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2024-25 OUTDOOR EDUCATION

Teacher Planning Guide

Snow Mountain Ranch

YMCA OF THE ROCKIES



Dear Teachers and Administrators,

Thank you for inquiring about Snow Mountain Ranch, YMCA of the Rockies for your outdoor education experience! Our staff is very excited to meet you and your students. We hope to provide you with an enjoyable and educational field trip!

This guide was created to assist teachers who are planning an outdoor education experience with us. Our program is flexible, which allows you to create an experience that will best meet the needs of your students. Our standard months are February during the winter season, September in our fall season so please schedule accordingly. It's best to schedule at least a year in advance. There will be time during your stay with us to rebook for next year.

Snow Mountain Ranch is located near Granby, Colorado at an elevation of about 9,000 feet. We are 90 miles from the Colorado capital of Denver. Our center boasts 5,200+ acres of forested mountain land, which makes for an ideal outdoor classroom. Our beautiful location and close proximity to Front Range communities, combined with talented, highly trained staff make our program a great choice for your Outdoor Education Trip.

Our program blends scientific inquiry with hands-on exploration while meeting Colorado Academic Standards. Classroom content is designed for the 6th grade level. We also are able to modify our classes for 3rd grade through 8th grade. At YMCA of the Rockies, Snow Mountain Ranch, students are able to see the effects of active beaver colonies, observe the changing forest, perform scientific studies of waterways, work together to build teamwork, learn some history of Colorado, learn songs around a campfire and so much more! We invite you to join us for a fun-filled outdoor educational experience!

This guide contains very important information that will help you organize a successful experience. Please read the entire guide whether it's your very first trip or your 20th! Please use the Class and Recreation Activities Request worksheet to organize your requests. There are letters to your teachers and chaperones and a packing list with suggestions of what to bring and what not to bring. Any materials in this guide may be duplicated. All adults involved in the experience should be provided with this information. This packet is also available online. Open communication, organization, and planning are critical for an enjoyable and educational experience, for both you and your students. We are here to help in anyway possible; feel free to communicate any needs or concerns with us! We can be contacted through email at

tanderson@YMCARockies.org or by phone at (970) 887-2152, extension 4292.

Further information can be provided by requesting a virtual visit from our staff. The Outdoor Education Coordinator or staff are able to visit with your school, interact with parents or teachers, and allow time for questions. Check the availability for an orientation with the Outdoor Education Coordinator.

We look forward to having a wonderful experience with you and your students here at YMCA of the Rockies, Snow Mountain Ranch!

Sincerely,

Tim Anderson

Adventure & Outdoor Education Coordinator

YMCA of the Rockies, Snow Mountain Ranch

tanderson@YMCARockies.org

Phone: (970) 887-2152, ext 4292

YMCA of the Rockies, Snow Mountain Ranch



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Making a Reservation

To make reservations that will include lodging and meals please follow these steps. Day Groups see note at bottom.

1. Pick the dates and times that you would like to bring your group.

Please have back up dates in mind. If you are planning a winter trip please have dates in February in mind. Also for the fall please pick dates in September and early October.

2. Contact Morgan Allen, Group Sales Representative, for availability of lodging at (888) 848-9622 or email at mallen@ymcarockies.org.

Our Outdoor Education Group Sales Representative, Morgan Allen will need the total number of people staying at the YMCA with a break down of students and adults. To determine how many instructors your school will need, we divide the number of students by 15. Ideal class sizes are 10 to 15 students. Keeping classes small ensures quality. After availability is checked, reservations for lodging will be made through Group Sales. Group Sales will confirm reservations with the Outdoor Education Coordinator. At this time your dates and number of instructors needed will be reserved and they will send you a contract for the lodging and meals.

3. Pay deposit and sign and return the contract for lodging and meals.

Contact Morgan Allen from step 2 to pay deposits and confirm contracts. Missed deposits could result in forfeited days. If you are closer than 3 months to your visit date and have questions, please contact Hal Boulter at 970-887-2152 ext. 4211.

4. Contact the Outdoor Education Coordinator to schedule your classes and recreation activities.

Once you've been in contact with the Reservations department, you may contact the OE Coordinator at (970) 887-2152 ext.4292 or email tanderson@ymcarockies.org to schedule your classes and activities. The Class and Recreation Activities Worksheet is located on page 16 to assist you in this process.

5. Turn in student numbers, schedule change requests and cancellations.

Student numbers, schedule changes and cancellations, need to be completed or turned in to the Outdoor Education Coordinator at least two weeks prior to your arrival here at the YMCA.

