 YMCA Camp Orkila
 Outdoor Environmental Education
 Teacher Packet

Start Planning Your Trip!

Working With the Camp Orkila OEE Site Director...

To ensure that your schedule is planned correctly, Camp Orkila has an OEE Site Director that works with your school. In addition to the logistics, the site director will provide a smooth transition from the indoor classroom to the outdoors. For the OEE Site Director to do an effective job, they will need your assistance. Please complete and return all pre-camp documents as soon as possible.

Some schools that choose to visit Camp Orkila have a planning meeting and discuss plans for their trip in person. Camp Orkila staff are also available to come to your school to meet with students, teachers and parents and provide a presentation or a training for chaperones. Please contact the OEE Site Director if you are interested in this.

Please begin to gather the following information together for your Pre-Camp planner:

- Approximate number of students and adults attending
- The goals you hope to accomplish during the trip
- Ideas or requests for your classes
- Ideas or requests for evening programs
- Special requests or needs your group might have
- Transportation requests and needs

Returning schools please take note – we take copious notes of your school’s experience, but sometimes we forget the small detail. Please remember to share with us: the ways you have always done things, the cabins you have always had and the flow of events you have come to expect. Please remember that we are continually upgrading and improving our program— and consider trying something new!

The OEE Site Director will create a tentative schedule after reviewing your Pre-Camp Planner. When this schedule is completed the Site Director will send a copy to you via e-mail. Please carefully review this schedule and contact the Site Director with any questions that you may have. Since we organize our teaching schedule two weeks in advance to your arrival, last minute changes can be difficult. For that reason, we hope to work out all scheduling details well in advance of your arrival.
Preparing Your Students & Staff...

Educationally

The Camp Orkila Outdoor Environmental Education Program is a school in the outdoors. All our experiences (including eating in the Larry Norman Lodge) have an educational foundation. In preparation you may want to perform special units of study, discuss current events, or work on journals provided by Orkila back at school. For additional ideas, review the Pre-Trip Activity Ideas in this planning pack.

Logistically

*Please make sure that all participants are prepared for an outdoor classroom experience- raincoats, boots, and warmer clothing in the colder months are a must!* Share the purpose of the trip and the selected activities with your students, chaperones and teachers. Make sure that all necessary forms have been sent home and that parents and teachers have the Camp Orkila phone number in the event of an emergency. Know that Camp Orkila has sleeping bags and foul weather gear to lend, we don't need to require students to buy outdoor gear.

Emotionally

Our 305-acre setting located on Orcas Island is unique and apt to be different from what your students are used to at home. We sleep in enclosed cabins without electricity, walk up to a few miles each day, have no television, and experience limited phone service and internet. Because the experience at Camp Orkila is so short and intense, we ask you to address student’s behavior before you arrive. Many schools have found that a behavior contract signed by students and guardians is helpful in setting expectations!

Environmentally

We ask that you and your students respect the Camp Orkila environment by following Leave No Trace Principles: for example, take photos to leave what you find and respect the wildlife that live at camp. Furthermore, we try to integrate our philosophies into every part of our program, including when we eat at the Larry Norman Lodge. Activities include talking about food sustainability and energy cycles, enjoying food that comes out of Orkila’s Organic Garden, and mindfulness on what things we can compost. We feel a trip to Camp Orkila can help to instill positive environmental attitudes in our students. So, we will strive to practice what we preach, and we ask you to help us in this effort by preparing your students for our alternative living/learning environment.
Calendar for planning your trip...

Three Months Before Your Trip

___ Camp Orkila Pre-Camp Planner returned
___ Bus transportation arranged to Anacortes
___ San Juan Island/Anacortes Ferry Reservations made (www.wsdot.wa.gov/ferries)

Two Months Before Your Trip  (Contact OEE Site Director)

___ Discuss choices for classes and evening programs with all school teachers
___ Make sure all necessary forms (waivers, dietary needs, etc.) are returned to OEE Site Director
___ Meet with participating teachers, chaperones, students and guardians about the Camp Orkila program.

