



Camp Carter

Outdoor Education

Teacher Planning Packet

The Y: We're for Youth Development, Healthy Living and Social
Responsibility

YMCA Camp Carter

6200 Sand Springs Road

Fort Worth, Texas 76114

campcarter.org

Phone: 817-738-9241

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Principals, Teachers and Educators:

Do you desire to give your students a hands-on learning experience to reinforce the science, math, history and language arts they learn in the classroom? The Outdoor Education Program at YMCA Camp Carter offers unique opportunities for students to experience classroom lessons in a natural environment. Our curriculum is built around TEKS and covers ecology, natural history, team-building, outdoor recreation and more. During their time in the outdoor education program, students begin to better understand, appreciate and respect their roles in the environment.

Students of every educational level and social background can benefit from our programs. Students who have difficulty in a traditional classroom setting can excel in the outdoors, which improves their self-esteem. Our experienced Outdoor Education Instructors actively include students of all ages and abilities in the learning process through nature journaling, outdoor activities and group discussions. Children return to the classroom with real life experiences to write about, talk about and reflect upon.

The following pages will help you familiarize yourself with the Outdoor Education Program at Camp Carter. I have included information about our classes and activities, fee structure, staff, facilities, camp guidelines, the camp store and a typical daily schedule. Outdoor education experiences can be single-day or multi-day (overnight). We can also come out to your school for some programs. You can also find information at:

<http://campcarter.org/outdoor-education/>

If you have any questions or would like a tour of Camp Carter, please do not hesitate to contact us at 817-738-9241.

Camp Carter YMCA Outdoor Education Activity

Descriptions

Allen Trail Interpretive Hike (2 Hours)

A hike through Camp Carter's 37 acre nature preserve. Student will learn the basics of forest ecology and the history of the land in this area.

Tucker Trail Interpretive Hike (2 Hours)

Hike along the West Fork Trinity River, up a steep hill to one of the highest points in Fort Worth, and then back down to the river. Students will observe how the river and the elevation change affect the land and its wild residents.

Animal Games (1 Hour):

Students participate in a variety of physical and interactive games in order to learn about adaptations, predator/prey relationships, carrying capacity, animal communication, migration and the five senses.

Aquatic Study (1 Hour)

Students will collect water from Camp Carter's 10 acre Cottonwood Lake and observe and identify the organisms they find living in its waters. They learn about food pyramids and the interdependency of organisms and why these things are important in our natural environment.

Archery (1 Hour)

Learn the basic skills needed in archery and the history behind the bow and arrow. Each student has the opportunity to shoot on our range.

Canoeing (1 Hour)

Students learn the parts of the canoe and proper canoe strokes, then canoe on our private lake.

Challenge Course Lows (1 or 2 Hours)

Team building initiatives which encourage cooperation, trust, and communication within groups.

Challenge Course Highs (1-3 Hours)

Excellent extension of Challenge Course Lows to build team support and encouragement of the individual. These elements are 20 feet or more off the ground. Participants wear a harness and helmet and all required safety gear is used.

Enchanted Forest (1 Hour)

Students discuss the five senses and how animals use their senses to help them search for food and protect themselves from predators. They will then take a blind-folded hike along a trail designed for the visually impaired, using their other senses to observe their surroundings.

Geocaching (1 Hour)

Students learn about the history of geocaching and the importance of this technology in today's world. The kids have the opportunity to learn how to use a handheld GPS unit, and then use this knowledge to go on a geocaching scavenger hunt on Camp Carter's property.

Geology (1 Hour)

Students learn about the basics of geology, the geological history of this area and then search and identify naturally occurring fossils on our fossil hill.

Love Hug and Groom (1 Hour):

Students will be divided up into small groups where they will learn how to be safe while working around a horse, parts of the horse, how to lead a horse, what grooming tools are, how to groom a horse as well as some fun and interesting horse facts. Each group will then groom their own horse. This is a great "hands on" experience for those that may be nervous around horses and for those wanting to learn more about horses.

Paint a Horse (1 Hour):

Students will learn about the Trail of Painted Ponies, as well as the meaning of some of the signs Native Americans would paint on their horses, and will then be divided up into small groups where they will work together to decide upon a theme for their horse. As a group, students will then paint one of our horses with their theme. This activity can only be done in warm weather: around 75 degrees or above.