***DAY GROUPS** - Please skip steps 2 - 4.

Important Reservation Note:

When rebooking for the next year, it is our policy to try to reserve a comparable date for the next year. However, occasionally dates are open for one year only, and the same date the next year cannot be promised. Any school rebooking can request different dates for the next year, therefore we have a first-come, first-served policy in which the first school to book the dates are guaranteed those dates. It is important to rebook as early as possible, a year in advance is recommended. Rebooking for the next year on the last day of your visit is a good idea. School schedule changes and changes in staff training change yearly so flexibility is appreciated.

Lodging Information

Outdoor Education groups typically stay in the Aspenbrook and Silver Sage Lodges. Silver Sage room includes 1 queen bed, 2 sets of bunk beds, private bath, telephones in hallway and fire alarm with sprinkler system. Aspenbrook rooms include 2 queens, 1 set of bunk beds, private bath, telephones in hallway and fire alarm with sprinkler system. Towels and linens are provided. Most groups will have 5 people per room (4 in bunk beds and one in double bed). Check-in occurs after 3:00pm. Check-out occurs at or before 10:00am. Luggage storage is available upon request.

Lodging costs start at approximately \$137.60 per student, this includes three meals and a meeting space. The cost is the same for chaperones and teachers.



Dining Room Schedule and Procedures

Breakfast is served from 7:00am to 9:00am

Lunch is from 11:30am to 1:00pm

Evening meal is from 5:00pm to 7:30pm

While you are staying at the YMCA of the Rockies you will be eating your meals in our dining rooms. It is a “self-bussing” cafeteria, which means each person is responsible for making sure that the tables are completely clean and all trays, silverware, plates, bowls, cups, and trash are taken to the Trash and Tray area of the room. Having a student at each table that is responsible for double checking trash and tray return is a great way we’ve seen schools help. We thank you for your help!

Students and adults alike must sit with your school group, and we ask that there be at least one adult seated at every two tables with students. **Teachers, please be present and aware of your students at all times in the dining room.**

There is no running or horse play at any time. You will be sharing the dining room with other schools and guests. We want them to enjoy their meal as much as you enjoy yours. (Make it fun: Quietest table can get dessert first! Etc.)

Feel free to eat as much as you want, but please only take as much as you think you can eat. You can always go back for seconds.

Recreation Opportunities

Outdoor education groups can utilize the indoor swimming pool, roller-skating rink, gymnasium, fire rings and mini golf. The times available for OE groups are limited and bookings are made on a first-come, first-served basis. We limit groups to only 1 hour per activity per 60-80 students depending on the activity. We will schedule a second session if needed to accommodate all of your students. To make reservations, please contact the Outdoor Education Coordinator at (970) 887-2152 ext 4292.

Swimming :

Our indoor swimming pool is open year-round outside of normal maintenance/cleaning times. The pool capacity is 80 (includes all people on the deck). It can be reserved for private time with 1 hour per group. If your group is larger than 80, groups can reserve the pool for 2 hours with half of the students in the pool for 1hr intervals. If a school wishes more than the complimentary amount of time in the pool they may add sessions for \$150.00/hr.

POOL RULES AND REGULATIONS FOR THE POOL

Please arrive at your scheduled time. If your group is scheduled for two one-hour times, there is no combining your group times. Each group must come separately in order to hold to our swimmer to lifeguard ratios. Have your group wait in the Lobby area and the lifeguards will give the rules from there. Please make sure your entire group is present before the lifeguards go over the rules, this is to ensure the safety of all swimmers.

We do not loan out swimsuits from lost and found to students or chaperones. Please make sure that all students, teachers and chaperones come prepared to swim in appropriate swimwear. Towels are provided, one per person.

Chaperones must remain in the pool area during swim time and after to make sure every swimmer is supervised by a school staff member. Chaperones are expected to be proactive in observing students in the pool– lifeguards cannot lifeguard and be social mediators. Please walk through the locker rooms to make sure they are clean and all of your lost and found is collected.

If necessary, we will let you know in advance that the pool may have had to shut down due to lightning in the area, mechanical failure, or the presence of blood/diarrhea/vomit in the pool.

RULES

1. Take a FULL shower (Colorado health code)
2. No shoes on deck
3. No running
4. Only one person in the noodle squares at the bottom of the climbing wall and slide
5. No diving well (this has been pre-arranged with the Outdoor Education department)
6. Children under 12 will need to pass a swim test before being allowed in the deep end. If a child does not take or fails the swim test, he or she must stay in the shallow end of the pool.
7. A child that does not pass or does not take the swim test must wear a life vest at all times and remain in the shallow end of the pool
8. No hanging or sitting on deep-end rope
9. No food/candy/gum/drinks
10. No cameras/video cameras/underwater cameras
11. No horseplay (this includes: chicken fighting, shoulder or piggyback rides, dunking, pushing someone into the pool or breath-holding games)
12. Treat each other and the lifeguards with respect

Recreation Opportunities Continued...

