

YMCA Camp Orkila Outdoor Environmental Education Program Overview

A Northwest Tradition

YMCA Camp Orkila has been a setting for outdoor adventures since its conception in 1906. It is quite possible that some of your students' parents, grandparents, and even great-grandparents attended Orkila as children. Owned and operated by the YMCA of Greater Seattle, Orkila began serving schools as a site for environmental education programs in 1971. In 1984, the YMCA developed its own environmental education program for schools. Since then, the program has grown and continued to develop. Orkila's Outdoor Environmental Education program now serves more than 75 schools and 6500 participants each year.

Setting: The San Juan Archipelago

Set on the northwest corner of Orcas Island in the San Juan Islands, Orkila enjoys a beach front view overlooking President Channel and the Canadian Gulf Islands. From downtown Seattle, the trip to camp includes a 90 minute drive to the Anacortes ferry terminal, a one hour ferry ride to Orcas Island, and a twenty minute drive to camp. Orkila is settled on 265 beautiful acres of forest, fields, and beachfront property, as well as 10 acres in Moran State Park and 110 acres on Satellite Island. The nearby village of Eastsound provides a medical center, shopping, and entertainment.

Dedicated Staff Team

Our staff members are dedicated to the YMCA mission of building a community where individuals, especially the young, are encouraged to develop to their fullest potential in Spirit, Mind, and Body. Our seasonal teaching staff is comprised of experienced instructors and college interns. The OEE Directors provide year-round leadership for the program. Our team also includes outstanding food service and maintenance staff, a camp manager, and Seattle-based administrators.

Healthy Food Service

Our guests eat family style in Larry Norman Lodge overlooking President Channel. With an emphasis on health and variety, our kitchen staff carefully creates menus that will provide adequate protein, carbohydrates, and fiber, and avoid excess sugar, salt, and cholesterol.

Facilities & Resources

- **Accommodations:** As part of our long tradition of providing rustic outdoor experiences, we house students and their cabin leaders in rustic open air cabins. Each cabin has 10 - 12 built-in bunks, and open windows and doorways. Bathhouses with toilets, sinks, and shower facilities are located throughout camp, just a few steps away from cabin areas.
- **Teacher Housing:** Additional space in winterized buildings (fully enclosed with heat, lights, and inside bathrooms) is usually provided for teachers. This space may be shared with teachers from other schools visiting at the same time.
- **Facilities:** Over 50 buildings made of stone and cedar are nestled in among the evergreens. Orkila's facilities include: marine science center with touch tanks, salmon hatchery, forest trails, a pond community study center, small farm animals, a garden, adventure ropes courses, simulated rock climbing wall, initiatives course, softball and soccer fields, archery range, basketball and volleyball courts, a crafts center, two outdoor campfire circles, rowboats, and a covered program shelter, and 2 lodges.

Mission Statement

Introduction

Set in the unique classroom of the San Juan archipelago, the outdoor environmental education program at Camp Orkila has grown out of a dedication to offering experiential education to participants. Our goal is to cultivate positive relationships of all kinds, both between participants and the natural world and among participants themselves.

Because we believe that students learn most effectively through self-initiated involvement with material, we encourage students to actively participate in shaping their own learning process. To make this possible, we have developed a teaching philosophy that is based on observing and adapting to students' needs. While our approach is flexible, it is grounded in a solid conceptual foundation.

This foundation consists of three threads: **adaptations**, **interdependence** and **impact**. We have chosen these threads because they illustrate the strong links that exist between all classes in our curriculum. For participants, they provide a framework necessary to process the many facets of the experience at camp. The end result is that students are able to take home the tools they need to successfully apply the lessons learned here to the challenges of their daily lives.

The Three Threads

Adaptations

This thread highlights the common trait among all living organisms to change and grow in accordance with their environment. An organism's ability to survive and flourish is dependent on its physical and behavior adaptations, a common trait shared by all life on earth. This thread supports our initiative to create tangible connections between the human and natural world.

Interdependence

Our program challenges students to recognize how all forms of life demand and require support from each other. In natural and human communities, any and all actions create lasting effects. All our classes highlight how every organism is dependent upon a web of intricate relationships that make life possible.

