



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LEARN GROW THRIVE

**OUTDOOR EDUCATION**  
**Program Information Booklet**  
**YMCA OF THE ROCKIES**  
**ESTES PARK CENTER**

# DISCOVER THE Y

The YMCA of the Rockies boasts 860 acres of educational playground. The property is at 8,010 feet in elevation with montane forests, riparian zones, active beaver colonies, and access to Rocky Mountain National Park!



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# THANK YOU

**With a gorgeous location, high quality trained instructors, and curriculum designed to supplement what students are learning in the classroom, the YMCA of the Rockies Outdoor Education Department strives to provide a once in a lifetime experience for students of all ages! With the outdoors becoming less and less a part of children's lives, we thank you for making it a priority in their education. We are here to ensure that every aspect of your trip be enjoyable and engaging for your students.**

**Brandon Reynolds**

**Outdoor Education Director**

# CONTACT INFORMATION

YMCA OF THE ROCKIES– ESTES PARK CENTER  
2515 TUNNEL ROAD, ESTES PARK CO 80511  
970-586-3341 YMCAROCKIES.ORG

**FOR ALL OUTDOOR EDUCATION PROGRAMMING QUESTIONS, PLEASE CONTACT:**

Brandon Reynolds, Outdoor Education Director  
970-586-3341 ext 1122 Fax: 970-577-1255  
Brandonreynolds@ymcarockies.org

**FOR ALL LODGING & MEAL QUESTIONS, PLEASE CONTACT THE CONFERENCE OFFICE:**

Brenda Dixon, Group Registrar  
970-586-3341 ext 1349  
bdixon@ymcarockies.org

**FOR ALL BOOKING & GROUP SALES QUESTIONS, PLEASE CONTACT:**

Gail Merriman, Group Sales Representative  
888-848-9622  
970-586-4444 ext 6027  
gmerriman@ymcarockies.org



# GROUP LEADER INFORMATION

## LODGING RESERVATIONS

- It is recommended that you schedule your trip **1 year** in advance.
- Reservations for group lodging are made with Group Sales Department. Contact Gail Merriman to check lodging availability at [gmerriman@ymcarockies.org](mailto:gmerriman@ymcarockies.org) or 970-586-3341 ext 6027.
- You will receive a lodging contract from Group Sales, which requires a deposit.
- Pay your deposit found on your Lodging Contract. At this time, your information will be transferred to Brenda Dixon, Group Registrar.

## OUTDOOR EDUCATION PROGRAMMING

- After booking with Group Sales, contact the Outdoor Education Department to begin planning your programming at [brandoneynolds@ymcarockies.org](mailto:brandoneynolds@ymcarockies.org). Your programming will NOT be official until you are confirmed with Group Sales/Conference Office.
- Build your schedule using resources beginning on page 22. Contact Brandon Reynolds, the Outdoor Education Director, with any questions or concerns.
- After receiving your class confirmation, double check the contact information, tentative invoice, program itinerary, recreation, and group information for any necessary changes.
- Send a copy of the signed confirmation back to the Outdoor Education Department at the contact information listed above.

**Spring Trip– Due March 1    Fall Trip– Due August 1**

**ANY CHANGES TO PROGRAMMING OR RECREATION CANNOT BE GUARANTEED AFTER THESE DUE DATES!**

- Schedule any school visits, property visits, or parent orientations via the Outdoor Education Department prior to your trip.

# GROUP LEADER PLANNING CHECKLIST

## At the beginning of the school year:

- Be sure you are booked! Contact the Conference Office or Group Sales to confirm that you are ready to go with lodging.
- Look through the new school year's information guide. Change programming as needed. Remember, all programming is scheduled as similar to previous trip's as possible, but there may be changes.
- Outdoor Education program confirmations should be received via email by December 15 for Spring trips and May 15 for Fall trips. If you have not yet received a confirmation, contact the Outdoor Education Director. Return the signed confirmation with any changes by the due dates on the previous page.
- Fundraising! If you need any ideas or suggestions on how to successfully fundraise for your trip, please ask.
- Begin to recruit chaperones. We recommend at least two per group of 15 students.

## At least four weeks prior to arrival:

- Send paperwork home to students' parents or guardians, including the YMCA of the Rockies Student Liability Waiver, your school and district waivers, packing list, student and chaperone expectations, and all medical forms.
- Contact Brenda Dixon, the Group Registrar to discuss lodging, meals, and meeting room details.
- Send tax exempt affidavit and billing information agreement to Brenda Dixon, the Group Registrar.
- Have a student/parent/chaperone orientation and informational meeting at your school. Outdoor Education Director and staff are more than happy to visit your school or group to provide additional information and answer questions.

## Two weeks prior to arrival:

- Submit Room Roster sheet to Brenda Dixon, the Group Registrar.
- Ensure that you have received all paperwork from students and prepare the YMCA of the Rockies Student Liability Waivers and other necessary programming waivers to bring to Outdoor Education staff member upon arrival.

## The day prior to your trip!

- Prepare to give Outdoor Education staff member Student Liability Waivers and final student count upon arrival at student and chaperone orientation. Orientation is held at the meeting location listed on your confirmation.



# IMPORTANT INFORMATION & POLICIES

## MEDICAL INFORMATION

It is recommended that you check with your school nurse for more information regarding the proper and necessary medical forms. YMCA of the Rockies staff are not certified to administer medication, including over-the-counter medications. It is required that your school group provide your own medical staff and supplies to administer medication. YMCA OE Instructors are certified in Wilderness First Aid and CPR and will aid in medical emergencies, but will not be able to aid in medicine administration of any kind.

Inhalers and bee sting kits should be carried by the chaperone for that student's group for the duration of their classes. Students should only be allowed to use their own inhaler and it is recommended that chaperones carry all inhalers in their group. Chaperones should monitor who is using these items to ensure that students are only using their own medication.