Kiva Center Gymnasium/Roller Skating Rink:

The gym and roller skating rink are located in the Kiva Center. Your group can have access to both areas when open and available.

The gym has a basketball and volleyball court available and we have enough roller skates to accommodate approximately 45 skaters at a time.

Mini Golf :

The outdoor mini-golf has 2 courses. We have an 18-hole course and a 9-hole course designed for younger golfers (6" holes). Mini Golf is not open in the winter.

Campfire Ring (school-ran):

Your group can reserve a campfire ring for an evening program on your own. Groups are responsible for purchasing wood at our Front Desk and extinguishing the fire at the end of your program. These items can be charged to your group account by the group leader.

Other Recreation Opportunities You Can Schedule for Your Group :

Visit the Craft Shop, self guided hikes on our many trails, outdoor basketball courts and sand volleyball courts, horse-back riding with Snow Mountain Stables and Dog Sledding with Redemption Dog Sled Tours. If you are interested in doing any of these, please mention this to the Outdoor Education Coordinator.

Summer Tubing Hill (Open Memorial Day– September 30th)

Our Summer Tubing Hill is a HUGE hit for our summertime guests. If your school is visiting SMR between the dates listed above, please feel free to inquire about availability.



OED CLASSES

YMCA of the Rockies' Outdoor Education Department takes education, curriculum and state standards very seriously. We work to update our curriculum to meet your school's needs and the Colorado Academic Standards. We pride ourselves in having high quality educational and adventure programs. Depending on the length of your stay, you may participate in several class sessions that cover a wide range of educational programs. Below are brief descriptions of each class offered, with state graduate competencies listed below. There's also a cross-reference found at the end of this section.

Adventure

Teambuilding

These activities present your participants with group problem solving situations where they will be required to communicate, trust, support, plan, and be persistent in order to solve the task at hand. Classes may be conducted using our low ropes course, or any indoor or outdoor location. This course may involve balancing on wires, lifting, or other examples of physical activities. Chaperones may be asked to spot these activities as well as support the group dynamics.

Archery

Conducted inside our indoor archery range in the winter, and outdoors in the summer; participants will learn the basics of archery. Teachers will explain the basics of how to perform a proper shot with a bow, as well as the parts of the bow and arrows. Participants will learn about safety considerations and responsibility used during this activity.

Climbing Wall

Using our 30 foot indoor climbing wall, participants will be instructed in safety techniques and equipped with climbing gear. In this "challenge by choice" activity, students will decide how far to push themselves. Our instructors will teach climbing technique and encourage growth in overcoming challenges. Group dynamics will also be taught as students learn to support each other's choices.

Aerial Challenge Course (Fall Season)

New in 2024, our Aerial Challenge Course has approximately 30 different obstacles for students to work through. This event is all about empowerment and self-confidence as participants decide the level of challenge they want to embark on. The course has multiple entry and exit points to try out in this 2 hour adventure.

Orienteering

Find your way through natural terrain with the use of a map and compass! Participants will learn the basics of using the compass as a navigational tool. They will learn what cardinal directions are and how to find a bearing using a map and compass and a topographic map. Then, they will test their skills by using only those tools to navigate our Orienteering Course.

Outdoor Living Skills

Students will learn the importance of outdoor skills as well as responsibility for each other and their surroundings. They will gain knowledge of Leave No Trace ethics, as well as proper camp setup and breakdown. All classes will learn how to properly setup and breakdown all aspects of a camp, including shelter, cooking areas, and latrines.

Survival

Students will learn the basics of what to do in a survival situation. They will learn about the ten essentials as well as how to think in an emergency situation using tools like STOP, and the Rules of Three. Students will also learn proper shelter building in the wild using only natural resources.

Zip Line (Fall Season, very limited availability)

Always a popular activity of the trip, come check out our Zip-Line! Students will overcome personal challenges as they climb up a pole and step off the platform to embark on a zip line ride through the air. Students will use proper climbing equipment and learn to support each other in an adventurous and exciting activity.

Ecology and Science

Beaver Ecology

Students will learn about certain physical and behavioral adaptations of beavers. They learn about behaviors, such as living in a colony, building lodges, dam construction, and why beaver's look the way they do. They will learn the beaver's impact on the environment, and the beaver's relationship with humans.