One Month – One Week before trip

___ Give “Packing Checklist” to students (1 month)
___ Discuss trip goals and behavior with students (1 month)
___ Make sure all necessary health information is acquired, including any dietary needs (1 month)
___ Make arrangements for an Emergency Vehicle (2 weeks)
___ Finalize number of students and staff attending (2 weeks)
___ Organize students into class groups. This requires a conversation with the site director, as sometimes we need to have group sizes a little larger depending on staffing. PLEASE confirm study group numbers with site director.
___ Organize students into cabin groups (check cabin list for capacities)
___ Assign Kitchen Patrol (KP) duties: one cabin group per meal to come early to setup and stay after to clean
___ Distribute schedules to students including Kitchen Patrol (KP) schedule (1 week)
___ Have attending students and adults fill out online liability waivers
___ Let students what study groups they are in, what cabin groups they will be living in and that they must bring a sack lunch on first day (1 week)
___ Finalize all transportation arrangements. Check ferry times.

Before you leave school

___ Check bus schedule for return trip
___ Count students, staff, and chaperones
___ Print and bring Copies of your schedule for ALL adults/chaperones
___ Print and bring list of students organized by study group, cabin groups and dining groups.
___ Check report link to see if there are any outstanding liability waivers missing. Bring paper liability forms.
Ferrying Through the San Juan Islands

Save Money

As of October 1, 2022, youth ride for free! Additionally, because you are traveling with a school group all adults/chaperones can walk-on for just $10— that’s $10 for the entire group whether you have 3 adults or 30! To receive this great deal, bring a letter to the Washington State Ferries on school letterhead telling them what days you will be riding the ferry and how many students and chaperones you will have with you. There is a form letter available on the ferry website at: [School groups | WSDOT (wa.gov)]

Share the Ferry

Sometimes 2 or more schools may arrive or depart on the same ferry. It often works well to have each school ‘take over’ a particular space on the boat to call their meeting place. Set firm boundaries for your students, keeping in mind that students from other schools may be older or younger or may have different behavior expectations than your students.

Get Organized Before Taking Off – Before the ferry arrives at Orcas Island, have students line up by classroom or cabin group and take them downstairs to the front of the car deck. Please listen to the ferry workers—they may instruct schools to exit the ferry in a specific order, which is helpful in transitioning to the buses.

School groups going to Orkila are always the first people to be let off the ferry – everyone else has to wait until students are loaded onto the buses. Please be sure students are ready to move quickly in order not to keep other passengers waiting! If you have your students organized and ready, this should only take a few minutes. A bus driver will meet you as you get off the ferry and give you directions about which bus to get on, as well as placement of your luggage if applicable. Please note that in order to use our transportation resources effectively, some cabin groups may be split up onto different buses. All buses will be going to the same place—so please trust Orkila staff and listen as they direct students and chaperones to the appropriate vehicles.

Supervision & Student Health

Just like at camp, please remember to have an adult-camper ratio of 1:10 on the ferry and bus. We also strongly recommend keeping students’ health information & permission-to-treat forms, as well as first aid supplies, in an accessible location while traveling from school to camp.

Housing and Cabin Leadership

Rustic Living

At YMCA Camp Orkila, students are given the opportunity to experience sleeping close to nature without actually being in a tent or sleeping on the ground. Most Orkila cabins are enclosed wooden structures that have windows, doors and no electricity. Schoolteachers should ensure that students are mentally and physically prepared for a rustic experience. As long as food is not in the cabins, animals will not come looking for it. Our rustic cabins have been a tradition at Orkila since 1906, and have proven to be an important part of participants’ fondest memories.

Student Cabin Assignments

Most cabins hold a maximum of 14 people however a few cabins hold only 13 or 12 people. Please be aware of these numbers and use the housing chart to plan accurately.