All medication will need to be in its original container and with the designated medicine distribution person. Prescription medications that are to be dispensed must be in the original pharmacy container and require additional written parental permission for dispersal. This includes over the counter medications. Any clarifications or questions regarding paperwork or certifications can usually be answered by your school nurse.

One chaperone must be designated to stay back at the lodges in the case of an emergency, to help sick or injured students, or to aid in behavioral situations.

## ALTITUDE SICKNESS & DEHYDRATION

Estes Park Center is located at 8,010 feet in elevation. Being at such a high altitude may lead to a condition known as mountain sickness, or altitude sickness. Although it is seldom life threatening at the altitudes around YMCA of the Rockies and Rocky Mountain National Park, it is very unpleasant and severely debilitating. Symptoms include: headaches, nausea, confusion, and shortness of breath. To avoid getting sick you should slowly introduce strenuous activities, drink a lot of water and go up in elevation slowly. If symptoms develop while hiking, do not continue ascending. Descend immediately! Once nausea or other symptoms begin, there is nothing to do to reverse it. Begin descending slowly until your body acclimates. If a student or chaperone begin to show signs, it is important to get the individual back to the room and cease any activity for that person. It may take multiple class sessions for the individual to feel better.

Rocky Mountain National Park is a semi-desert. It is very important to drink a lot of water prior to any strenuous activity and throughout the day. When hiking groups for multiple days, it is important to always have water available. Students should be drinking their entire water bottle throughout the course of each class. Be sure that all bottles are full of water – not juice or pop – prior to each class. Plan for water breaks and encourage drinking water when making stops for lessons or activities.

### AED LOCATIONS

In case of emergency, AED's are located throughout the YMCA of the Rockies property at these designated locations:

- Administration Building- Door leading to Guest Registration
- Hyde Chapel- Back wall of sanctuary
- Ponder Chapel- Hallway to restrooms off of lobby
- Swimming Pool
- Outpost Building/Climbing Wall
- Aspen Dining Room- Wall between restrooms
- Assembly Hall- North Lobby
- Safety Van





## FIRST RESPONDERS & EMERGENCIES

If there is an emergency during your class time, instructors will administer first aid and initiate our first responders on grounds. These are trained staff working on grounds who will respond to the emergency until the ambulance arrives from the local hospital (about 5 miles away). It is up to the individual, the chaperone, the lead teacher, or the parent, as to whether the child will need to be taken in the ambulance.

If an emergency occurs while you are on property (recreation time, meals, overnight, etc.), call 222 on a land phone. This will initiate the first responders and our emergency procedure, as well as call an ambulance. An ambulance ride may always be declined by the patient or guardian.

## POLICIES

- All students must have signed a Student Liability Waiver in order to participate in OE classes.
- Students are the responsibility of the school through chaperones and teachers when not participating in OE classes. This includes meal time, in lodge rooms, and during recreation time.
- Quiet hours are 10pm to 7am on the YMCA of the Rockies property. Please be respectful.
- Our program is designed for all classes to be outdoors. Our instructors are prepared to teach all classes outside even if there is inclement weather. They may bring groups indoors for portions of the class, but students will still be expected to have adequate gear for all types of weather. We will rarely cancel a class. It is up to the chaperones or group leaders to end classes early, cancel programming, or alter programming in any way.
- Please be respectful of our property, facility space, wildlife, and instructors while at the YMCA of the Rockies.

## CHAPERONE EXPECTATIONS

We are very thankful to our chaperones. All instructors are prepared to manage minor behavioral issues, but it is understood that any larger, disrupting behavior be managed by chaperones, teachers, or school administrators. Please share the documents at the end of this guide with your parent and/or teacher chaperones.

### Upon Arrival

The lead teacher must check in at the Administration Building for lodging and meal tickets. The entire group, all chaperones and students, will meet at their designated meeting location listed on their Outdoor Education Confirmation at the time their first class is scheduled. Outdoor Education Instructors will be waiting at this location and will provide a short program orientation. Chaperones and students will be split up for this orientation. At the time of orientation, Student Liability Waivers and final student numbers will be given to an Outdoor Education staff member. Your bill will be charged with Outdoor Education programming based on the final number of students and your invoice will be ready at the front desk of the Administration Building upon check-out!

# OUTDOOR ED

## TEAM BUILDING

## SCIENCE

## ECOLOGY

## SKILLS



# PROGRAM DESCRIPTIONS

YMCA of the Rockies' Outdoor Education Department makes education, curriculum and state standards a top priority. We work to update our curriculum to meet your school's needs and Colorado academic standards. We pride ourselves in having high quality educational programs. Depending on the length of your stay, you may participate in several class sessions that cover a wide range of educational programs and standards.

Fill out page 12 with your ideal schedule and send it to the Outdoor Education Director to begin the scheduling process.

## Teambuilding and Adventure

- Group Initiatives
- Teambuilding Course

## Outdoor Skills

- Outdoor Living Skills
- Route Orienteering
- Leave No Trace Camping Skills

## Ecology and Science

- Fire Ecology\*
- Beaver Ecology\*
- Montane Ecology\*
- Water Ecology\*
- Elk Ecology\*
- Rocks & Geology\*
- Mountain Formation\*

## Evening Programs

- Night Hike\*
- Campfire
- Astronomy\*
- Owls at Night\*
- Bats at Night\*

## Snow Programs

- Winter Survival
- Winter Ecology\*
- Snow Shoeing (must have at least 2" snow cover)
- Snow Play

*All classes marked with \* are correlated to Colorado Graduation Competencies, which can be found in the YMCA of the Rockies Outdoor Education Curriculum & Standards booklet.*



# TEAM BUILDING & INITIATIVES

## TEAM BUILDING

Teambuilding is a class designed for students to encounter several physical and mental challenges that foster growth in each individual through working with others. All elements are a maximum of 3 feet off the ground and may involve balancing on wires, swinging on ropes, or helping teammates over a wall. These activities are designed with safety in mind and require students and teachers to learn and implement proper spotting techniques. After completing each element, students are debriefed in teamwork. The class provides students with a unique opportunity to work and play together through a series of problem solving, group decision making, and positive risk taking activities.