Forest Ecology

Students hike and learn about the forest ecosystem surrounding Snow Mountain Ranch. They learn about producers and consumers, predator and prey relationships, the food web, how humans impact these complex systems and the fight for resources within an ecosystem.

Water Ecology

Students will explore Snow Mountain Ranch's water environment with hands-on collecting and observing of aquatic life. Students will also learn the importance of understanding our watershed system in Colorado.

Gold Rocks

This class is a great introduction to Earth Science topics. Students will learn the rock cycle and what types of rocks are present on our property. They will also learn about the history of our on-site gold mine!

Pioneering

Through the Rowley Homestead, located on our ranch, the students will learn about homesteading and life in the Rocky Mountains in the late 1800's and early 1900's.

Tracking

Participants will use techniques to help them better understand general animal track patterns. Participants will become familiar with a variety of signs that a variety of animals may leave, as well as how humans have used them to hunt throughout our history. Finally, participants will try to track each other by using a combination of the skills they have learned.

Community

In this class, students will learn some basic expectations for their trip using 4 of our Core Values as a guide: Respect, Responsibility, Honesty, Caring. They will also do some basic teambuilding and bonding activities such as designing and making their team flag. This is an excellent class to begin the trip with!

Fire Ecology

In this class students will learn about basic fire behaviors, and what we do to try and fight fires throughout the western US. We discuss climate change issues and how it affects how we try to manage fires to best help our forest ecosystem.



Night Activities

Mock Olympics

Students will enjoy a series of silly Olympic-like events allowing friendly competition and enjoyment for the group. Games like dizzy-bat races and marshmallow shot put will be entertainment for the evening.

Night Hike

Students learn about the nighttime environment on Snow Mountain Ranch. They will learn how their eyes adapt to the night and will be encouraged to use other senses to help navigate on the hike. Night hikes are very well supervised and safety precautions are strictly enforced. Hiking routes are chosen carefully to be easily navigated by our target age groups. No flashlights are allowed!

Campfire Program

Led by our energetic and creative staff, the campfire sessions at Snow Mountain Ranch are a chance for your kids to celebrate, laugh, act, sing and have a blast overall! Our staff leads kids in sing-a-longs and perform hilarious skits utilizing kids and teachers for players. This is a great opportunity for teachers and chaperones to make s'mores.

Winter-Only Activities

Winter Survival

We adapt our Survival class to the winter! Students will learn about the ten essentials, thought processes to remain calm in an emergency, and shelter building. Students will need to be prepared to be in the cold, as they will spend a large portion of the class working on their snow caves.

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. Classes like Forest Ecology and Pioneering can be taught in conjunction with this activity!

Nordic Skiing

Snow Mountain Ranch boasts one of the largest Nordic Centers in the state with over 60km of ski trails. Students will receive a lesson from a highly-qualified Nordic Staff and then they'll have the opportunity to put their skills to the test!

Snow Science

Students will learn about snow formation, different types of snow, and how snowfall affects snowpack. Snowpack affects the possibility of avalanches, which will also be discussed. This class is best taught outside so make sure students are dressed warm!

Snow Tubing

Dress warm and come play in the snow! This recreation class will be conducted by our staff on our tubing hill. Tubes provided.





Colorado Academic Standards and Outdoor Education Curriculum

YMCA of the Rockies

Grade Level	Content Area	Standard	Grade Level Expectations	OE class
Eighth Grade	Social Studies: Geography	SS09-GR.8-S.2-GLE.1	Use geographic tools to analyze patterns in human and physical systems.	Orienteering
		SS09-GR.8-S.2-GLE.2	Conflict and cooperation occur over space and resources.	Forest Ecology
	Science: Life Science	SC09-GR.8-S.2-GLE.1	Human activities can deliberately or inadvertently alter ecosystems and their resiliency.	Water Ecology, Forest Ecology
		SC09-GR.8-S.2-GLE.2	Organisms reproduce and transmit genetic information (genes) to offspring, which influences individual's traits in the next generation.	Beaver Ecology
	Science: Earth Systems Science	SC09-GR.8-S.3-GLE.2	Earth has a variety of climates defined by average temperature, precipitation, humidity, air pressure and wind that have changed over time in a particular location.	Gold Rocks
Seventh Grade	Social Studies: Geography	SS09-GR.7-S.2-GLE.1	Use geographic tools to gather data and make geographic inferences and predictions.	Orienteering, Outdoor Living Skills
		SS09-GR.7-S.2-GLE.2	Regions have different issues and perspectives.	Water Ecology, Forest Ecology
	Science: Life Science	SC09-GR.7-S.2-GLE.1	Individual organisms with certain traits are more likely than others to survive and have offspring in a specific environment.	Beaver Ecology, Forest Ecology
		SC09-GR.7-S.2-GLE.4	Photosynthesis and cellular respiration are important processes by which energy is acquired and utilized by organisms.	Forest Ecology
	Reading, Writing and Communicating	RWC09.GR.7-S.4-GLE.1	Answering a research question logically begins with obtaining and analyzing information from a variety of sources.	Water Ecology

