

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: THERAPEUTIC CAMPING

Code No.: CCW 302-3

Program: CHILD AND YOUTH WORKER

Semester: THREE

Date: SEPTEMBER 22, 23, and 24, 1989

Added out Fall '90

Author: Michael McFarling, Jeff Arbus, and Mary Ritza

New: _____ Revision: X

APPROVED: *Ketty Orlowski*
Chairperson

Sept. 19/89
Date

Course Title

Course No.

Date: September 22, 23, 24, 1989.

Location: Pancake Bay Provincial Park.

This is an intensive forty-five (45) hour course.

NATURE OF COURSE

This course will provide the student with the opportunity to plan for and participate in an outdoor camping experience - thereby learning the value and purpose of doing same with client groups.

GOAL OF COURSE

To provide the student with practical camping experience including: a camp setup, cooking, and activity implementation.

OBJECTIVES

1. To be able to select activities for specific goals, circumstances, and locations.
2. To recognize own strengths and limitations respective of the environment.
3. To create and maintain a congenial stimulating environment.
4. To further develop planning and implementation skills.
5. To learn basic "camping skills".
6. To learn program evaluation skills.

In that Child and Youth Workers are responsible for therapeutic programming with children in a wide variety of situations, it is essential that as much experience and exposure as possible be given the student. Working with children in residential care and on summer programs, etc. usually requires that the worker is prepared to lead such activities as camping, water safety, etc.

There are a number of issues and responsibilities that the student in CCW 302-3 needs to be aware of:

1. Therapeutic Camp is a co-requisite of Recreational Leadership.
2. Students will plan the venture.
3. Students are responsible for acquiring all necessary supplies:
 - personal items (sleeping bag, hiking boots, etc.)
 - tents
 - cooking utensils
4. Menu planning, food buying, etc. is done by the students. In order to effectively ensure a "group experience", all initiatives in this activity will be group oriented.

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- * Once the menu/grocery list is established, the cost of same is divided equally amongst those attending, both students and faculty. Cost usually is less than \$15.00 per person for all three (3) days.
- 5. Camp site has no power outlets so leave your microwave at home.
- 6. Transportation is provided by the College.
- 7. There is a phone for emergency use. This is a course so visitors are not allowed on site. In case of emergency, family etc. can relay a message to you by contacting Pancake Bay (705) 882-2209; ask for George Jones. We will be at the group camping area.
- *8. Use of alcohol etc. is not permitted, in accordance with College Policy.
- 9. Bring guitars and other means of making music if you can, i.e. tambourine, etc.
- 10. Weekend will not be cancelled in the event of wind, rain or snow.

Specific assignments relative to this venture will be presented in the classroom.

Faculty will provide details and direction for this venture in the classroom and on site.

METHOD OF EVALUATION

1. Planning & supplies acquisition	10%
2. Activity Outlines	5%
3. Participation in all activities	25%
4. Activity plans & implementation	
a. Hike	10%
b. Campfire	10%
c. Arts & Crafts	10%
d. Physical	10%
5. Meal time preparation	10%
6. Constructive, critical analysis of course (written)	10%
TOTAL	100%

- * Pancake Bay camp site is made available to us without charge. It is imperative that all participants maintain appropriate behaviour with respect to park staff and the environment.

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

CHILD AND YOUTH WORKER PROGRAM

Therapeutic Camping Experience '89

ASSIGNMENT FOR GRADING

Item: Evening activities around the bonfire!

On the camping trip, there will be a variety of evening activities, demonstrating the potential of such experiences to enrich the life of the young person in your care. This, of course, is in keeping with the overall themes of this course.

Many of these activities will be demonstrated and interpreted by the instructors, with input from the students. Some will occur after dark, i.e. "around the bonfire", just as one would find on any well organized camping trip with youth.

After the instructors have demonstrated activities, students will have the opportunity to show their creative mettle in such a situation.

Your assignment here is to prepare, deliver, and discuss the merits of one "evening activity around the bonfire". You will have up to ten minutes for the entire assignment. There needs to be evidence of preparation, but not over-preparation (i.e. do not use too many materials). The activity itself must be demonstrated and must involve, somehow, the entire group (directly or indirectly). The discussion must include your explanation of how the activity could be used with various ages of youth, and the merits of the activity. Safety issues must be attended to and pointed out to the group. In short, you are to teach the group the activity, and to be certain that we fully understand it.

Please speak with the instructors in advance if you think you will need more than 10 minutes.

You might be wise to prepare a backup activity in case of inclement weather. Also, note that no duplications will be permitted, so be fully prepared!

Activities involving cooking will not be accepted for this assignment.

The activities may be spread over both evenings, or they may be condensed to one evening. You will receive no advance notice as to when your turn comes up - you will be expected to be prepared to be called upon in random order.

Plan well and bring warm clothes!

This assignment will comprise 10% of the final grade for the course.

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

CHILD AND YOUTH WORKER PROGRAM

Therapeutic Camping Experience '89

ASSIGNMENT FOR GRADING

Item: Nature trail hike

As you may be aware, there will be a nature trail hike on the Saturday of the camping weekend. All will participate in this mandatory activity. The hike will be led by Jeff, Mary and Mike.

Having an enjoyable day in the forests of Northern Ontario is only a part of the reason for the hike. Of primary concern to us is the opportunity to gain experience with such an activity from the viewpoint of a group leader. This reason, of course, is in keeping with the theme of the entire weekend.

Toward this end, then, I have a small activity for you. I am informing you ahead of time because some preparation will be required.

During the hike each student will present to the group a short (3-5 min.) activity. You may present the entire activity if in fact it is short, or a portion of a larger activity to show us the potential. The activity MUST be in keeping with the theme i.e. the out-of-doors, nature, hiking, camping, etc. The activity should be geared to an adult level (we will not be role playing on the hike) but you MUST be able to show how it could be scaled to an adolescent or child level, keeping in mind the needs of youth in such an experience. Please try to involve the group - simply talking to us, without involvement in some sort of activity, will be insufficient. Keep materials to a bare minimum, or use what is at hand - be creative, and avoid lugging material on the entire hike.

Your initiative will be tested, as you will not be called upon to present - nor will an opportunity be provided by the instructors. It will be up to you to seize the initiative and stop the group at the point where you wish to present. You may present at any time from the start of the hike to the finish. The instructors may intervene if too many activities are bunched together. Note that no duplication of activities will be accepted.

Please talk to one of the instructors if you wish assistance in planning this activity.

Plan well and bring walking shoes!!

This assignment will comprise 10% of the grade for this course.

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
CHILD & YOUTH PROGRAMME

THERAPEUTIC CAMP EXPERIENCE 1989

GROUP/ACTIVITY GUIDELINES

Arts & Crafts or Gross Motor (circle appropriate choice)

Activity/Group
Leader's Name:
Group Members:

Purpose/Topic
Include Therapeutic value:

How it will be implemented:

Supplies needed:

Rules:

Anticipated Problems:

Anticipated Methods of Intervention in the event of problems:
i.e. modifications:

Outcome:

Include group dynamics:

How did the activity go?

Evaluation to be completed. In future what would you do differently?