## GROUP INITIATIVES

Students will participate in a series of ground-based initiatives that are designed to promote cooperation, trust, communication, teamwork, respect, goal setting and problem solving. These are activities that have been created to be led in any open space or along a hike. The activities, games, and initiatives are a great way to get your team of students working together. Students get to know one another and create a healthy dynamic for the classroom.

This class is recommended for groups younger than 7th grade.



## CLIMBING WALL

Climbing wall is available for Outdoor Education groups for 1.5 hour sessions throughout the year. Boasting three different sides of varying difficulty, the climbing wall is great for all levels of experience. Students must be at least 7 years old to participate.

- Due to limited availability of facility use, only 15 students may be at the climbing wall at a time. This activity is ideal for smaller groups.
- Our climbing wall is located outdoors and may not be open during rain, lightning, or snow. **Climbing wall will be cancelled at times of inclement weather and may not be available to reschedule.** If it is cancelled due to weather, you will be reimbursed.

## HIGH ROPES

The high ropes course is only available during the summer and fall months. The course is a 3 hour activity. Our high ropes course is a challenge that requires a high level of maturity; students must be at least 12 years old to participate. All participants must pass the orientation/training at the beginning of the session at the discretion of facilitators in order to participate. Reimbursement of the activity may be available if the student fails the orientation/training portion of the activity.

- Due to limited availability of facility use, only 15 students may be at the high ropes at a time. This activity is ideal for smaller groups.
- The high ropes course is located outdoors and may not be run during rain, lightning, or snow. **High ropes will be cancelled at times of inclement weather and may not be available to reschedule.** If it is cancelled due to weather, you will be reimbursed.



# ECOLOGY & SCIENCE

## BEAVER ECOLOGY

Discover the amazing North American beaver! Students will learn about certain beaver physical and behavioral adaptations and hike through a beaver-colonized riparian zone. Students will also learn about keystone species, beaver impacts on the environment, and their unique relationship with humans. This course is highly recommended for spring season. Please be advised that beaver sightings are quite rare (we will explain why!) and we cannot guarantee a beaver encounter.



## ELK ECOLOGY

Explore the world of Rocky Mountain elk! Students will participate in several hands-on activities to learn about elk biology, herding dynamics, habitat requirements for survival, and seasonal behavior changes. We will also go on a field excursion into Rocky Mountain National Park to observe elk in their natural environment, discuss predator/prey interactions, and witness a population's impact on the ecosystem. This class is highly recommended for fall trips as elk are extra active and ready to mate. The YMCA cannot guarantee elk sightings, but most students will have a chance to see at least one during their stay.

## MOUNTAIN FORMATION

Students will learn about the processes that created the Rocky Mountain range, including tectonic plate movement, weathering and erosion, and glacial motion. This class focuses on glacier activity and students will hike into Rocky Mountain National Park to see a glacial moraine leftover from the most recent Ice Age 16,000 years ago!

## WATER ECOLOGY

Students will discover the elements that make for a healthy waterway by conducting water sample tests and collecting macro-invertebrates. The human role in our water system and the importance of a healthy aquatic ecosystem is also discussed. Students are given the opportunity to get in the water, depending on river flow at that time in the season (the rivers run high in May and June). Waterproof rubber boots are supplied.

## FIRE ECOLOGY

Wildfire is a hot topic in Colorado right now! Students will learn about the many dimensions of forest fires and the natural cycles of fire, the effects of fire on a montane forest, fire mitigation techniques, human roles in forest fires, and different adaptations tree species have toward fire. Students will also learn about prevention methods and fire safety.

## MONTANE FOREST ECOLOGY

Students will be able to hike into Rocky Mountain National Park and learn about the forest ecosystem surrounding YMCA of the Rockies. Students participate in several hands on activities that utilize their senses and field observation skills. They will also learn about producers and consumers, predator and prey relationships, the food web, human impacts, and the fight for resources within an ecosystem.

## ROCKS & GEOLOGY

Students will become rock detectives by using observation skills, hands-on activities, and instructional demonstration. They will learn to identify rock and mineral types and the different operations that form sedimentary, metamorphic, and igneous rocks. Emphasis will be placed on the processes of the surrounding environment and the rocks found in the area.



# OUTDOOR SKILLS

## LEAVE NO TRACE CAMPING

Before you head into the wild, learn some basic camping skills in this important hands-on class! Students will focus on Leave No Trace principles, the ten essentials, where to set up camp, and proper etiquette while in the wilderness. Please note that this is not an overnight camping class.

## OUTDOOR SURVIVAL SKILLS

Students will learn the importance of survival skills that will keep them safe in case of an emergency in the wilderness. Students will also learn how to prevent getting lost, what to do in the event that they do become lost, and crucial skills for surviving an unexpected night in the woods. In addition, students will become well-versed in knot-tying and fire-building and will have the opportunity to practice building awesome survival shelters! Please note that this is not an overnight camping class.

## ROUTE ORIENTEERING

In an age of over-reliance on potentially faulty GPS units, basic map and compass knowledge is a necessary skill for any trip into the wilderness. Students will learn how to read a topographic map and how to find and follow a bearing using both a map and compass. Students will then need to find their way around the YMCA property in this engaging skills based class!