Impact

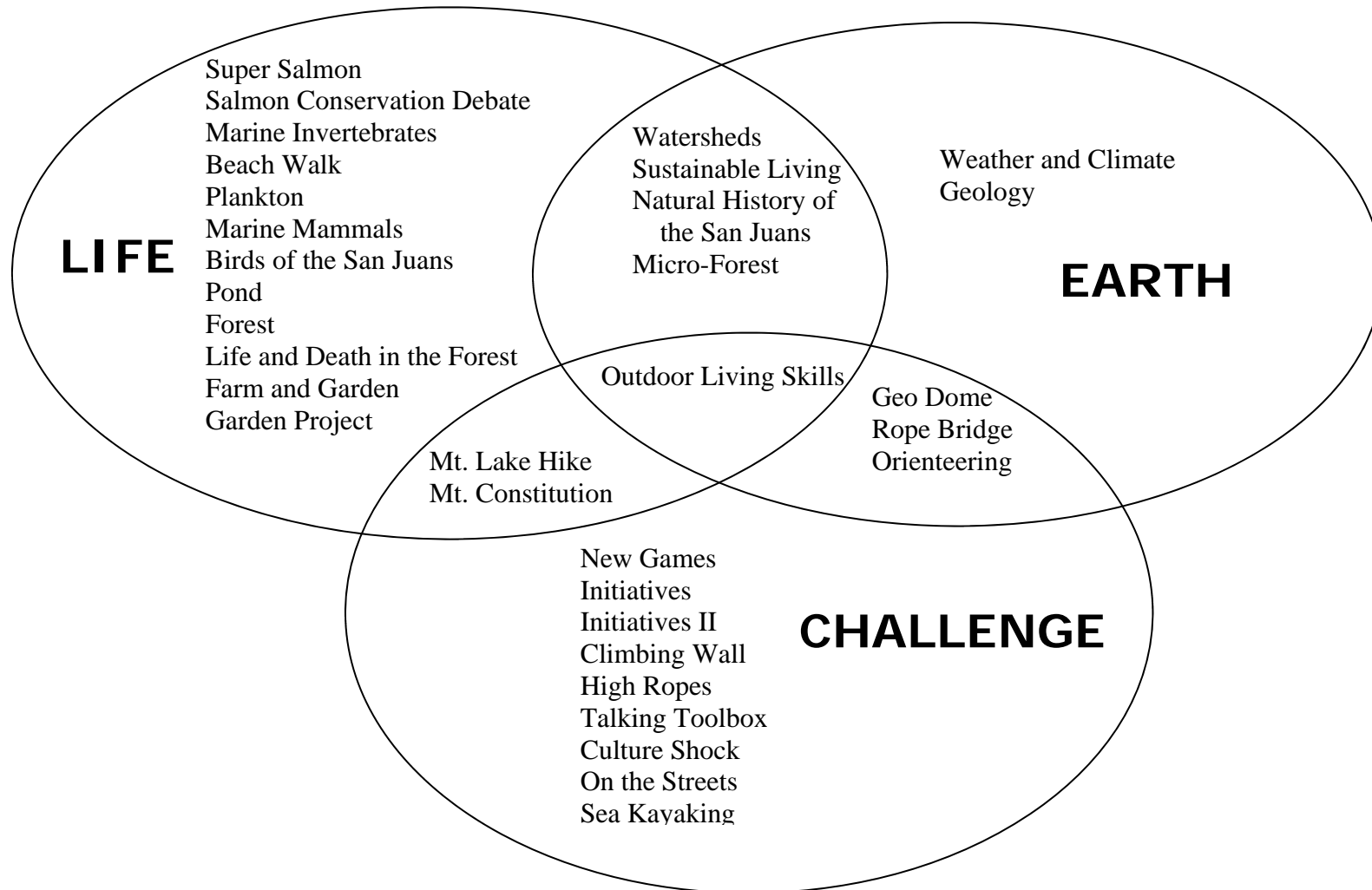
As inhabitants of this earth we have the responsibility to make sustainable decisions. By discussing the impact humans have on the natural world we increase awareness about the effect we have on the communities to which we belong. By weaving this thread into our classes we hope to inspire students to take action, make positive changes in their daily lives and move towards a more regenerative model of living.

YMCA Camp Orkila Outdoor Environmental Education Class Offerings

LIFE: Life science classes study the interactions within the living world.

EARTH: Earth science classes study abiotic factors that impact the living world.