Trail of Painted Ponies (2 Hours):

Students learn about the use of horses within the Native American Culture, as well as the role they played in the history of the United States. Students apply what they learn by being divided into small groups in which they tell a story by painting Native American symbols on one of our horses. This activity can only be done in warm weather: around 75 degrees or above.

Orienteering (1 Hour)

Learn the basic parts of a compass, how to use a compass, and utilize this knowledge to navigate our orienteering course.

Owl Science (1 Hour)

Students learn about owl adaptations and dissect their own heat-sterilized owl pellets to discover what owls eat in nature. Students then use this information to construct their own food chain. Students get to take skulls and bones from pellets home as souvenirs. This class must be requested at least 30 days in advance.

Pioneer Cooking (2 Hours)

With the help of a Naturalist, students prepare and cook an apple cobbler in a cast-iron Dutch oven, just as pioneers would have done 150-200 years ago. While the cobbler cooks, students learn what the life of a pioneering child was like during the 1800s, including chores and games. The cobbler is ready to enjoy by the end of the class!

Predators and Prey (1 Hour)

This class teaches students the intricacies of the food web by looking through the eyes of different types of animals. Role playing as an herbivore, omnivore or carnivore, students see that staying alive is not as easy as it seems!

Scavenger Hunt (1 Hour)

Students must use a map to navigate around the camp and answer questions about Camp Carter and some of the interesting natural sites around camp.

Skins 'n' Skulls (1 Hour)

Students learn about the wildlife of Texas by seeing and feeling skins, skulls and taxidermy animals. Naturalists cater to the age of the class, and can teach topics including animal classes, adaptations and interesting facts. Students also play games to better understand survival rates and carrying capacity.

Squirrelympics (1 Hour)

Students learn about animal adaptations through an exciting game that demonstrates the life, habitat, characteristics, and survival adaptations of the squirrel.

Wilderness Survival (2 Hours)

This class will touch on the basics of outdoor survival, encouraging students to understand the basic needs of human survival and how they can be addressed outside in the elements.

Writing in Nature (1 Hour)

Students utilize nature to release their imaginations and creativity, sharpen their critical and analytical thinking skills and use detailed and descriptive use of language.

Pre And Post Test Questions Available for Some Classes

YMCA Camp Carter Outdoor Education Prices 2016-2017

Program	Price	Includes	Options
One Day	\$26 per student \$0 per chaperone \$0 per teacher	4 hours of instruction	Extra Classes: \$6/student/hour of instruction Challenge Course Highs: \$12 per student Love, Hug and Groom: \$8 per student Paint a Horse: \$6 per student Owls: \$3.50 per student Meals: \$8 per person per meal Campfire: \$25 (Naturalists build fire)
Extended One Day	\$32 per student \$0 per chaperone \$0 per teacher	6 hours of instruction	Extra Classes: \$6/student/hour of instruction Challenge Course Highs: \$12 per student Love, Hug and Groom: \$8 per student Paint a Horse: \$6 per student Owls: \$3.50 per student Meals: \$8 per person per meal Campfire: \$25 (Naturalists build fire)
Two Day	\$85 per student \$30 per chaperone \$30 per teacher	6-8 hours of instruction 3 meals Evening Program	Challenge Course Highs: \$12 per student Love, Hug and Groom: \$8 per student Paint a Horse: \$6 per student Owls: \$3.50 per student Guest Meals: \$8 per meal per person (Advance notice needed)
Three Day	\$130 per student \$55 per chaperone \$55 per teacher	10-14 hours of instruction 6 meals Evening programs	Challenge Course Highs: \$12 per student Love, Hug and Groom: \$8 per student Paint a Horse: \$6 per student Owls: \$3.5 per student Guest Meals: \$8 per meal per person (Advance notice needed)

The Facilities

If your students are staying overnight during their visit, they will stay in our modern cabins. Each climate-controlled cabin sleeps up to 24 people, and is divided into 2 sides with 2 bathrooms on each side and a great common room in the center equipped with a warm fireplace and a beautiful wooden table.

Students are served meals in our dining hall. Our kitchen staff prepares healthy, fresh and “kid-friendly” meals. A salad bar is provided during lunch and dinner, and a cereal bar is provided during breakfast. If you have a student with any special dietary needs, please inform Camp Carter at least one week prior to arrival.

Camp Store

Your students may have the opportunity to visit our Camp Store during their stay at Camp Carter. We sell drinks, snacks, t-shirts, hats and other souvenirs. Store items range in price from \$0.50 to \$20.00.