Colorado standards were taken from the Colorado Department of Education's graduate competencies website and adapted from the 2012 Colorado Environmental Education Plan. (<http://www.cde.state.co.us/sitoolkit/DesignTools.htm>)

Grade Level	Content Area	Standard	Grade Level Expectations	OE class
Sixth Grade	Social Studies: Geogra- phy	SS09-GR.6-S.2- GLE.1	Use geographic tools to solve prob- lems.	Orienteering, Outdoor Living Skills
		SS09-GR.6-S.2- GLE.2	Human and physical systems vary and interact.	Beaver Ecology, Forest Ecology
	Science: Life Science	SC09-GR.6-S.2- GLE.1	Changes in environmental condi- tions can affect the survival of indi- vidual organisms, populations and entire species.	Water Ecology, Forest Ecology, Beaver Ecology
		SC09-GR.6-S.2- GLE.2	Organisms interact with each other and their environment in various ways that create a flow of energy and cycling of matter in an ecosys- tem.	Forest Ecology
	Science: Earth Systems	SC09-GR.6-S.3- GLE.1	Complex interrelationships exist between Earth's structure and nat- ural processes that over time are both constructive and destructive.	Gold Rocks
		SC09-GR.6-S.3- GLE.2	Water on Earth is distributed and circulated through oceans, glaciers, rivers, ground water and the at- mosphere.	Gold Rocks, Water Ecology
		SC09-GR.6-S.3- GLE.3	Earth's natural resources provide the foundation for human society's physical needs. Many natural re- sources are nonrenewable on hu- man time scales, while others can be renewed or recycled.	Forest Ecology, Gold Rocks
	PE-Movement, compe- tence and understanding	PE09-GR.6-S.1- GLE.2	Participate in activities that require problem solving, cooperation, skill assessment and teambuilding.	Teambuilding, High Challenge Course
Fifth Grade	Social Studies: Geogra- phy	SS09-GR.5-S.2- GLE.1	Use various geographic tools and sources to answer questions about the geography of the United States.	Orienteering
	Science: Earth Systems Science	SC09-GR.5-S.3- GLE.1	Earth and sun provide a diversity of renewable and nonrenewable re- sources.	Forest Ecology
		SC09-GR.5-S.3- GLE.2	Earth's surface changes constantly through a variety of processes and forces.	Gold Rocks, For- est Ecology
	Health and PE: Emotional and Social Wellnes	PE09-GR.5-S.3- GLE.2	Choose to participate cooperatively and productively in group and indi- vidual physical activities.	Teambuilding, Ar- chery, Zip Line, High Challenge Course

Sample Schedule

Below is a sample itinerary, which you will receive with your contract after making your reservation and talking with the Outdoor Education Coordinator.

Colorado Elementary School planned a 3 day trip with 60 students, therefore they were split into 5 groups to keep class sizes under 15. They took Forest Ecology, Teambuilding, Water Ecology, Pioneering, Zip Line, Gold Rocks, and Orienteering. Class groups typically meet at either their lodge or the Commons Cafeteria. During the evening, they have planned early evening free time, with their evening activities following. All of our classes are two hours long, and evening programming lasts for one hour.

Colorado Elementary 2022

School Contact: Jane Doe
 YMCA Contact: Tim Anderson
 Meeting Place: Commons
 Number of Students: 60

Day 1-Wed, May 11
 11:30am-Arrive and store luggage
 11:45am-Lunch @ Commons/Bag Lunch
 12:30pm-Orientation @ Lodge
 1:00pm-Class Rotation 1
 3:00pm-Class Rotation 2
 5:00pm-Return to Lodge
 5:30pm-Dinner @ Commons
 6:30pm-Recreation in Kiva and Pool
 8:00pm-Night Hike

Day 2-Thurs, May 12
 7:30am-Breakfast @ Commons
 8:00am-Class Rotation 3
 10:00am-Class Rotation 4
 12:00pm-Lunch @ Commons
 1:00pm-Class Rotation 5
 3:00pm-Class Rotation 6
 5:00pm-Return to Lodge
 5:30pm-Dinner @ Commons
 6:30pm-Recreation in Kiva and Pool
 8:00pm-Campfire @ IP Ring

*Check out of lodging by 10:00am
 Luggage storage upon request

Day 3-Friday, May 13
 7:30am-Breakfast @ Commons*
 8:00am-Class Rotation 7
 11:30am-Lunch @ Commons
 12:30pm-Depart Snow Mountain Ranch

Check with your conference staff member about meal plans and eating at the commons.