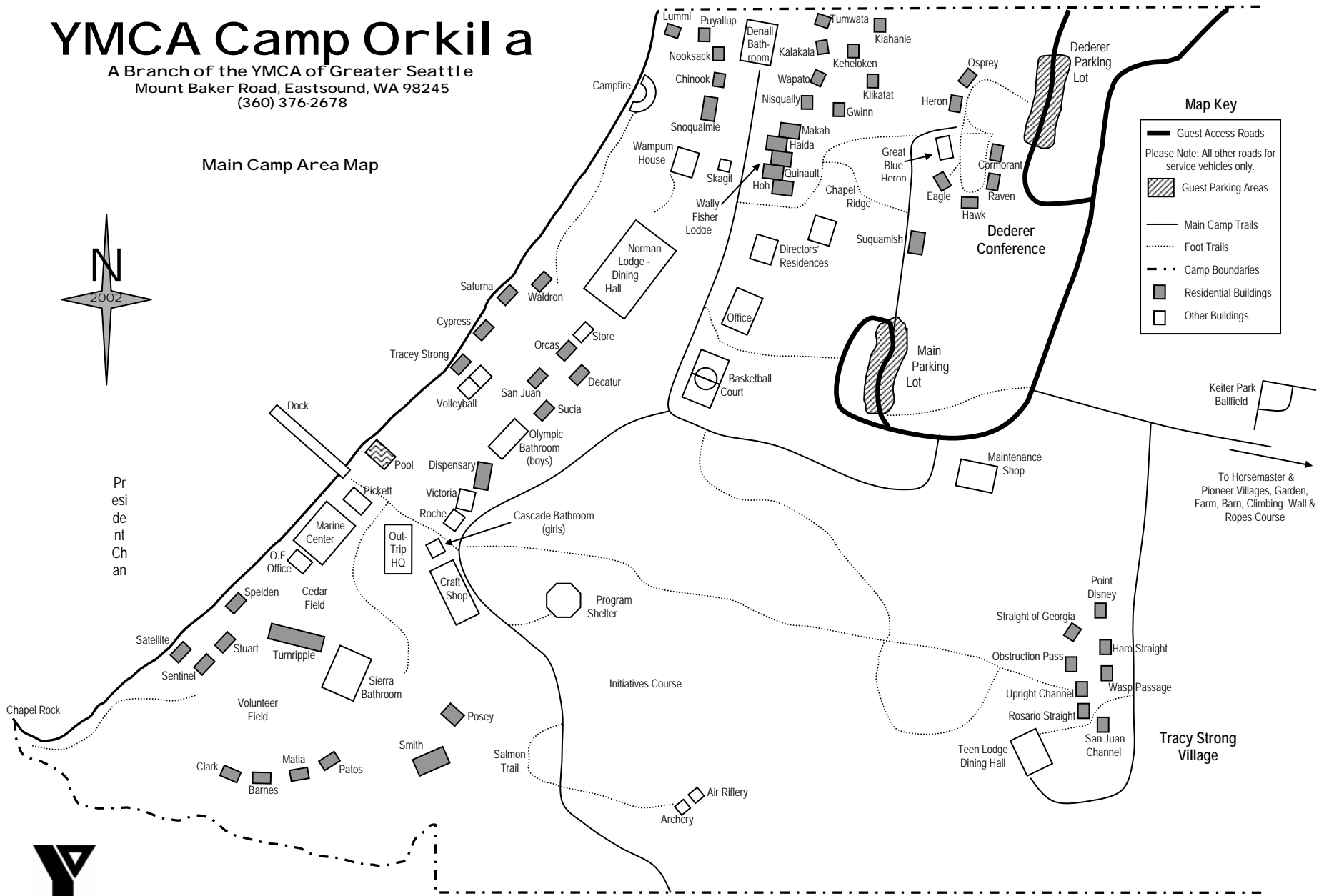
CHALLENGE: Challenge classes address human interactions, communication, team-building and adventure.



YMCA Camp Orkila

A Branch of the YMCA of Greater Seattle
 Mount Baker Road, Eastsound, WA 98245
 (360) 376-2678