Mail and Phone Calls

We encourage parents to send mail to their children while at camp. Remember to stay positive and be creative.

We recommend sending the letter before your child leaves for camp to ensure it arrives while he or she is here. Our email address is checked regularly as well. Please address all letters as follows:

Child's Name, School's Name
Camp Carter YMCA
6200 Sand Springs Road
Fort Worth, Texas 76114
or
camper@ymcafw.org

Students will not have access to camp phones to call home except in the event of an emergency. Our camp office is open 8:30 am to 5:30 pm weekdays. The office phone number is 817-738-9241. If there is an emergency the Manager On Duty will be available after hours at 817-825-4322.

Packing List

What to bring to be fully prepared for outdoor education experiences:

For overnight Trips, we recommend:

Here is a suggested packing list...**Please mark all items with camper's name. We always have a lot of Lost and Found and have no idea who it belongs to!**

- Suitcase/Duffle Bag
- Backpack or Tote Bag for daily carry
- Sleeping Bag and/or Twin Sheets
- Pillow and pillowcase
- Bath Towels and Wash Cloths
- Toiletries (soap, toothbrush, shampoo, etc.)
- 2 Pairs of Tennis/Athletic Shoes
- Pajamas
- Shorts or Jeans
- T-Shirts
- Socks and Underwear
- Flashlight and batteries
- **Water Bottle**
- Insect Repellant
- Sunscreen

We encourage our campers to be unplugged while at camp and hope you can honor this request. **We recommend that your child does not bring new or nice clothing. Please be aware that you will be outside in most weather almost all day long.**

Camp Carter is not responsible for lost or stolen articles.

Policies for School Groups

- The Outdoor Education Program at Camp Carter is an educational experience. Learning is a top priority during all our classes and activities. Students and chaperones should be prepared for this experience.
- Teachers and chaperones are responsible for supervising students at all times, even when a Naturalist is present. This includes classes, meals, free time and cabin time.
- Student discipline is the responsibility of group leaders and chaperones at all times, including during activities, meals and free time. Please discuss with all teachers and chaperones strategies and standards for group discipline prior to your arrival.
- Cabins should be kept clean and tidy. Bunk beds are arranged according to fire regulations. If you need something, please ask the Outdoor Education Director. Decorations may be used in the buildings, but nothing can be taped, glued, stapled, nailed or otherwise adhered to painted surfaces. All decorations must be removed and disposed of upon departure of the building. Please do not leave graffiti on buildings or furniture. Please take the time to leave each cabin and building in the same condition in which you find it. Your school will be held responsible for any loss or damage to camp property or equipment and will be expected to pay to replace such items.
- Camp Carter cares about the environment. We have provided trash cans and recycling bins around the camp grounds, and we ask that you use these to help keep our facilities and natural surroundings clean. We also want to be conservative with the amount of gas, electricity and water we use. Please remember that conserving energy and water also helps us to keep rental costs down.
- During your stay at Camp Carter, there may be more than one group present. Please be respectful of other groups' privacy and space. No one should ever enter a building that is not designated for his or her group's use, unless told otherwise by camp staff.
- Alcohol, illegal drugs, weapons, fireworks and pets are not allowed at Camp Carter. Our camp grounds are smoke-free for the comfort and safety of all our participants. Your observation of this is greatly appreciated.
- Campfires are only allowed in designated fire rings at each cabin. We ask that you do not cut wood from live trees. Bonfires are prohibited at Camp Carter. Please be sure to completely extinguish fires before leaving them unattended.

- The plumbing system at Camp Carter is connected to septic tanks for sewage disposal. Please DO NOT put paper towels, sanitary napkins, food waste, grease or other similar substances down the drains or toilets. Failure to follow this rule could result in the toilets backing up into the cabins.
- We ask that all adults drive and park in designated areas only. Participants are urged to walk from place to place while in camp, unless they have limited mobility. Please travel at a slow speed throughout camp and remain on the road. The speed limit at camp is 10 mph. No one should be riding in the beds of pickup trucks on camp grounds. Please do not park on grass, unless told otherwise by camp staff.
- Archery, swimming, canoeing, horseback riding and the challenge course are allowed only as part of your scheduled class time. These activities must be supervised by trained staff and are not available during free time. Swimming is not allowed in the lake or river.

We look forward to having you and hope that you enjoy your stay!