http://campimpeesa.ca/for-parents/updates-from-camp/>

It is important to note that navigation devices and programs like Google maps on your smartphone may not accurately direct you to camp.

We suggest printing out the map included in this document or mapping your route online using the link on our webpage www.campimpeesa.ca

Program Overview

Mountain Bike campers will arrive at Impeesa on Sunday and spend the evening getting to know each other and having fun. Starting Monday morning through Thursday evening, the campers will get to know the ins and out of bike packing in the mountains while exploring the backcountry trails in the area. Their daily duties include morning camp chores, bike prep and maintenance and then the fun begins! We ride as individuals, learn all about bike operation, trail riding versus road riding, types of terrain, working as a group to reach goals of the day, taking the lead and exploring in the backcountry. Thursday evening will include a traditional formal campfire at camp. Friday we will conclude camp with Camp Impeesa activity options and a closing ceremony before youth return home. When we are not at Impeesa, youth will be cooking their meals over a fire or on cook stoves in the backcountry.

Equipment

ALL baggage is to be marked with the camper's name. All gear will be transported to the base camp via bike pannier by each camper; please make sure it has been waterproofed. This can be accomplished by packing everything in a heavy garbage bag or plastic then inside of a duffle bag or back pack. Campers will then take only the items they need and that can fit onto their bike. Campers may leave a set of fresh clothes and other items at Camp Impeesa for their return to camp. We recommend that campers bring **old clothes** to camp. Please **label** all clothing and personal articles with the camper's name. Make a careful check of the enclosed **equipment list** to ensure you have included all items. This list is the minimum required. It is very important to bring a raincoat, rain pants or slicker, waterproof footwear and a warm sweater *and* windbreaker.

In keeping with our wilderness environment campers DO NOT bring electronic games, expensive cameras, cell phones or other valuable items. Uniforms may be worn to and from camp, campers will be provided with a camp necker and tshirt.

Medication – IMPORTANT

If your camper requires any medication while at camp, it must be in its original packaging and delivered to the staff conducting the check-in at camp with directions for use. The directions should be as follows: Camper's name, type of medication, dosage, treatment and reason for medication. For example: John Smith, Ibuprofen, one tablet at bedtime with water, for inflamed knee joint.

Camper provided Snacks or Food

Please **DO NOT** send any candy, chips, gum or the like. Impeesa and all surrounding areas are bear country and these only invite forest critters to visit the campsites. Nutritious snacks are also provided at appropriate times during the day.

A word about risks

Scouts Canada emphasizes safety through education and strict adherence to established policies and procedures. Your safety depends upon your attention to these procedures as well as being physically fit, properly equipped, and trained for the rigors of backcountry travel. Scouts Canada policies and procedures, if followed, will minimize these risks as much as possible. Parents, leaders and participants should be advised that despite our best attempts at risk management, it is not possible to remove all risk for a wilderness expedition.

Possible risks include (but are not limited to):

- motor vehicle accidents
- severe weather conditions such as hail, floods, lightning, heat, cold and high winds
- forest fire
- medical conditions such as heart attack, appendicitis, hypothermia, severe allergies and asthma or diabetes related conditions
- accidents such as cuts, burns or falls; risks associated with being on mountains
- encounters with wildlife
- sitting on electric wire fence (not allowed)
- Allergic reactions
- Injury related to mountain biking

Campers on bikes, regardless of training and past experience, may act or react at times which may result in injuries caused by stumbles, tumbles, falls, and equipment breakdown. Collisions with riders; falling off bikes, fences; failure to ride safely or within one's own ability; or use, misuse or failure of equipment may result in injury.

Medical evacuations and search and rescue services are coordinated by Scouts Canada in close cooperation with local authorities.

Please be sure that if your child requires medication that they have everything they need!

Equipment List for Base Camp

- **Pack all equipment in a duffle or back pack. You should line this with a plastic garbage bag**
- **You will pack your bike panniers once you arrive at camp**
- **All articles are to have a name on them.**
- **Rain Gear must be waterproof!**

TWO WHEEL VIEW

Suggested packing list: multi-day bike packing

This is a bike trip. You have to carry everything you bring on your bicycle in two or four panniers (saddle bags). Two Wheel View will provide you with pannier bags. If you are uncertain whether or not to bring something contact us for clarification.

Washing your clothes: You should plan on wearing the same clothes multiple times. A good tip is to have a set of clothes that you wear during the day and a set of clothes that you wear when you are "in-camp". Let's face it, a person can work up a real sweat with all the activities involved in a day of biking, camping and exploring. Add a few accidental stains into the mix and you have a pile of dirty clothes in desperate need of cleaning.

Choose clothing layers that wick moisture, dry quickly, insulate and are breathable. You can always hand wash your clothes (underwear, cycling shorts, etc...) in a bucket or wash basin and hang to dry.



Suggested packing list.