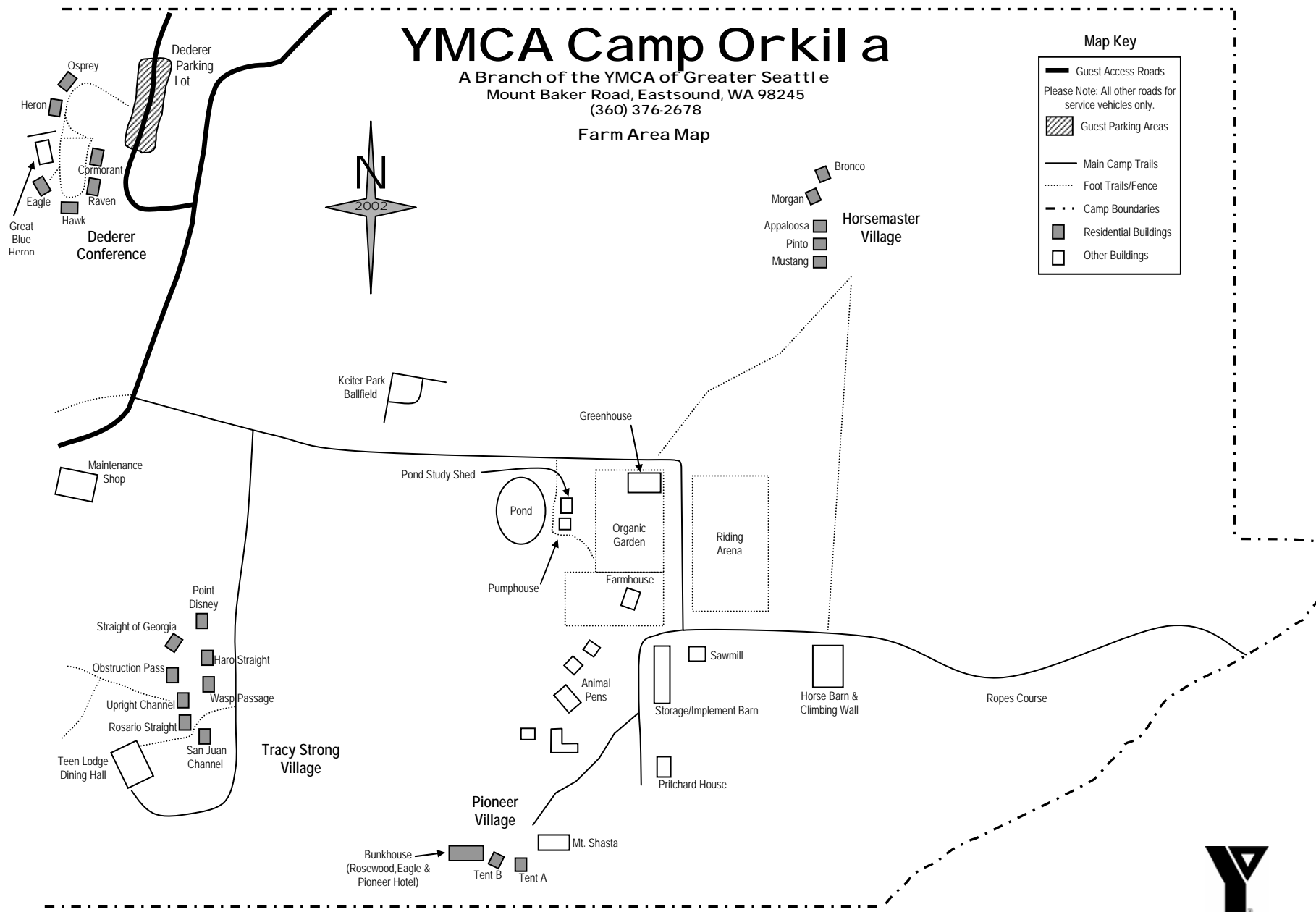
Main Camp Area Map



YMCA Camp Orkila

A Branch of the YMCA of Greater Seattle
 Mount Baker Road, Eastsound, WA 98245
 (360) 376-2678

Farm Area Map



A Typical Day at Camp Orkila...

7:00	Rise and shine, get ready for the day
7:30	KP - Send one person per table group to the dining hall for set-up
7:45-8:30	Breakfast (standard meal time daily)
8:30-8:45	Cabin and bathroom clean-up, prepare for morning classes
8:45-10:15	Classes
10:15-10:30	Break and travel time between classes
10:30-11:45	Classes
12:00	KP - Send one person per table group to the dining hall for set-up
12:15-1:15	Lunch (standard meal time daily)
1:15-2:45	Classes
2:45-3:00	Break and travel time
3:00-4:30	Classes
4:45-5:45	Recreation (KP's should leave a few minutes early)
5:45	KP - Send one person per table group to the dining hall for set-up
6:00	Dinner (standard meal time daily)
6:45-7:30	Cabin time: cabin leaders supervise; prepare for evening program
7:30-8:45	Evening program
9:45	Lights out - Quiet hours are from 10:00 PM to 7:00 AM

A Three-Day Schedule

[Four & five day trips add additional "Day two's"]

Day one...

11:00 Arrive, move in
 11:30 Orientations
 12:00 Sack Lunch
 1:00 1st Class
 2:30 Break
 2:45 2nd Class
 4:15 Break
 4:30 Open Recreation
 5:45 Break
 6:00 Dinner
 7:15 Fire Drill
 7:30 Evening Program
 8:45 Return to cabin
 10:00 Lights out

Day two...

