



Camp Carter

Outdoor Education

Teacher Planning Packet

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

Camp Carter YMCA

6200 Sand Springs Road

Fort Worth, Texas 76114

www.campcarter.org

Phone: 817-738-9241

Fax: 817-731-1673

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Dear Principals, Teachers and Educators:

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

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

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

<http://www.ymcafw.org/locations/camp-carter.aspx>

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

Sincerely,

Amelia B. Romo

Outdoor Education Director

Camp Carter YMCA Outdoor Education Activity Descriptions

Allen Trail Interpretive Hike (2 Hours)

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

Tucker Trail Interpretive Hike (2 Hours)

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

Animal Games (1 Hour):

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

Aquatic Study (1 Hour)

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

Archery (1 Hour)

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

Canoeing (1 Hour)

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

Challenge Course Lows (1 or 2 Hours)

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

Challenge Course Highs (1-3 Hours)

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

Enchanted Forest (1 Hour)

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

Geocaching (1 Hour)

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

Geology (1 Hour)

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

Love Hug and Groom (1 Hour):

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

Paint a Horse (1 Hour):

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

Trail of Painted Ponies (2 Hours):

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

Orienteering (1 Hour)

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

Owl Science (1 Hour)

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

Pioneer Cooking (2 Hours)

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

Predators and Prey (1 Hour)

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

Scavenger Hunt (1 Hour)

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

Skins 'n' Skulls (1 Hour)

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

Squirrelympics (1 Hour)

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

Wilderness Survival (2 Hours)

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

Writing in Nature (1 Hour)

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

Sample Program Schedule (Overnight Trip)

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

YMCA Camp Carter Staff

At Camp Carter, we believe the key to a successful camp program is a responsible, caring and knowledgeable staff. Our staff-members are carefully selected to ensure that your students have a safe and enjoyable experience. All Outdoor Education Instructors (Naturalists) have a college degree in science, education or recreation and/or experience working with youth in the outdoors. Each Naturalist is certified in CPR, First Aid and canoeing instructions. All staff-members are highly trained not only to teach and instruct classes and activities, but also to help ensure the health and safety of all participants. YMCA Camp Carter staff members are available on site 24/7 during a group's stay.

Amelia Romo: Outdoor Education Director

Amelia joined Camp Carter in May 2012. She brings with her a wealth of professional experience, having worked for the Fairview Lake YMCA Camps and Conference Center in her home state of New Jersey and also in other Outdoor Education programs. Amelia has a double major in Wildlife Conservation and Agriculture and Natural Resources from the University of Delaware. Amelia is looking forward to growing and fostering the great OE program here at camp!

Anne Miller: Lead Naturalist

Anne studied Wildlife at the University of Georgia. She has spent 2 years working in Jamaica as a Peace Corps volunteer, and she has also worked at various camps across the United States and Canada. She believes in the importance of natural ecosystems, and it is her passion to pass this on to children!

Remy Decoster: Naturalist

Remy was born and raised right here in Fort Worth, Texas. He has been a camp counselor with Camp Carter for multiple summers, and is joining our Outdoor Education staff this season. Previously, he took a course in permaculture at an educational center in southern Oregon. His hobbies include Ultimate Frisbee, filmmaking, paintball and rock climbing.

Grace Noble: Naturalist

Grace is from Philadelphia, Pennsylvania, and she studied biology and English writing at the University of Pittsburgh. Previously, she worked as a Research Assistant for a project to determine the effects of coal mining on stream ecosystems. During her free time, Grace loves to travel and read. She is looking forward to teaching children about nature and conservation.

Bayard Nicklow: Naturalist

Bayard is from Houston, Texas. He gained his educational background at Colorado State University, where he studied Wildlife, Fisheries and Conservation Biology with a concentration in Wildlife Biology. Bayard worked at Camp Longhorn during the past six summers. He loves to spend his time fishing, dove-hunting, hiking and swimming.

Kirsten Lerom: Naturalist

Kirsten hails from Anoka, Minnesota, and studied Biology at the College of Saint Scholastica. Previously, she has guided kayaking, canoeing, rock-climbing, ice-climbing and hiking trips. During her free time, Kirsten likes to be outdoors. As a geology enthusiast, she loves to learn about her surroundings through rocks and fossils.

Shelby Bessette: Naturalist

Shelby is from Rock Hill, South Carolina, and studied Biology and Environmental Studies at Wintrop University. She worked with horses when she volunteered at Gaston Farms by feeding, grooming, and cleaning stalls. During her free time, she likes to hunt deer and wild boar, practice her archery skills and go hiking and kayaking.

The Facilities

If your students are staying overnight during their visit, they will stay in our modern cabins. Our cabins are duplex-style with two large sleeping areas. Each room sleeps up to twelve people, and we have accommodations for 10-260 people. A common living area adjoins the two sides and includes a table, benches and a fireplace. All cabins are fully heated and air-conditioned and have two showers and toilets per side. If there is an issue with your cabin during your stay, please inform a YMCA Camp Carter staff-member as soon as possible.