**Skills lessons are now available as 1.5 hour classes!**

## ARCHERY

This class allows students to learn the basics of archery rain or shine on our spectacular outdoor archery range or new indoor area! Due to limited availability of facility use, only 15 students may be at archery at a time. This class is ideal for smaller groups and may incur a small additional fee.

## KNOT TYING

Students will become experts of the key knots needed for wilderness survival and outdoor recreational activities.

## SHELTER BUILDING

Students will have the opportunity to build shelters out of natural materials and learn what makes a safe and proper shelter for outdoor survival situations.

## BEARINGS

Students will learn how to follow bearings on a compass and follow one of a number of orienteering courses on the YMCA grounds!

## IDENTIFICATION: TREES

Students will be able to identify the main coniferous and deciduous trees of the montane biome and the conditions which make for a diverse forest.

## IDENTIFICATION: BONES AND FUR

The fur and bones left behind by animals in the montane can tell quite a story. In this hands-on class, students will come in contact with the unique remains of dozens of animals found in Rocky Mountain National Park.



# EVENING ACTIVITIES

## NIGHT HIKE AND NOCTURNAL ADAPTATIONS

2 HOURS

Night hikes are one of the most popular programs we offer at the Estes Park Center! In this class, students will learn that not all animals go to sleep when the sun goes down. Students will also participate in engaging sensory activities and learn about the amazing adaptations that allow creatures of the night to survive. If students are lucky (and quiet!), they may even be able to see an animal in its natural nighttime habitat. Students will be led by a qualified instructor with night-guiding training. Night hikes are very well supervised and safety precautions are strictly enforced. Hiking routes are chosen carefully so as to be easily navigated by our target age groups and typically cover no more than one mile of ground. **No flashlights are allowed!!!**

## CAMPFIRE

30 MIN-1 HOUR

Led by our incredibly energetic and creative staff, the campfire sessions at the YMCA are a chance for your kids to celebrate, laugh, act, sing and have a blast! Our instructors lead students in sing-a-longs, perform hilarious skits utilizing kids and teachers for players, and spin some great campfire tales! This is a great opportunity for teachers and chaperones to make s'mores. Please note, however, that the YMCA does not provide s'more supplies.

## ASTRONOMY

In this class, students will rotate through several different stations, each focusing on one aspect of the night sky. These stations include a self-made star chart wheel, a trip inside the StarLab (our indoor inflatable planetarium), constellation identification, legends, and lore, and moon/star gazing with one of our high powered telescopes. Maximum of 60 students per class period. Astronomy can also be run as a class during the day!

## PRESENTATION: BATS AT NIGHT

1 HOUR

Students will learn about the many adaptations bats have acquired to make them excellent nocturnal predators. They will also learn about bat ecosystems and how they interact with humans, play games, and participate in hands-on activities.

## PRESENTATION: OWLS AT NIGHT

1 HOUR

Students will learn about three unique owl species found in Colorado: the Great Horned Owl, Barn Owl, and the Burrowing Owl. Students will discover owl anatomy, adaptations, and their importance to the ecosystem, along with some games and hands-on activities to round out the fun!



**Bats at Night and Owls at Night are two new programs offered during the evening! Outdoor Education instructors will present information, games, and hands-on activities during a one hour presentation in your group's meeting space or a designated location!**



# WINTER & SNOW PROGRAMMING

These programs are offered in addition to our other classes when we have snow, and may supplement a winter or spring program. When scheduling snow programs, it may be best to also schedule regular programming in case of unseasonable weather.



## WINTER SURVIVAL

This program covers the basics of how to be prepared for the outdoors during the winter. Topics covered include snow shelter building, winter packing, and survival skills in case of getting lost.

## WINTER ECOLOGY

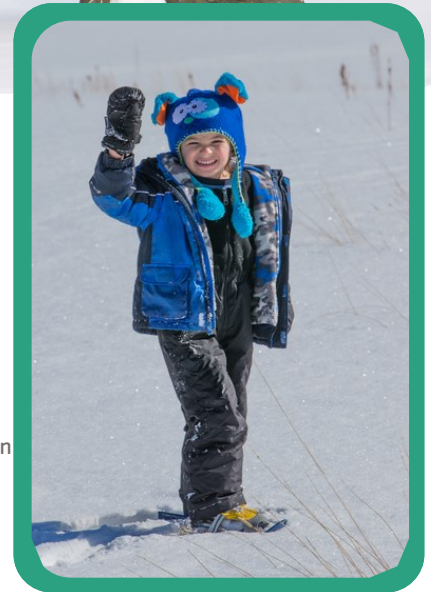
Explore the forest environment and learn about how it adapts to the cold of winter. We take advantage of the snow by searching for the previous night's animal tracks. Hikes and class times can be adapted to fit time restrictions and also students' preparedness for the cold weather. Limited number of snow shoes available.

## SNOWSHOEING

Students will learn some of the history behind snowshoeing and then try it themselves as the group explores the property in the winter. Snowshoes provided; all winter classes can be adapted to use snowshoes, though please be advised that we have a limited availability of snowshoes.

## SNOW PLAY

Our fabulous instructors lead students on a snow-filled adventure hike, complete with snowman and igloo construction, (supervised) snow ball fights, and much more! Don't forget to ask us about hot cocoa! It is recommended that this class not exceed 2 hours, depending on weather.



# RECREATION ACTIVITIES



Take full advantage of the exquisite grandeur of the grounds and surrounding areas of the YMCA of the Rockies! We have an amazing trail system that meanders around the property and winds in and out of Rocky Mountain National Park and we offer a self-guided nature hike that will allow your students to look at their environment in a unique way! After your hiking adventures, utilize our large open space at Administration Field, where kickball, tag, and soccer games abound! Also available are sand volleyball courts, outdoor basketball courts, horse shoe pits, and \*new\* gaga pits! You may want to set aside time for reflection or journaling in one of the many peaceful hamlets on our 860 acres. You can also reserve a meeting location for a dance, talent show, movie, or end of year celebration! If you can't get enough of our terrific instructors, you can even organize guided hikes, group games, archery, or adventure activities during your traditional recreation time. The opportunities are (almost) endless!