- | | |
|---|---|
| <input type="checkbox"/> Small towel: a light weight camp towel, quick dry and light weight | <input type="checkbox"/> Sleeping bag: light weight and compact to pack |
| <input type="checkbox"/> Toiletries: Toothbrush, toothpaste, deodorant, comb, brush, contact solution, soap, shampoo, conditioner, feminine product, etc... | <input type="checkbox"/> Sleeping pad: a lightweight ultra-light thermarest is the most compact for packing |
| <input type="checkbox"/> 2 to 3 Underwear: change daily and wash as necessary at camp or along the way | <input type="checkbox"/> Cycling helmet |
| <input type="checkbox"/> 1 or 2 T-shirts or cycling jersey: quick dry, lightweight material | <input type="checkbox"/> Closed-toe shoes/sandals: something to wear when you are not cycling - wet conditions may exist. |
| <input type="checkbox"/> 1 long sleeve shirt/sweatshirt or layer that you would be comfortable wearing after cycling at camp | <input type="checkbox"/> Sturdy shoes: sturdy pair of closed-toe shoe for cycling. If you are bringing clipless pedals be sure to bring your own cycling shoes. |
| <input type="checkbox"/> Cycling/Camping long pants: lightweight, quick dry type pants that you can wear while cycling or for warmth | <input type="checkbox"/> Sandals (optional) |
| <input type="checkbox"/> 1 short pants: biking shorts or whatever you are comfortable cycling in | <input type="checkbox"/> Pens: for writing in the group journal and your personal journal |
| <input type="checkbox"/> 2 pair socks | <input type="checkbox"/> Sunglasses: good to have eye protection while cycling |
| <input type="checkbox"/> Pajamas or something comfortable to sleep in. | <input type="checkbox"/> Headlamp/flashlight |
| <input type="checkbox"/> Bathing suit | <input type="checkbox"/> Sunscreen, lip balm |
| <input type="checkbox"/> Rain jacket/Wind jacket: can be for warmth on windy days or dryness if it rains | <input type="checkbox"/> Bicycle helmet |
| <input type="checkbox"/> Rain pants: lightweight pants that you can cycle in | |
| <input type="checkbox"/> Warm cap/toque: something that can fit under your helmet is a good idea | |
| <input type="checkbox"/> Gloves (lightweight water proof): cool damp cycling conditions may exist | |

Optional

- Camera, extra HD card, battery charger, adapters
- Cycling gloves
- Book/journal: paperback or lightweight
- Bandana
- Ball cap/visor
- Personal water bottles
- Book/journal: paperback or lightweight
- Bike Saddle
- Bike Pedals

Camper Emotional Well Being

At summer camp it is normal for your camper to experience times of homesickness and other emotional stresses. We know that having feelings of sadness from being away from home is a common and recognized emotion at camp. Our staff will work with campers through those times to encourage them to continue to enjoy the summer camp experience. If a camper is experiencing an ongoing stress we are happy to contact the parent to discuss the situation so they are aware. We encourage campers to stay at camp for the duration of the week and only have them leave camp early as a last result. Our camp director would speak with parents to make that final decision.

Camper Behaviour

All of the rules, regulations and procedures of camp will be discussed with all campers on the first evening of camp. Expectations for the week will be set out for campers to understand how we can make their stay at camp an enjoyable and safe one. Appropriate behaviours are always encouraged at all times and reminders of our scouting mottos will be emphasised. Bullying and any other ongoing inappropriate or unsafe behaviour will not be tolerated at camp. These types of actions do not encourage a safe and positive environment for campers. If this were to occur parents would be called and made aware of the behaviour and we would work together to resolve the issue. The camp director reserves the right to dismiss any camper who continually displays disruptive, unsafe or harmful behaviour. It is the parent's full responsibility to arrange transportation and pick up from camp for a camper who has been dismissed. We encourage parents to complete our 'Camper Personal Needs Form' if you feel you can provide any detailed information regarding your camper daily routines and behaviors. You can find this form on our webpage or through the council scout office if you did not receive it in your registration package.

Camper Dietary Requirements

Meal time at camp is one of our favorite parts of the day. We serve home cooked, buffet style meals throughout the summer from our commercial kitchen and dining hall. Campers can expect a variety of meal options especially at breakfast with both hot and cold options available. If your camper requires any specific dietary needs we are happy to try to accommodate as long as we have prior notice. If you have not submitted your 'Camper Dietary Needs Form' at the time of registration please do so as soon as possible so we are able to relay that information to our kitchen. You can find this form on our webpage or through the council scout office if you did not receive it in your registration package.

Camper Photographs

During the week of summer camp we will capture memories of your camper through photographs. If you do not wish for your child's photograph to be taken please let our registration office know prior to the start of camp. This is also indicated on your child's registration forms, please take the time to read this. We will try our very best to post photos of the summer camp experience daily on our Flickr account. If you do not see your child in a photo do not panic, it may be that we just did not get the best opportunity to capture them in action. Internet at camp can be slow at times so it may take us a few days to upload, please be patient. You can find the Camp Impeesa summer camp photos by going to the following address. www.flickr.com/photos/chinookcamps.

Lost & Found Items

Any camper items left at camp will be collected and sorted. If items are labelled with camper full names we will call parents to let them know about the lost item. Any unclaimed items remaining at camp by September 7 will be donated or kept for camp supply. We will not keep lost socks or under garments.

Camper Progression and the Canadian Path

Most activities at camp are centered on the Scouting program with a focus on specific Outdoor Adventure Skills levels. At the end of the week, a letter outlining those completed skills will be given to campers. Please bring this letter to your Troop Scouter to receive credit for the work done. We encourage parents to speak with their camper and scouters to update which skills they have already completed and which ones they think they would be able to work towards while at camp

Medication – Important

If your camper requires any medication (prescription or OTC – Over the Counter) while at camp, please complete the 'Medication Permission Card' below for each medication you are providing for your youth.

Put all medication, in original packaging, and 'Medication Permission Card' for each item in one ziplock bag labelled with your child's name. This **MUST** be given to staff conducting check-in at the bus or at camp.

Camp staff will not help administer any medication without a 'Medication Permission Card'.

Campers who are feeling unwell at camp will be able to call home to speak with a parent if need be.

Medication Permission Card Camp Impeesa – Chinook Council

Youths Name: _____

Medication:
Dosage:
Frequency:
Method:
Treatment and reason for medication

For example: John Smith, Ibuprofen, one tablet at bedtime with water, for inflamed knee joint.