Cabin Leadership and Training

It is the school’s responsibility to find one adult leader for each cabin. Orkila recommends a ratio of at least 1:10 to ensure adequate supervision. Quality cabin leadership is crucial to the success of a student’s stay at Camp Orkila. Cabin leaders should possess maturity, sound judgment, enthusiasm, and a commitment to creating the best possible experience for the students. Schools must provide a thorough training workshop for cabin leaders prior to arriving at camp.
Supervision

Orkila instructors teach classes and facilitate program, and the school provides all other supervision. Here are some tips for planning supervision:

- We require at least one chaperone / counselor per cabin. Two is better whenever you can provide that.
- Please plan to send at least one chaperone / counselor with each class group. When assigning supervision for classes it is best to follow these guidelines.
  - Whenever possible we maintain a consistent Orkila instructor with a single study group. If school supervision also remains consistent with the same person or set of people assisting the same study group, the Orkila staff and school supervisors can form a relationship and work as a team to enhance the experience for the students.
  - If you are going to provide a break for the school chaperone/counselor, avoid having a new supervisor join the group in the middle of a block of classes. It is best to maintain the same supervision for the entire block (3 hours). It is difficult to predict the exact location of a class group in the middle of a block and many schools experience frustration trying to find groups in the field.

Health and Wellness

All school groups must provide their own trained medical attendant, first aid supplies, and emergency transportation vehicle. At minimum, the medical attendant must have a current First Aid & CPR certificate from a nationally recognized provider such as the Red Cross, American Heart Association, or Wilderness Medicine Institute. Camp Orkila does not have health professionals (nurses or doctors) on site.

Camp Orkila strongly urges school staff to gather health information for ALL participants in their care. This information, at minimum, should include: name and address, emergency contact names and phone numbers, a listing of allergies and health conditions requiring treatment and a signed permission to seek emergency treatment. We also strongly urge school staff to collect and administer all medications to students while at camp.

Accident & Emergency Procedures

School groups are required to explain the following accident and emergency procedures to their chaperones and students prior to arriving at camp. In addition, information regarding emergency meeting areas will be reviewed during the initial orientation.

Injury & Medical Emergency Procedures

- Orkila staff are trained in First Aid/CPR and are available to administer initial assistance to participants. However, each school’s trained medical attendant must be available to take over all medical situations as soon as feasible and appropriate.
- In the event of a medical emergency (or any medical situation), the student will be taken to the school’s medical base/nurse’s station, preferably by one of the school’s staff or volunteers. If the student cannot be moved, a messenger will be dispatched immediately to call for the assistance of the school’s medical attendant.
- If the school’s medical attendant is unable to handle the emergency, they should either call the Orcas Island Medical Clinic (360-376-2561) or 911. If a student is taken to the Medical Center or if 911 is called, school staff must notify the OEE Director as quickly as possible.
- A YMCA Accident/Incident report must be filed in the event of any accident that requires a participant to have medical treatment and/or to return home. YMCA Staff will assist in this process.

Fire & Disaster Procedures

There are two sirens located in camp—one at the Health Hut and one at the camp director’s house. The signal for fire or disaster is a continuous sound of the siren. In addition, depending upon the location in camp, an air horn may be blasted repeatedly to signify an emergency. When the alarm sounds, all staff and all participants report to the emergency meeting area established for their group. If the passage is blocked, an alternative meeting area will be established. The camp director will meet with teachers to explain evacuation or other special instructions.
# Building Capacities

Schools will be assigned to specific cabins within one (or possibly two) sections of camp based upon size and special needs. We reserve the right to alter housing assignments as necessary to accommodate the needs of all participants.