## DISC GOLF

Enjoy a nice stroll around the property while playing our scenic 18-hole disc golf course. This is a wonderful activity for small groups. Discs and maps can be found at Sweet Memorial Building. A cash deposit is required for discs.

## MINI GOLF

When the weather is nice, a round of mini golf is just what your group may need! We offer a traditional 18-hole course and one 9-hole course for younger golfers. Mini golf is open to all guests until 9:00 p.m. Golf supplies may need to be picked up at Sweet Memorial or the golf shack, depending on the season. Contact Sweet Memorial at 970-586-3341 ext 1104 for more information.

## LONGHOUSE GYM

Unfortunately, Longhouse Gym is no longer available for private bookings for Outdoor Education groups. In order to better serve all of our guests, we have opened the Longhouse Gym from 9 am to 9 pm.

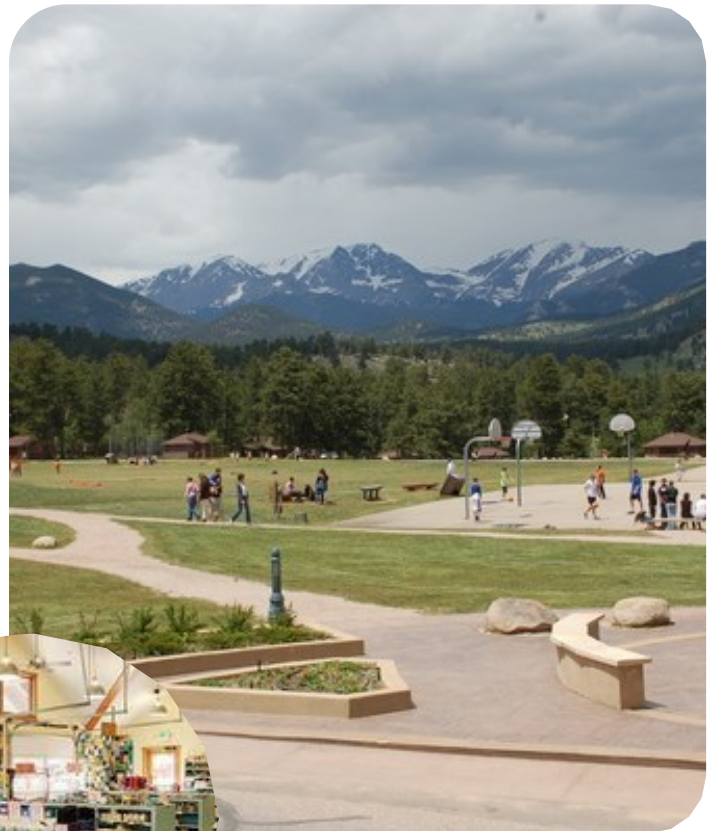
## MOOTZ CRAFT & DESIGN CENTER

Open year-round, we offer glazed ceramics, painted ceramics, wood crafts, mosaics, sand pouring, leather stamping, tie dye, kid's jewelry and jewelry construction. **All craft projects require additional fees.** Contact Sarah Gabelhouse at [sgabelhouse@ymcarockies.org](mailto:sgabelhouse@ymcarockies.org) or 970-586-3341 ext. 1277 for more information!

## ADMINISTRATION FIELD

Take advantage of our views and beautiful weather by playing on our main Administration Field, where you may find:

- Basketball Courts
- Sand Volleyball
- Baseball/Softball/Kickball field
- Gaga Ball
- Horseshoes
- And MORE!



## GROUP GAMES

### INSTRUCTOR LED ACTIVITY

Our active and engaging Outdoor Education instructors will lead group games on grounds, at the administration field, or at the Longhouse gym! This is a great activity to fill a couple hours and burn off energy! Group games has a per student fee of \$1 per hour.

## GUIDED HIKES

### INSTRUCTOR LED ACTIVITY

Bible Point– approx. 2 hours. Take this hike while staying on YMCA property! Take in glorious views of the YMCA grounds, the Mummy Range, and the glacial deposits left over from the last ice age, and don't forget to visit the mica mine on your way up!



Moraine Park– approx. 3 hours. Students will be able to hike a well-marked loop into Rocky Mountain National Park to see a glacial moraine (just like the picture above!) This hike is especially striking in the fall, as elk will commandeer the moraine as a part of their instinctual mating rituals. This is the same hike students may take in Mountain Formation class.

Sprague Lake– approx. 4 hours. Hike up Emerald Mountain and through Rocky Mountain National Park to a montane lake!

Wind River– approx. 2 hours. Stay on property and follow a meandering stream through a riparian zone. Students may see beaver, birds, and other riparian creatures.

## ADVENTURE ACTIVITIES

### INSTRUCTOR LED ACTIVITY

Our Estes Park Center property also has a high ropes course and zip line. Adventure Activities are only available during the summer and fall seasons. These activities have specific cost, time, age, and weight restrictions. Contact Mark at [mpierce@ymcarockies.org](mailto:mpierce@ymcarockies.org) or 970-586-3341 ext. 1106 for more information.

## ROLLERSKATING

### PRIVATE FACILITY RESERVATION AVAILABLE

Roller skating is offered in the south end of Longhouse Gym. Roller skates and fun dance music provided; bring your own smiles! The skating rink, complete with sound system and disco ball, can even be reserved for a dance or other special occasion. Skating can be booked privately up to one hour per 50 students. Any additional hour will carry an additional fee of \$50.