Class	A	B	C	D	E
1	Forest Ecology	Teambuilding	Zip Line	Orienteering	Water Ecology
2	Pioneering	Forest Ecology	Teambuilding	Zip Line	Orienteering
3	Gold Rocks	Pioneering	Forest Ecology	Teambuilding	Zip Line
4	Water Ecology	Gold Rocks	Pioneering	Forest Ecology	Teambuilding
5	Orienteering	Water Ecology	Gold Rocks	Pioneering	Forest Ecology
6	Zip Line	Orienteering	Water Ecology	Gold Rocks	Pioneering
7	Teambuilding	Zip Line	Orienteering	Water Ecology	Gold Rocks

OED Class and Recreation Activities Price List

To assist you in planning your school's trip, we have included a pricing sheet for all classes and recreation activities.

Class	Time	Cost	Available in Winter?
Adventure			
Teambuilding	2 hours	\$5.00 /student	Yes
Archery	2 hours	\$5.00 /student	Yes
Climbing Wall	2 hours	\$5.00 /student	Yes
Aerial Challenge Course	2 hours	\$10.00 /student	No
Orienteering	2 hours	\$4.00 /student	Yes
Survival	2 hours	\$4.00 /student	Yes
Zip Line	2 hours	\$10.00 /student	No
Ecology and Science			
Beaver Ecology	2 hours	\$4.00 /student	Yes
Forest Ecology	2 hours	\$4.00 /student	Yes
Water Ecology	2 hours	\$4.00 /student	Yes
Gold Rocks	2 hours	\$4.00 /student	Yes
Community	2 hours	\$4.00/student	Yes
Pioneering	2 hours	\$4.00 /student	Yes
Fire Ecology	2 hours	\$4.00 /student	Yes
Evening Activities			
Mock Olympics	1 hour	\$2.00 /student	Yes
Night Hike	1 hour	\$2.00 /student	Yes
Campfire	1 hour	\$2.00 /student	Yes
Winter Activities			
Winter Survival	2 hours	\$4.00 /student	Yes
Nordic Skiing	2 hours	\$8.00 /student	Yes
Snowshoeing	2 hours	\$8.00 /student	Yes
Snow Tubing	1 hour	Free	Yes
Snow Science	2 hours	\$4.00 /student	Yes

Day Groups

If your school cannot come out for an overnight stay at Snow Mountain Ranch, we can offer you a Day Trip. Contact Tim Anderson @ 970-887-2152 x4292 for questions!

For each Outdoor Education group, one contact teacher is responsible to review the class schedule and make copies for all group leaders prior to arrival. It is very important to follow the itinerary provided from the Outdoor Education Coordinator. Any changes need to be approved by the Coordinator to ensure the proper number of staff.

Students will be split up into groups of 15 or less. Each group is labeled with a letter and/or name, unless you prefer otherwise. It is always wise to have extra chaperones that plan on staying back in the lodges in the event of sick children. Schools are required to have a **MINIMUM** of one adult chaperone per group, while **TWO** is recommended!



Upon arrival, each school will go through an orientation before their first class at their designated meeting spot. At this time teachers, administrators, and chaperones will all go through a short orientation as well. It is important that all adults are present to hear this information.

Throughout your school's Outdoor Education experience, it is important that your chaperones and teachers take their responsibilities seriously. **Discipline and behavioral issues are the responsibility of your school, not YMCA staff.** Our staff are trained to deal with minor issues, but will defer to your chaperones to deal with any major issues.

Medical and First Aid

All OED staff are CPR and First Aid certified. Minor First Aid problems are taken care of by staff. In the event of a more major incident, they will be able to respond while 911 is being called and ambulances arrive. Middle Park Medical Center is located about 5 miles away.

YMCA staff and Outdoor Education instructors are not allowed to distribute any medication. Medication distribution is the responsibility of teachers, administrators, or the school nurse on site. It is also the school's responsibility to have any necessary medical forms.