**Wally Fisher Lodge: (Total capacity = 68)**
- Makah (14)
- Haida (14)
- Quinault (14)
- Hoh (14) *Accessible
- Center (12)

**North Camp: (Total capacity = 216)**

<table>
<thead>
<tr>
<th>North Orchard:</th>
<th>North Forest:</th>
<th>North Ridge Trail:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lummi (14)</td>
<td>Tumwata (14)</td>
<td>Nisqually (13)</td>
</tr>
<tr>
<td>Puyallup (14)</td>
<td>Kalakala (14)</td>
<td>Gwinn (12)</td>
</tr>
<tr>
<td>Nooksack (14)</td>
<td>Wapato (14)</td>
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</tr>
<tr>
<td>Chinook (14)</td>
<td>Klahanie (14)</td>
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</tr>
<tr>
<td>Snoqualmie N. (12)</td>
<td>Keheloken (14)</td>
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<tr>
<td>Snoqualmie S. (12)</td>
<td>Klickitat (14)</td>
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<tr>
<td>Salish (14)</td>
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<td></td>
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<tr>
<td>Samish (14)</td>
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</tbody>
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**North Forest: (Total capacity = 216)**

<table>
<thead>
<tr>
<th>North Beach:</th>
<th>Mid Beach:</th>
<th>Mid Forest:</th>
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</thead>
<tbody>
<tr>
<td>Cypress (14)</td>
<td>Orcas (14)</td>
<td>San Juan (14)</td>
</tr>
<tr>
<td>Saturna (13)</td>
<td></td>
<td>Decatur (14)</td>
</tr>
<tr>
<td>Waldron (14)</td>
<td></td>
<td>Lopez (14)</td>
</tr>
<tr>
<td>Tracy Strong (13)</td>
<td></td>
<td></td>
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</table>

**Mid Camp: (Total capacity = 110)**

<table>
<thead>
<tr>
<th>South Beach:</th>
<th>South Forest:</th>
<th>South Field:</th>
</tr>
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<tbody>
<tr>
<td>Spieden (14)</td>
<td>Patos (14) *accessible</td>
<td>Turn (14)</td>
</tr>
<tr>
<td>Stuart (14)</td>
<td>Matia (14)</td>
<td></td>
</tr>
<tr>
<td>Sentinel (14)</td>
<td>Barnes (14)</td>
<td></td>
</tr>
<tr>
<td>Satellite (14)</td>
<td>Clark (14)</td>
<td>Ripple (14)</td>
</tr>
</tbody>
</table>

**South Camp: (Total capacity = 140)**

<table>
<thead>
<tr>
<th>Tracy Strong Village: (Total Capacity 144)</th>
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<tbody>
<tr>
<td>Tracy Strong Cabins:</td>
</tr>
<tr>
<td>Peavine Pass (12)</td>
</tr>
<tr>
<td>Strait of Georgia (12)</td>
</tr>
<tr>
<td>Obstruction Pass (12)</td>
</tr>
<tr>
<td>Haro Strait (12)</td>
</tr>
<tr>
<td>Tracy Strong Cabins:</td>
</tr>
<tr>
<td>Wasp Passage (12)</td>
</tr>
<tr>
<td>Upright Channel (12)</td>
</tr>
<tr>
<td>Rosario Strait (12)</td>
</tr>
<tr>
<td>San Juan Channel (12)</td>
</tr>
</tbody>
</table>

**Yurts:**
- Eastsound (12)
- Westsound (12)
- Blind Bay (12)
- Griffin Bay (12)
Fundraising Ideas

With school budgets tightening, fund-raising is an essential part of the Camp Orkila experience. It is also an important way to get your students involved in the preparation for a trip. Many of the schools that visit Camp Orkila run fund raising programs throughout the school year. The following are a few examples we have heard about:

**Spaghetti Dinners, Pancake Breakfasts**
Encourage your local grocery stores to donate the ingredients and hold a dinner or breakfast in your community for a small fee.

**Poster sales, T-shirt sales, Wrapping paper sales**
This is your typical fund raiser. Find a good vendor and send your students out in the field. Try to find some good environmental products to sell. Human-i-Tees is a vendor that donates some of their profits to groups protecting the environment. Their address is: www.humanitees.com and a phone number is 914-741-2424.