## SWIMMING

### PRIVATE FACILITY RESERVATION AVAILABLE

Our heated indoor swimming pool can be reserved for an hour for up to 80 students at a time (including all people on deck). All swimmers will need to be present at the beginning of the private session to go over rules and regulations with lifeguards before entering the pool. Please make sure all students come prepared with proper swim wear – towels are provided!

- Any additional hours will carry an additional fee of \$100.
- **During lightning storms, the pool does need to close.** If this occurs, we cannot guarantee rescheduled private swim time.

## FIRE RING

### PRIVATE FACILITY RESERVATION AVAILABLE

Reserve one of our camp fire rings to lead your own raucous campfire, reflection time, or s'mores! Each fire ring can be reserved for up to 3 hours. Must get firewood, bucket, and fire starter from Sweet Memorial or the Administration Building.

## ARCHERY

### INSTRUCTOR LED ACTIVITY

Archery can be offered after classes as a recreational activity, as well as a skills lesson. Students will gain introductory archery skills at either our indoor or outdoor range. The activity is 1.5 hours long and limited to 15 students per session.

# BUILDING YOUR SCHEDULE

Our programming is very flexible and can be altered however your group needs. If there is something you'd like to see offered in our program, please ask!! Below is a sample itinerary as it may show up on a program confirmation.

## SCHEDULE

### Schedules

Resource	Starting	Ending	Comments
Group Initiatives	Apr 21, 12:30 pm	Apr 21, 3:30 pm	Group A
Group Initiatives	Apr 21, 12:30 pm	Apr 21, 3:30 pm	Group B
Campfire	Apr 21, 7:00 pm	Apr 21, 8:00 pm	MFR- 3 Instructors Needed
Leave No Trace	Apr 22, 8:30 am	Apr 22, 11:30 am	Group A
Leave No Trace	Apr 22, 8:30 am	Apr 22, 11:30 am	Group B
Swimming Pool	Apr 22, 6:00 pm	Apr 22, 8:00 pm	30 Students
Longhouse Gym & Skate	Apr 22, 3:00 pm	Apr 22, 4:00 pm	30 Students
Outdoor Living Skills	Apr 23, 8:30 am	Apr 23, 11:30 am	Group A
Outdoor Living Skills	Apr 23, 8:30 am	Apr 23, 11:30 am	Group B

### Scheduling Tips

- Outdoor Education classes are designed to be 3 hours in length
- Class start times are typically as follows:
  - Morning: 8:30 or 9:00
  - Afternoon: 12:30 or 1:00
- Lunch break is one hour
- Night hikes should be scheduled to be at least one hour long, while campfires are recommended to be a half hour
- Have goals and outcomes in mind when selecting programming. Articulate those to the Outdoor Education Director when designing your schedule!
- Try something new!

# OUTDOOR EDUCATION PROGRAMMING WORKSHEET

School Name \_\_\_\_\_ Booking Number \_\_\_\_\_

Group Leader \_\_\_\_\_ Reservation Number \_\_\_\_\_

Dates of Trip \_\_\_\_\_ to \_\_\_\_\_ Number of Students \_\_\_\_\_ Grade \_\_\_\_\_

Use this worksheet to help you plan your trip and prepare for talking with the Outdoor Education Director about your ideal schedule. Outdoor Education programs are typically split into morning and afternoon sessions, with morning classes beginning at 8:30 or 9:00, and afternoon classes beginning after lunch at 12:30 or 1:00.

Dining Halls are open for breakfast 7:00-9:00, lunch 11:30-1:30, and dinner 5:00-7:00. Designated meal times will be shown on your lodging information/contract.

Private Recreation is scheduled on a first come, first served basis and cannot be guaranteed until completion of your confirmation. There are additional fees for extra time at recreation facilities. See pg. 22 for all pricing of all activities, outdoor education classes, and additional fees.

## Outdoor Education Classes

Group Initiatives	Fire Ecology	Rocks & Geology	Owls at Night
Teambuilding	Beaver Ecology	Mountain Formation	Bats at Night
Outdoor Survival	Montane Forest Ecology	Astronomy	Night Hike
Route Orienteering	Elk Ecology	LNT Camping	Campfire

Depending on the duration of your trip and number of students, there are many options in scheduling your programming. Below are the typical outlines of programming depending on your stay. Plan on two classes a day, then activities and recreation, as well as evening education programs and night hikes.

### 1 Night Stay:

Class \_\_\_\_\_

Class \_\_\_\_\_

### 2 Night Stay:

Class \_\_\_\_\_

Class \_\_\_\_\_

Class \_\_\_\_\_

Class \_\_\_\_\_

### 3 Night Stay:

Class \_\_\_\_\_

Class \_\_\_\_\_

Class \_\_\_\_\_

Class \_\_\_\_\_

Class \_\_\_\_\_

Class \_\_\_\_\_

### Recreation Requests:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Evening Activities:

\_\_\_\_\_

\_\_\_\_\_

# FEES

CLASS/ACTIVITY	PRICING PER STUDENT
<b>Team Building</b>	
Group Initiatives	\$4.00
Team Building	\$8.00
<b>Skills</b>	
Outdoor Living Skills	\$4.00
Route Orienteering	\$4.00
LNT Camping Skills	\$4.00
<b>Skill Lessons (1.5 hours)</b>	
ID: Trees	\$4.00
ID: Bones & Fur	\$4.00
Knot Tying	\$4.00
Shelter Building	\$4.00
Bearings	\$4.00
Archery	\$4.00
<b>Ecology and Science</b>	
Beaver Ecology	\$4.00
Montane Forest Ecology	\$4.00
Water Ecology	\$4.00
Elk Ecology	\$4.00
Fire Ecology	\$4.00
Geology and Rocks	\$4.00
Mountain Formation	\$4.00
<b>Night Classes</b>	
Astronomy	\$4.00
Night Hike	\$3.00
Evening Education Programs	\$3.00
Campfires*	\$2.00
*if combined with other class	\$1.00
<b>Winter Classes</b>	
Winter Survival	\$4.00
Winter Ecology	\$4.00
Snowshoeing	\$4.00