Students are served meals in our dining hall. Our kitchen staff prepares healthy, fresh and “kid-friendly” meals. A salad bar is provided during lunch and dinner, and a cereal bar is provided during breakfast. We require all students to drink at least one full glass of water at every meal to prevent dehydration. After a student drinks at least one full glass of water, he or she may have juice. If you have a student with any special dietary needs, please inform Camp Carter at least one week prior to arrival.

Camp Store

Your students may have the opportunity to visit our Camp Store during their stay at Camp Carter. We sell drinks, snacks, t-shirts, hats and other souvenirs. Store items range in price from \$0.50 to \$30.00.

YMCA Camp Carter Outdoor Education Programs

Basic Fee Structure

1-Day Outdoor Education Experience

\$26 per student, No Charge for teachers / chaperones

4 hours of Naturalist Instruction

No Meals Included

Extended Outdoor Education Experience

\$32 per student, No Charge for teachers / chaperones

6 hours of Naturalist Instruction

No Meals Included

2-Day Outdoor Education Experience

\$81 per student, \$26 for teachers / chaperones

6-8 hours of Naturalist Instruction

3 Meals (Dinner, Breakfast, Lunch)

Overnight Lodging in Cabin

Bonus Evening Program led by Naturalists

3-Day Outdoor Education Experience

\$126 per student, \$49 for teachers / chaperones

10-14 hours of Naturalist Instruction

6 Meals (2-Dinner, 2-Breakfast, 2-Lunch)

Overnight Lodging in Cabin for 2 nights

Bonus Evening Program led by Naturalists

Bonus supplies for s'mores

Outdoor Education Special Rates for Additional Activities

Horse Science & Trail Ride: \$15 per student

Love, Hug and Groom: \$8 per student

Trail of Painted Ponies: \$8 per student

Paint a Horse: \$5 per student

Challenge Course Highs: \$12 per student

Owl Science: \$3 per student

Additional Meals: \$7 per meal per person

- **Please see page 4 for activity descriptions.**

Steps for Success: Planning Your Camp Carter Trip

Use this checklist to implement a successful outdoor education experience.

- **1 Year or Less Prior to Your Trip- Book Your Trip**

Contact the Outdoor Education Director (817-738-9241 or ablenderman@ymcafw.org) to book your trip and to request a contract.

After the contract has been created, the Outdoor Education Director will contact you to plan the details of your trip.

- **1 to 3 Months Prior to Your Trip- Organize Your Group**

Distribute and collect signed Camp Carter release of liability forms.

Support staff- Make sure you have enough teachers and chaperones for your groups.

Create your learning groups. Confirm group sizes with Outdoor Education Director.

Create your cabin/sleeping assignments. You will be given your cabins names after you and the Outdoor Education Director discuss how many cabins you need. Refer to the map on page # to see where your cabins are located.

- **1 to 3 weeks Prior to Your Trip- Finalize Numbers and Schedule**

Confirm your group numbers with the Outdoor Education Director 2 weeks prior to arrival.

Finalize your schedule and make sure it is correct.

Orient other adults- Have a meeting to discuss supervision, teaching and discipline. Talk about goals and adult roles.

Distribute schedules, maps, cabin assignments and learning group assignments to adult chaperones.

Inform students and their parents/guardians of expectations.

Clothing and Equipment Packing List

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

Appropriate footwear is essential! Sturdy, broken in hiking boots or trail shoes are best; work boots may also do the job. Sneakers with good tread are good for many of our activities. Sandals or flip-flops are not adequate for hikes.

For a 3-day, 2-night stay, we recommend:

Essentials:

Sleeping bag or blanket and sheet
Pillow
Sleepwear
One or two pairs of closed-toed shoes
Daily changes of socks and underwear
Heavy and light shirts
Shorts in warm weather
Several pairs of pants or jeans
Rain gear
Hat
Jacket or hoodie
Coat and scarf in cold weather
Gloves or mittens in cold weather
Plastic bag for dirty clothes
Backpack to carry day gear
Toothpaste and toothbrush
Soap
Bath towel
Hand towel
Washcloth
Sunscreen
Brush and/or comb
Shampoo
Shower shoes
Water bottle
Flashlight
Tissues

Optional:

Binoculars (with name on them)
Compass
Book/reading material or field guide
Bathrobe
Insect repellent
Fishing equipment
Disposable camera (with name on it)
Money for the camp store

Please Do Not Bring:

Electronic games/MP3 players/iPods, etc.
Cell phones
Knives
Firearms or archery equipment
Chewing gum
Jewelry or valuables
Matches or lighters
Food (including soda and candy)

We recommend that your child does not bring new or nice clothing. Clothing is likely to become dirty or even damaged during activities. Please be aware that you will be outside in most weather almost all day long.