**Hold A Carnival**
Let your students be creative! Have them come up with some fun games and activities and hold a fun day for families. Charge a small entrance fee or fees for each activity.

**Car Wash**
All you need for this is an available water source. Look into using environmentally friendly soaps and other supplies. A local store may be able to donate supplies. You can also share car wash tickets instead of holding the car wash.

**Bake Sale or Craft Sale**
Here’s another typical fund raiser, but always a good way to bring in some extra money.

**Yard Sale**
Here’s a good one that will provide a service for those looking to do some spring or fall cleaning. Have people around the area donate items then have a big yard sale or an auction.

**Litter-a-thon**
This is a great idea that will get your students involved in a hands-on environmental cleanup. Have your students get pledges for a little pick up. This could be done by the hour or by the bag full. Perhaps you can find an area of concern in your community and bring about some positive change through your efforts.

**Partnering with PTSA**
Often times PTSA serves as an excellent source for funding. An Orkila representative can meet with you or present to the PTSA to help with this effort.

**Krispy Kreme and Wal-Mart**
Krispy Kreme will sell you boxes of a dozen doughnuts at a reduced price. You can then sell these in front of a Wal-Mart store. Wal-Mart will match the profits you make from selling the doughnuts. Contact your local Krispy Kreme and Wal-Mart for more information.

Please help us improve this list for next year by passing on other ideas you have.
Pre-Trip Activity Ideas

Preparing your students for their trip to Camp Orkila is an important part of the entire experience. We strongly suggest that you do pre-activities to help your students prepare for their resident experience— as well as post-activities to help them follow up and build upon the experiences that happened during their trip. Expanding the experience in this way will make their trip much more meaningful than an intense, but isolated 3–5 days. Below are some suggestions for pre-activities. Please let us know how these suggestions work out for your group and any additional ideas you may have.

**Letter to Myself**
Have the students write a letter to themselves and their expectations of the upcoming trip. What are they looking forward to the most? The least? What fears do they have? What do they hope to get out of the experience? Seal the letters, hold them and then give them back after the trip.

**Journal Writing**
Journals are a very effective way for students to practice writing scientific and reflective journal entries. The students can make and decorate their journals before the trip and complete a few entries about their expectations, hopes and fears. You can also include worksheets or questions that they will work on during their trip in the journal; include a page or two for each activity they will be doing plus a place for them to react to meal times, cabin time and free time. A scavenger hunt that goes on throughout the entire trip is also a fun addition (collecting information, not wildlife).

**Photo Board or Collage**
Set up a bulletin board or large sheet of paper where the students can display images of their trip. Plan to include pictures or photos of all aspects of the experience, from planning what to take, meetings with teachers about expectations and pre-activities to the trip itself and follow-up activities. Also include schedules, rules and bring along lists for the students to refer to as they prepare for the trip.

**Scrap Books**
One book can be made for the whole group or each student can make their own. Photos or drawings that describe planning and expectations can be the first entries. During the trip they can add more images, plus natural objects such as pressed flowers or leaves, poems from a creative writing exercise, schedules etc. Students can make captions to explain the sequence of events that tells the story of their trip.

**News Reporting**
Give each student an aspect of the trip to report on for the whole group. Information they collect can be compiled into a school newspaper or video news show. Some examples of topics to report on could be classes, meals, the ferry ride, their teachers or the Camp Orkila staff.

**Vocabulary**
Study some of the key vocabulary words that will come up during your classes visit to Camp Orkila. For vocabulary lists that match your class selections, please talk with the OEE Director.