7:45 Breakfast
 8:45 3rd Class
 10:15 Break
 10:30 4th Class
 11:45 Break
 12:15 Lunch
 1:15 5th Class
 2:45 Break
 3:00 6th Class
 4:30 Break
 4:45 Open Recreation
 5:45 Break
 6:00 Dinner
 7:30 Evening Program
 8:45 Return to cabin
 10:00 Lights out

Day three...

7:45 Breakfast
 8:30 Evaluations
 9:00 Cleaning
 10:00 7th Class
 11:30 Group Wrap-up
 12:00 Lunch
 1:00 Depart to ferry



Camp Policies

- The YMCA's Core Values are the guiding principal for appropriate behavior at Camp Orkila. We ask all participants to show:
 - ✓ **Respect** for themselves, others and the environment.
 - ✓ **Responsibility** for themselves and their own actions.
 - ✓ **Honesty** in all situations.
 - ✓ **Caring** for others and the environment.
 - ✓ **Faith** in themselves and their community.
 - ✓ **Fun** by having a positive, enthusiastic attitude.
- The use or possession of alcoholic beverages or illegal drugs is prohibited. Individuals who break this policy will be asked to leave camp immediately and will be fined a minimum of \$250.
- Tobacco products are prohibited. There is no longer a designated smoking area at Orkila. Please speak with the camp director to discuss any concerns.
- Vehicles are only permitted beyond the upper parking lot to unload luggage. Schools that bring more than five luggage vehicles will be asked to unload the luggage in the parking lot. Schools may park one emergency vehicle in camp, and all others in the upper lot. The speed limit in camp is 5 miles per hour.
- Schools must provide adult supervision in every cabin. Students must be supervised at all times. Please follow a minimum ratio of 1 adult per 10-12 students. [NOTE: Student discipline is the primary responsibility of the school staff. Should a situation arise, such as fighting or theft, Orkila reserves the right to have the students sent home.]
- Graffiti is not permitted in the cabins. Please notify the camp director of any graffiti found in cabins so that it may be removed and so that your school is not billed for damage.
- Beach fires are allowed ONLY with permission of the camp director and must be supervised by a schoolteacher. Please help us conserve our natural resources at camp by keeping fires small.
- Firearms, knives, weapons of any kind and fireworks are prohibited on camp property.
- An adult or cabin leader must accompany students in order to be on the dock or beach. Swimming is prohibited. "Polar Bear" dips must be arranged with the camp director.
- Schools are responsible for cleaning their assigned cabins, restroom facilities, and surrounding outside areas during their stay and prior to departure.
- Live plants, animals, and sea life may not be collected or damaged in any way.
- All students must remain on Camp property unless participating in a kayak trip, beach walk, or Moran State Park hike. Adult participants should check with school staff before leaving camp property.
- Students must be accompanied by their teacher in order to use the telephone. Camp Orkila staff will relay important messages from parents to their children.
- ***Insurance: It is the responsibility of every individual, their parent or legal guardian, and/or the school to provide accident and health coverage while participating in all YMCA activities. The YMCA of Greater Seattle does not provide any accident or health coverage for its participants.***

Please share this information with all students, parents and teachers attending.

Behavior Expectations

The YMCA's Core Values of Respect, Responsibility, Honesty, Caring, Faith and Fun are the guiding principal for appropriate behavior at Camp Orkila. Here is a closer look at how respect can influence participants each day:

Respect yourself by...

- Keeping an open mind to new ideas, new ways of doing things, and being different.
- Doing things which are healthy and safe, including:
 - Wear shoes at all times,
 - Wear rain gear when it is raining,
 - Wear warm clothes when it is cold,
 - Get plenty of sleep,
 - Run only on flat areas or up hills (not down hill),
 - Stay on the ground (unless you are at the climbing wall or ropes course and are supervised by Orkila staff),
 - Walk on the beach only if supervised by an adult or a counselor,
 - Go on the dock only if supervised by Orkila staff.

Respect others by...

- Listening when someone is speaking.
- Following directions given by counselors, teachers, and Orkila staff.
- Staying in your own section of camp and away from others' cabins unless invited.
- Throwing rocks only on the beach and towards the water (Remember, there must be a counselor or adult present for you to be on the beach).
- Supporting others by giving "put ups", pats on the back, and encouragement. "Put downs" do not belong at camp!
- Showing up to your classes and KP assignments on time because other people are relying on you.

Respect your surroundings by...

- Looking at, listening to, smelling, tasting, and even touching the nature around you as long as you are careful not to scare, harm, bother, pick, or break any growing plants or animals. (This includes the animals living in the marine tanks.)
- Keeping your cabins and bathrooms clean every day.
- Picking up trash when you see it, even if it is not your trash or in your area.