



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Camp Carter Outdoor Education Teacher Planning Packet



YMCA Camp Carter
6200 Sand Springs Road
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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, 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:

<https://ymcacampcarter.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)

Walk down Camp Carter's 37 acre nature preserve, all the while learning the basics of forest ecology and tree identification.

Tucker Trail Interpretive Hike (2 Hours)

Take a hike to one of the highest natural points in Fort Worth! On the way, learn about how the river and elevation impact wildlife, see where a bunker from the Cold War once stood, and hear the legend of the Tucker Truck!

Aquatic Habitats (1 Hour)

Students will explore what determines the quality of a body of water, and how that impacts the wildlife within it through use of the biotic index.

Archery (1 Hour)

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

Canoeing (1 Hour) (Additional Charge)

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

Challenge Course Highs (1-3 Hours) (Additional Charge)

Conquer your fears and cheer on your peers as your group tackles our alpine tower, rock walls, zip line and/or giant swing! Safety is the top priority for these activities, as all participants are put into harnesses and helmets by trained staff to help them climb to new heights.

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.

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 Studies (1 Hour) (Additional Charge)

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.

Dutch Oven Cooking (1-2 Hours, depending on recipe) (Additional Charge)

Participants will learn the history and importance of Dutch Ovens while also learning how to use it to cook a delicious dish of your choice!

Teambuilding (1 hour)

Build camaraderie in your group through a variety of games and debriefs!

Low Ropes Initiatives (1 hour)

Tackle the challenges our Low Ropes Initiatives present your team. A great supplement to the teambuilding course!

Love Hug and Groom (1 Hour) (additional charge)

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) (additional charge)

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) (additional charge)

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.

Predator and Prey (1 Hour)

High-energy class that teaches students about the energy pyramid, the function of each member of said pyramid, and the importance of maintaining the status quo through a large group game.

Wilderness Survival (1 Hour)

After some survival instruction, participants will either get the opportunity to start a fire in a variety of different ways or to work together to build shelters from the elements.

Nature Writing (1 Hour)

Learn about great nature writers and their impact on the present before going on a "solo" hike to find inspiration for your next masterpiece!

GreEngineering (1 Hour)

Students will learn about the process and importance of recycling, then use recycled items to build structures according to prompts given by an Outdoor Education Instructor.

Sustainable Energy (1 Hour)

The concepts of sustainable and renewable energy will be introduced, explained, and then reinforced using activities.

Maps (1 Hour)

Your phone's GPS cannot tell you everything! Students will learn how to read different kinds of maps and practice that newfound skill to find different items around camp.

Garden (1 Hour)

Tour our new garden, and perhaps lend a helping hand (depending on need and time of year)! Participants will be given the opportunity to dissect a seed and see how it all begins!

Animal Adaptations (1 Hour)

Observe many of the adaptations of the animals in our very own Nature Center. After learning many examples of adaptations and why they might be useful, build your own animal and give it the best chance for survival in an auction-style game!

EVENING PROGRAMS**Night Hike**

Explore your senses at night! Students will get to experience nature after dark, while also discovering their own night vision (no goggles needed) and learning how animals use their senses in the wild.

Campfire

Entertainment at its finest! Sing and laugh as our Outdoor Education Instructors put on an interactive show for you! S'mores are available afterwards for an extra fee.

Minute to Win It

Your group will have a blast be split into several small teams to compete in a variety of small, silly games.

Pre And Post Test Questions Available for Some Classes

YMCA Camp Carter Outdoor Education Prices 2018-2019

Program	Price	Includes
One Day	\$28 per student \$0 per chaperone \$0 per teacher	4 hours of instruction
Extended One Day	\$42 per student \$8 per chaperone \$8 per teacher	6 hours of instruction 1 meal
Two Day	\$87 per student \$34 per chaperone \$34 per teacher	6-8 hours of instruction 3 meals Evening Program
Three Day	\$140 per student \$60 per chaperone \$60 per teacher	10-14 hours of instruction 6 meals Evening programs

Activity choices include:

Allen Trail Hike	Dutch Oven Cooking*	Maps	Sustainable Energy
Animal Adaptations	Garden	Nature Writing	Teambuilding
Aquatic Habitats	Geology	Orienteering	Trail of Panited Horses*
Archery	GreEngineering	Owl Study *	Tucker Trail Hike
Canoeing*	Love, Hug and Groom*	Paint a horse*	Wilderness Survival
Challenge Course Highs*	Low Ropes Initiatives	Predator and Prey	

Evening Program Options: (Lead by Camp Staff) – Night Hike, Campfire or Minute to Win It Games

***Additional Cost Options:**

- Extra Classes: \$6/student/hour of instruction
- Challenge Course Highs: \$12 per student
- Canoeing: \$2 per student
- Pioneer Cooking: \$3.50 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 to add to day trips.
- Add s'mores to campfire for \$1 per student

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 two weeks 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 Mon-Friday. 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.

Family Style Dining

We eat family style at camp. That means that all food for the meal will be at the table and it is to be shared evenly. We will provide enough food that everyone can have firsts and serving size will be based off their age. Please make sure there is at least one adult at each table. This will make serving food easier on everyone and they can monitor the size of the food being served on the plate. Seconds will be called about 15 minutes after we have started eating. To get seconds you will send one kid up with their tray to receive seconds from the serving window. Everyone will be expected to drink 2 full cups of water before getting the option of having bug juice (punch). After the meal has ended, all leftover food will be put on a serving tray to be thrown away by hoppers and the plates and cups will be stacked and brought to dish window as their table is dismissed. Each table and benches will then need to be wiped off by the hopper or an adult.

Sample Program Schedule (Overnight Trip)

7:00 am	Rise and Shine!
7:45 am	Flag Raising/Kitchen Patrol Duty
8:00 am	Breakfast
9:30 am	Activity 1
10:45 am	Activity 2
11:45 am	Kitchen Patrol Duty
12:00 pm	Lunch
1:00 pm	Cabin Time
2:00 pm	Activity 3
3:00 pm	Activity 4
4:30 pm	Camp Store
5:00 pm	Free Time
5:45 pm	Flag Lowering/Kitchen Patrol Duty
6:00 pm	Dinner
7:30 pm	Evening Activities (Night Hikes, Campfires and/or Games)
9:00 pm	Cabin Time
10:00 pm	Lights Out!

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 Camp Carter staff 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 Coordinator. 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** (this includes bunk beds). 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!