Camp Carter is not responsible for lost or stolen articles.

Directions to YMCA Camp Carter

YMCA Camp Carter is located in Fort Worth, Texas, approximately 40 miles west of Dallas. The address is:

6200 Sand Springs Road

Fort Worth, Texas 76114

From Interstate 35W Northbound:

From I-35W N, take exit 51A to merge onto I-30 W toward Abilene. Take exit 13B for Henderson Street. Turn right onto TX-199 W/Henderson Street. Continue to follow TX-199 W. Turn left onto River Oaks Boulevard. Turn right onto Roberts Cut Off Road. Turn left onto Meandering Road. Continue onto Sand Springs Road. YMCA Camp Carter's entrance will be on your right-hand side.

From Interstate 820 Westbound:

From I-820 W, take exit 10A toward TX-199/Jacksboro Highway/Quebec Street. Merge onto Jim Wright Freeway. Take the ramp onto TX-199 E/Jacksboro Highway/Lake Worth Boulevard. Turn right onto Roberts Cut Off Road. Turn right onto Meandering Road. Continue onto Sand Springs Road. YMCA Camp Carter's entrance will be on your right-hand side.

From US-287 Northbound:

From US-287 N, follow signs for Downtown/Fort Worth. Take the exit on the left onto I-30 W. Take exit 13B for Henderson Street. Turn right onto TX-199 W/Henderson Street. Continue to follow TX-199 W. Turn left onto River Oaks Boulevard. Turn right onto Roberts Cut Off Road. Turn left onto Meandering Road. Continue onto Sand Springs Road. YMCA Camp Carter's entrance will be on your right-hand side.

Camp Carter YMCA



Dining Hall Procedures

Kitchen Patrol (KP) Duty

The group that is assigned with Kitchen Patrol is in charge of setting up the tables before the meal. If your group has KP, please make sure your students are ready to set up 15 minutes before the meal. A Naturalist will give the students instructions.

Dining Style

Family Style: The students on Kitchen Patrol Duty set out serving plates and bowls with food on each table. During the meal, when someone takes the last serving of something, he or she walks up to the kitchen window, where the dining hall staff will re-fill the plate or bowl.

Trick of the Meal and Clean-Up

Before each meal, the group in charge of Kitchen Patrol will create a “trick of the meal.” They will make two place-settings at each table slightly different than the rest. For example, two cups at each table may be turned upside-down. The students who sit at these place-settings are in charge of cleaning up their table at the end of the meal. This prevents everyone in the dining hall from trying to gather at the cleaning window at one time. Cleaning instructions will be given, according to those below:

At the table, scrape leftovers from all dirty dishes onto one plate. Pour all extra liquid into the pitcher. Collect all the plates in one stack stack cups and gather silverware. Take plates, cups and silverware to cleaning window in as few trips as possible. Throw food waste in the garbage can and liquid waste in the bucket. After dropping off dishes, cups and silverware, wipe down table with cleaning rag.

Mail and Phone Calls

We strongly encourage parents to send mail to their children while at camp. Remember to stay positive and be creative. We recommend sending the letter before your child leaves for camp to ensure it arrives while he or she is here. Our email address is checked regularly as well. Please address all letters as follows:

Child's Name, School's Name

Camp Carter YMCA

6200 Sand Springs Road

Fort Worth, Texas 76114

or

camper@ymcafw.org

Students will not have access to camp phones to call home except in the event of an emergency. Our camp office is open 8:30 am to 5:30 pm weekdays. The office phone number is 817-738-9241. We have an answering system after 5:00 pm that is checked regularly. In the case of an after-hours emergency, please leave a message, and your call will be returned as soon as possible.

Policies for School Groups

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

- Alcohol, illegal drugs, weapons, fireworks and pets are not allowed at Camp Carter. Our camp grounds are smoke-free for the comfort and safety of all our participants. Your observation of this is greatly appreciated.
- Campfires are only allowed in designated fire rings at each cabin. We ask that you do not cut wood from live trees. Bonfires are prohibited at Camp Carter. Please be sure to completely extinguish fires before leaving them unattended.
- The plumbing system at Camp Carter is connected to septic tanks for sewage disposal. Please DO NOT put paper towels, sanitary napkins, food waste, grease or other similar substances down the drains or toilets. Failure to follow this rule could result in the toilets backing up into the cabins.
- We ask that all adults drive and park in designated areas only. Participants are urged to walk from place to place while in camp, unless they have limited mobility. Please travel at a slow speed throughout camp and remain on the road. The speed limit at camp is 10 mph. No one should be riding in the beds of pickup trucks on camp grounds. Please do not park on grass, unless told otherwise by camp staff.
- Archery, swimming, canoeing, horseback riding and the challenge course are allowed only as part of your scheduled class time. These activities must be supervised by trained staff and are not available during free time. Swimming is not allowed in the lake or river.

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