## RECREATION FEES

### INSTRUCTOR LED

Guided Hike	\$1/hour/student
Group Games	\$1/hour/student

### FACILITY RESERVATION

Additional Swim Hour	\$100
Additional Skate Hour	\$50
Fire Ring	\$15/3 hours

*All pricing is subject to change. These prices were last updated for 2015-16.*

## DAY PASS FEE \$15 PER STUDENT

A tentative invoice is included on Outdoor Education program confirmations. This invoice is based on the number of students you booked for and may be changed upon your arrival to Estes Park Center. At the time of your arrival, an instructor will ask for your final student count and student waivers. Your final bill will then be charged for your Outdoor Education programming. Below is a snapshot of what the invoice portion of the confirmation would look like. "Qty," or quantity, is number of students at the rate for the program scheduled. To figure out the per student rate, simply divide the "Qty" by the total bill amount.

Description	Qty	Rate	Amount
Campfire	30	\$1.00	\$30.00
Leave No Trace	30	\$4.00	\$120.00
Swimming Pool Extra time		\$100.00	\$100.00
Group Initiatives	30	\$4.00	\$120.00
Outdoor Living Skills	30	\$4.00	\$120.00

**\$490.00**



# CONFIRMATIONS

Your school group will receive a class confirmation about 3-4 months prior to your scheduled trip.

**Spring Trip– Received by December 15**

**Fall Trip– Received by May 15**

*If you do not receive a confirmation by this time, please contact the  
Outdoor Education Director.*

Upon receiving your confirmation, we ask you to look over **the contact information, the itinerary for the trip, and the tentative invoice**. This invoice is based on the last count of students that you gave Group Sales when booking your rooms. If this number is incorrect, please let us know as soon as possible. It is tentative until you show up for your trip and give an Outdoor Education staff member the actual number of students. You will be charged per student that arrives in your group. If you would like to be billed after departure, let us know and we will send your final bill to your contact information on file.

When you receive your confirmation, please look it over closely and contact the Outdoor Education Director to make any necessary changes. Once you receive an accurate confirmation, please sign and return it to the Outdoor Education Department. Confirmations are due the following dates:

**Spring Trip– Due March 1**

**Fall Trip– Due August 1**

**ANY REQUEST OF CHANGES TO YOUR SCHEDULE CANNOT BE GUARANTEED AFTER THESE DUE DATES.  
\*This includes recreation.**

If we have not received a signed confirmation by these dates, it is assumed that you agree to the confirmation, including classes, recreation and activities, and tentative invoice charges/rates. A copy of your confirmation is sent to the front desk and conference to have on file. The information on this confirmation is binding and should be treated as such.

# CHAPERONE INFORMATION

Thank you for participating in your student or child's outdoor education trip to the YMCA of the Rockies in Estes Park! Without parents and teachers participating in these trips, they would not be possible. We hope that your involvement in the program promotes outdoor education back at your school and in the homes of each student. The Outdoor Education Department's mission statement is to inspire a sense of wonder in students, to foster an appreciation for the environment, and to promote the conservation of natural resources through a variety of interdisciplinary learning experiences. We hope that in joining us on this outdoor education adventure, you too can help us inspire youth to get outside and be adventurous!

Again, thank you for taking time out of your schedule to assist us, your school, and the students in an amazing experience that children will remember for a lifetime!

Brandon Reynolds  
Outdoor Education Director

## THANK YOU!



# CHAPERONE EXPECTATIONS

Being a chaperone is very exciting! Experiencing the outdoors with your students or child can be a wonderful experience. It is important to remember that while you are on this trip, you are a role model for these students on a once-in-a-lifetime educational adventure. How they experience this trip may affect them for the rest of their lives! You play a pivotal role in these trips and there are, therefore, certain expectations that the school, the Outdoor Education instructors, and the YMCA of the Rockies Outdoor Education Program expect you to meet.

It is expected that all chaperones do the following:

- To attend Teacher and Chaperone Orientation upon arrival. Students will meet at the school group's designated meeting location for their first class and participate in a Student Orientation; at this time we ask all teachers and chaperones to step aside for a brief orientation of their own.
- To be responsible for the behavior of the students in your small group. Please be aware of any behavioral issues with students and address issues if they may arise. Outdoor Education instructors are trained to address small issues, but if the student is being disruptive to the instructor the student may be asked to be with their chaperone until they are ready to participate with the group again. If needed, the student may be asked to stay back with a chaperone in their lodge.
- To supervise students when they are not in class time. During meal times, recreation, and when in their lodges, all students are the responsibility of the school and their chaperones. Students must not be left in their lodges without chaperones in the building.
- To be timely and respectful of instructors' time. We understand that there are circumstances in which being timely with large groups of students can be difficult. We ask that you are respectful of our instructors and keep them informed if you are running late. In turn, we will be respectful of your schedules and will have all groups back to their meeting spot at the scheduled time. The only time instructors will cut their classes early is if the chaperones choose to.
- To be responsible and appropriate at all times. Even when not with students, it is expected that you should act accordingly. All rules for students while on YMCA grounds are expected for adult chaperones as well. This includes alcohol and drug use, quiet hours, going off grounds, etc.
- To be observant and helpful during class time. During classes, please stay alert and with your group at all times. If you must leave for a short period, or leave with students, let your instructor know. This is why we require **at least two chaperones per small group** — in the case that one needs to leave, there are still adults with the group of students. If there is not an acceptable ratio of adults to students, the class may be brought back to their meeting spot or lodges, and the class will be discontinued until the ratio is met.
- To have copies of each student's Medical Action Plan for your group of students. It will be the responsibility of chaperones to have all inhalers and epi-pens throughout Outdoor Education classes. We do not encourage students to carry their own medical devices because they may get lost or shared.