Fire and Evacuation Procedures

1. In the case of a fire while in your lodges, calmly evacuate the building. Be sure to get a head count of students and account for any missing students. Wait for instruction before returning to your lodges.
2. If students are out for one of their classes or not under your supervision and an evacuation has been called, bring rosters and student information to a designated meeting spot. Instructors will bring all students back to the designated meeting spot and start getting head counts. Evacuation will proceed with getting students onto buses or utilizing YMCA vehicles to get students off grounds. If students or groups are missing, contact the Program Director or The Program Building at ext. 4135.

Late Arrivals and No Shows for Classes

If your group shows up late, the class will continue to end at the scheduled time. Our staff may not be with your school all day, so they need to stick to the schedule in order to prepare for their next class. Staff are allowed to leave the meeting site if no contact has been made after a certain amount of time.

Class and Recreation Activities Form

School Name _____

Booking Number _____

Group Leader _____

Reservation Number _____

Dates of Trip _____ to _____

Number of Students _____ Grade _____

Classes		Recreation Activities
Team Building	Forest Ecology	Swimming
Archery	Water Ecology	Gym/Skating
Climbing	Gold Rocks	Mini-Golf
Aerial Challenge Course	Pioneering	Fire Ring
Orienteering	Fire Ecology	Gym Only
Outdoor Living Skills	Snow shoeing	
Survival/Winter Survival	Night Hike	
Zip-line	Mock Olympics	
Beaver Ecology	Campfire	

Breakfast	7:00-9:00am
Morning Classes	8:30-10:30am AND 10:30am-12:30pm
Lunch	12:30-1:30pm
Afternoon Classes	1:30-3:30pm AND 3:30-5:30PM
Afternoon Rec time	4:00-5:00 (substitute second afternoon class)
Dinner	5:00-7:00pm
Night Class or Rec time	7:00-8:30 pm Night Hike 8:30-9:00 pm Campfire

Below is a calendar week for you to decide where you want to have classes or recreation activities in.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 1					
Morning 2					
Afternoon 1					
Afternoon 2					
Night					

The following is a list of questions that the Outdoor Education Director will ask you when you call to schedule your classes and recreation activities:

1. What are the overall goals that you hope to achieve through your experience here at the YMCA of the Rockies?
2. Are there specific academic standards you are trying to meet through our Outdoor Education program? If so, what are they?
3. Will the information be new to the students or will they have already been over it in class?
4. Do you have any students with special needs? If so, please explain.

Dear Teachers and Chaperones,

Thank you so much for volunteering your time to be a part of these students' outdoor experience! Experiences like this would not be possible without passionate parents and teachers like you. The Outdoor Education Coordinator and staff have compiled this information regarding behavioral expectations of the students while attending classes here at the YMCA of the Rockies. We find that it works best to lead by example, so we hope that you understand these expectations before your arrival. We appreciate your help in enforcing these expectations to help keep students safe and to ensure the environment surrounding YMCA of the Rockies can be enjoyed for many years to come.

Elk, Moose and Wildlife: We have elk and moose on the grounds and the students will possibly encounter them 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, 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 his space. Other animals you will see here on grounds are harmless, but we still recommend that you give them space.

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 appreciate this also. Teacher at the front, teacher in the back!

Picking flowers and collecting: 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..

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 Snow Mountain Ranch. The quieter you are the more you'll see. But we're very aware that children are energetic and excited, these are meant to be fun, educational hikes 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 running these programs 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, 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.

Again, thank you for taking the time to help supervise your students. Experiences like this could not be possible without parents and teachers like yourselves. We thank you for taking the time to read the information on our expectations. We look forward to having your school here and getting to know you!

Thank you for your cooperation,
Outdoor Education Department

Packing List

Our classes are conducted outdoors in the rain or shine, and it is *essential* that each student comes prepared for all types of weather. We realize that it may be inconvenient to purchase the listed items, so we encourage you to borrow items that you do not own.

We want your child to stay warm and dry while they're on this trip. The weather in the mountains can change very quickly. Being at high altitude and in the elements all day makes children tired. Being prepared for any type of weather ensures a happy experience. There are many times when classes are conducted through rain storms and snow! These items listed are necessary for all seasons. *Please label all your child's belongings, this helps if items are lost.*

ESSENTIALS:

- Day pack or book bag
- Warm coat or jacket
- Gloves or mittens
- Warm winter hat
- Shade hat
- Sweater or sweatshirts
- Sturdy shoes or hiking boots (recommend water proof for rain or snow)
- Extra pair of shoes-athletic, etc.
- Rainwear-jacket, pants or poncho
- Extra socks
- Change of clothes
- Sleeping attire
- Long underwear
- Water bottle- 2 liter bottles are great
- Personal toiletries
- Sunglasses
- Sunscreen
- Pencil and notebook