**Skits**
Divide the students into groups and have them create skits showing what they think the trip will be like. If possible put them in the groups they will be in for activities during the trip so they can work on cooperating and getting to know one another better before they arrive.
Important Details…
- Remember to bring a vehicle for use in case of an emergency.
- Use the Program Planning Checklist to ensure nothing is “left behind”.
- To ensure a smooth first day, please make sure that every child knows what Study Group they are in, what cabin they are staying in and which table they will sit at in the Dining Room – before arrival.
- A confirmation email from the OEE Director will be made two weeks before your arrival to assure a smooth and successful experience. At this time please be aware of all special dietary needs or participants with special needs.

Contact Us!

Please feel free to contact us at any point with questions or concerns about your trip.

It is important to us that each of you have a successful experience at Camp Orkila!

- Haley Cruz Winchell, Senior Director of Education and Family Programs
  PO Box 1149
  Eastsound, WA 98245
  Phone: 360-376-2678
  Fax: 360-376-2267
  E-mail: hcruzwinchell@seattlemca.org

- Dylan Gonda, Site Director of Environmental Education
  Phone: 425-496-8101
  E-mail: dgonda@seattlemca.org

- Emergency Cell Phone: For urgent or after-hours emergencies only, call 360-317-6852
OUTDOOR ENVIRONMENTAL EDUCATION

At Orkila, we offer a variety of OEE classes to meet your program goals. Almost all learning takes place outside utilizing our beautiful outdoor learning areas. Some classes meet in the Marine Salmon Center on the waterfront.

Marine Ecology Classes

Beach Walk
By hiking on our beautiful beach, students observe and examine the shore ecosystem (including tidal pools, invertebrates, marine algae, and coastal wildlife) and show understanding of concepts related to tides and tidal zones. At the different coastal habitats, students explore the physical features of the beach and organisms living there. In this course, students are active participants in their own learning: they question, explore, and identify their living surroundings.

Marine Investigation
Students can participate in a variety of investigation options on the beach or in the Marine Center. The level of inquiry in the investigation will depend on the prior experience of the students in scientific investigation. During this class, students can collect data about species presence and potentially contribute it to a Nature Mapping database.

Plankton
Students collect samples of ocean water and discover a universe through the guided use of microscopes. They play games to learn the role of plankton in the marine food web, invertebrate and algae life cycles, and in the production of the world’s oxygen. This class provides a solid foundation of what plankton are through hands-on exploration and reinforcing ideas in fun activities.

Marine Invertebrates
Students meet creatures from the saltwater ecosystem. Through hands-on activities, students explore how marine invertebrates have adapted to different habitats and why these critters are suited to their habitats. Depending on the tides, students will identify and get to know creatures on the beach or in the Marine Center’s touch tanks. Through interactive lessons, students will uncover the interconnectedness within the marine community.

Super Salmon
Students have the opportunity to explore Orkila’s hatchery and, seasonally, see salmon develop at different the stages of their lives. Through active role-playing and lessons, students experience the life cycle of the salmon, learn of salmons’ physical adaptations, and understand salmons’ role in the food chain. As our hatchery and Marine Center grow, students can become more involved and informed in the lives and experiences of salmon. Students also discuss the cultural impact of Salmon and the different stakeholders involved in the conservation or Salmon in the Pacific Northwest.
Forest and Aquatic Ecology

Forest Ecology
In hiking through our majestic trees, students explore Orkila’s forests and woodland ecosystems. Along with seeing the forest as a whole, interdependent, ever-changing community, students play games and participate in activities to learn about individual species in the forest and how they live.

Forest Investigation
Students will ask a group question and perform an investigation in the Forest. Orkila instructors will guide the students through their testable experiments. The level of inquiry in the investigation will depend on the experience each group has with inquiry.

Pond Study
The pond allows students to see and explore a unique and vital ecosystem. Students use dip nets, magnifying glasses, and microscopes to identify the many kinds of plant and animal life in the pond. They might investigate seasonal changes of the pond and the cycles of the insects that make it their habitat.

Life in the Forest
“Life in the Forest” is an advanced hide-and-seek game. Students role-play plants, herbivores, omnivores, and carnivores foraging for nutrition. After the game, there is a debriefing session to recognize and evaluate students’ animal-like strategies, their adaptations, and human impact in the food chain and forest.