# GENERAL RULES

- Profanity or foul language is not permitted.
- Chaperones are not allowed in the pool with students. Please exercise good judgment in relations with students.
- Smoking is not permitted in the presence of the students. You may smoke only in designated smoking areas on YMCA of the Rockies property.
- No alcohol, tobacco, weapons, or illegal drugs permitted on YMCA property.
- All school rules also apply at the YMCA of the Rockies.

# CLASS EXPECTATIONS

**Elk and Wildlife:** We have many elk on the grounds and the students will most likely encounter them at some point during their stay. Please have the students keep their distance, especially during fall (mating season), as the males can be very aggressive. Enjoy viewing them and taking pictures, but please do not attempt to get close to them. During the warmer months we have bears on grounds. If you come close to one, back away slowly and give the bear space. Other animals you will see here on grounds are typically harmless, but we still recommend that you give them space. Please do not feed any wildlife! It affects their ability to prepare for and survive the winter months.

**Trail Etiquette:** During classes, the instructor will be taking the students on many trails. Please encourage the students to keep to the trails so as to lessen the impact on the environment. If chaperones can enforce this expectation during the hours the students are not in class, we would be appreciative. Teacher at the front, teacher in the back!

**Picking and Collecting Flowers:** We know that the wildflowers are beautiful here; however, we ask that you refrain from picking them. Some of these flowers take years to grow and we would like to see them for generations to come. Please enjoy looking at their beauty, but leave them for the next person. We also ask that the students refrain from collecting any natural elements during their stay. This includes rocks, sticks, pinecones, bark, etc. All of these things serve an important purpose.

**Litter:** Under no circumstances should a student leave litter on the ground. Please ask them to take all litter and trash with them when they are exploring. The instructor will be carrying a trash bag so that if students see litter lying around it would be wonderful if they could pick it up. It's a lesson for life!!

**Loud Voices:** A group of students can get awfully noisy. We would appreciate it if the chaperones could help in regulating the noise level. This prevents the wildlife from being startled by our presence and is also a courtesy to the many other guests staying at the Estes Park Center. The quieter you are, the more you'll see. Nevertheless, we're aware that children are energetic and excited; these hikes are meant to be fun and educational, so we don't expect TOTAL silence!!

**Adventure and Teambuilding Courses:** We will be challenging students to work together and discover a great deal about themselves while interacting with others. **Please allow the kids to fail!** Our staff are experienced professionals and everything they do is for a reason. Part of the lesson is "failing forward." Students are taught to learn from their mistakes so that the next challenge during this class can be a success. As an adult observer it may be difficult to watch, but please do not try to solve these challenges for them. They can do it!

**Respect:** Overall, we hope that all wildlife, plants, and people are respected during your Outdoor Education experience. It can be very difficult if students are disruptive while instructors are trying to teach. Try to keep students focused on the classes.



**YMCA of the Rockies**  
**Outdoor Education**  
**Student Liability Release**

By means of this agreement the undersigned individually, and on behalf of the undersigned individually, and on behalf of the participant child release, waive and discharge any and all claims against YMCA of the Rockies, Estes Park Center, and the Outdoor Education Department for any and all liability for any and all loss or damage caused by negligent acts or omissions of YMCA of the Rockies.

School \_\_\_\_\_ Student Name \_\_\_\_\_  
Phone \_\_\_\_\_ Race \_\_\_\_\_ Sex \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

**Acknowledgement of risk, waiver, release, and indemnification**

To Parent or Guardian:

This permission form must be filled out completely and returned to your child's teacher in order for your child to attend activities at the YMCA of the Rockies. No child will be permitted to participate in activities at the YMCA of the Rockies without the complete and signed form.

We, the Parents/Guardians of \_\_\_\_\_, individually and on behalf of the participant child, do hereby release the YMCA of the Rockies, Outdoor Education Instructors, and Outdoor Education Department from any damages as a result of any sickness or injury during the duration of their Outdoor Education experience. We further understand and acknowledge that certain adventure activities, high ropes, walking on uneven trails, etc. have an increased risk of injury.

Certain risks cannot be eliminated due to the Center's mountain setting and without destroying the unique character of these activities. The same elements that contribute to the character of these activities can be the cause of loss or damage to your property, accidental injury or illness, or, in extreme cases, permanent trauma or death. We do not want to frighten you or reduce your enthusiasm for these activities, but it is necessary for you to be informed in advance about these inherent risks.

I HAVE CAREFULLY READ THIS AGREEMENT AND UNDERSTAND IT TO BE A RELEASE OF ALL CLAIMS AND CAUSES OF ACTION FOR THE CHILD PARTICIPANT'S INJURY OR DEATH OR DAMAGE TO THE CHILD PARTICIPANT'S PROPERTY THAT OCCURS WHILE PARTICIPATING IN OUTDOOR EDUCATION EXPERIENCES AND IT OBLIGATES ME TO INDEMNIFY THE PARTIES NAMED FOR ANY LIABILITY FOR INJURY OR DEATH OF ANY PERSON AND DAMAGE TO PROPERTY CAUSED BY THE CHILD PARTICIPANT'S NEGLIGENT OR INTENTIONAL ACT OR OMISSION.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**ESTES PARK CENTER  
OUTDOOR EDUCATION  
YMCA of the Rockies**

**YMCA of the Rockies**  
2515 Tunnel Road  
Estes Park, CO 80511  
**P** 970-586-3341

[ymcarockies.org](http://ymcarockies.org)