Optional:

- Flashlight
- Swimsuit (if swimming)
- Camera (disposable! Digital is NOT recommended)
- Book

DO NOT BRING:

- Money
- Knives/weapons
- Matches
- Cell Phone
- Candy and junk food
- Linens (YMCA provides towels and linens)



**YMCA OF THE ROCKIES
ASSUMPTION OF RISK/WAIVER OF LIABILITY
(ADULT ON BEHALF OF A MINOR CHILD)
PLEASE READ BEFORE SIGNING**

There are risks involved in this activity and/or these activities. Your child need not participate. It is your child's choice whether your child participates in these activities and to what level. Our philosophy is "Challenge By Choice," which means your child selects the degree of challenge (if any) to which your child will be exposed. However, in order for your child to participate at any level in these activities you must sign this document, and your signature forever waives your right (and your child's right) to sue the YMCA of the Rockies (and its directors, staff, employees and other contracted parties) for any injury your child may suffer arising out of their participation in this activity or these activities.

ACKNOWLEDGEMENT OF RISK

I acknowledge that there are risks and hazards in any of the activities in which my minor child has chosen to participate. These risks include, but are not limited to; physical injury, trauma, emotional injury, death, and property damage. These hazards include but are not limited to; Falling from a height of up to 50 ft (climbing wall and high challenge course only); equipment failure; interference from other activities in the vicinity; high altitude (above 8,000 feet); and rigorous physical activity and exhaustion. Risks for Tubing include but are not limited to; falling out of the tube; traveling at various rates of speed; collisions with other tubes, tubers, or spectators; collisions with man-made objects such as fencing, collisions with natural objects, collisions with associated equipment, variations in terrain and steepness of terrain, varying surface conditions, slippery walking surfaces, and the use of the tubing lifts.

The activity or activities in which my minor child has chosen to participate may include physical challenges, which, if aggravated by high altitude conditions, may place unusual demands on my minor child's bodily systems. I acknowledge that this is not an exhaustive list of the risks or hazards my minor child may encounter, and that my minor child may encounter unforeseen situations.

PROTECTIVE HEADGEAR

I acknowledge that protective headgear (helmets) are available and it is my choice that my child wear that headgear while tubing. _____ (INITIAL REQUIRED)

CERTIFICATION OF FITNESS

I certify that my minor child is completely healthy (both physically and emotionally) and capable of participating in the activity or activities. However, I understand that it is solely my responsibility to determine whether there is any

medical reason that my minor child should not participate in the selected activity.

WAIVER OF LIABILITY

IN ORDER THAT MY MINOR CHILD MAY PARTICIPATE IN THE ACTIVITY OR ACTIVITIES LISTED ABOVE, I FOREVER WAIVE MY RIGHT (AND MY CHILD'S RIGHT) TO SUE THE YMCA OF THE ROCKIES (INCLUDING ITS DIRECTORS, STAFF, EMPLOYEES AND OTHER CONTRACTED PARTIES) FOR ANY INJURY MY MINOR CHILD MAY SUFFER ARISING OUT OF MY MINOR CHILD'S PARTICIPATION IN THESE ACTIVITIES. I UNDERSTAND THAT BY SIGNING THIS DOCUMENT ALL LIABILITY OF THE YMCA (INCLUDING ITS DIRECTORS, STAFF, EMPLOYEES, AND OTHER CONTRACTED PARTIES) TO MYSELF AND MY MINOR CHILD FOR ANY INJURIES MY MINOR CHILD MAY SUFFER ARISING OUT OF MY MINOR CHILD'S PARTICIPATION IN THE ACTIVITY OR ACTIVITIES LISTED ABOVE WILL BE FOREVER EXTINGUISHED.

I, THE UNDERSIGNED, HAVE READ, UNDERSTAND AND ACCEPT THE TERMS OF THIS ACKNOWLEDGEMENT OF RISK/WAIVER OF LIABILITY FORM. I FURTHER ACKNOWLEDGE THAT NO ORAL REPRESENTATIONS CONCERNING THIS DOCUMENT HAVE BEEN MADE TO ME AS AN INDUCEMENT TO SIGNING THIS DOCUMENT.

NAME OF PARTICIPANT (PLEASE PRINT):

AGE _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

HOME PHONE: (_____) _____

WORK PHONE:(_____) _____

IN THE CASE OF EMERGENCY PLEASE CONTACT:

NAME: _____

PHONE:(_____) _____

SIGNATURE OF PARENT OR GUARDIAN:

_____ DATE _____

Please, if you have any questions contact; Program Director at (970) 887-2152 ext.4130