Garden and Sustainability

Garden & Sustainable Living
The farm and garden at Orkila are used as models for the energy cycle. Students will be able to explore the sustainability of plants, animals, and people living together. They will learn what sustainable living means by using our farm and garden as examples for discussion. Students will participate in hands-on activities such as planting, harvesting, composting, and recycling in the garden.

Earth Science

Geodesic Dome
The Geodesic dome is a fantastic structure developed by Buckminster Fuller in the late 1940’s. Today, students can build one with teamwork, logs, and rope. In addition to building a Geodome, they learn the history behind it and important geometric principles that enable all the students to climb on the structure.
Rope Bridge
The title really explains the class: the students build a bridge from heavy ropes. The students also learn several knots used to anchor the bridge between two trees. Through teamwork they get to walk across the bridge they made together.

Outdoor Living Skills
Students play games and participate in practicing outdoor living skills. This class helps to inform students about what materials they need in order to be safe while camping outdoors and how to experience the outdoors with a minimum impact on their environment. If indicated beforehand, this class could be combined with map and compass skills.

Archery & Camp Skills
In this class, students have a chance to do one of their favorite camp activities in a small group. In addition to archery, instructors will pick some other camp activities including, but not limited to: Ga-Ga ball, arts and crafts, an obstacle course, a camp hike, survival skills. It is sure to be a favorite among students.

TEAMBUILDING, LEADERSHIP, and ADVENTURE
At Orkila we strive to build strong group dynamics, break down cliques, and build a strong community for your group. One way we accomplish this is by facilitating teambuilding, leadership, and adventure activities on our challenge course. You can choose the activities that fit the goals for your experience.

Safety: Our staff are expertly trained and certified to facilitate our challenge course. Our facility is held to highest industry standards for safety. Our equipment is inspected with each use and careful logs are kept to ensure all equipment is in safe and working order. While there is inherent risk involved with all activities at camp, our staff aim to minimize that risk in order to keep participants safe.

Each class is designed to take 90 minutes with a group of 15 students. You may choose which classes you want to take based on the goals and age range of your students.

Initiatives
In this class, students work together to solve physical and mental challenges. The group starts with simple problems requiring basic communication and problem solving skills. Groups work up to more difficult problems requiring trust and strong reliance on each other. The instructor uses props to create problems that must be solved with teamwork and group participation. We require groups to take this class in order to best prepare them for their time at Orkila. Initiatives allows each group to build a solid foundation in working as a team as well as gives the Orkila instructor the opportunity to get to know the students.
**Initiatives II**

This class advances students in group-building activities past the basics of Initiatives I. Most groups progress to the low element initiative course in the forest. The course is composed of obstacles that require the groups to cooperatively problem solve and devise safe and effective solutions. Progression through the elements is dependent on the group’s ability to work together safely.

**Traditional High Ropes**

Students climb elements constructed of wire cable, logs, and rope that have been built from ground level to 20–30 feet high in the trees. There are four types of courses all with a different method of getting from one tree to the other—some with ropes, some with cables, and one with a log spanning the distance. Each group experiences one of the courses. In all courses, students climb up staples in a tree to get to the ropes or log.

All participants use safety equipment: helmets, belay lines, harnesses, and other climbing safety gear. Staff also take care to minimize the physical and emotional risks inherent in these activities, allowing the activity to provide a sense of perceived risk for those who choose to take on this challenge. Each participant requires steady support from the rest of the group both emotionally and physically. In most cases, we use a group belay facilitation which allows for more students to be involved even when they are not the one climbing. Afterwards, staff facilitates a debriefing discussion to help student’s process their experience and express their feelings.

**Giant Swing**

In the Giant Swing, the participant decides how far the class should pull the rope so that the participant is high in the air. The participant then releases themselves into a harnessed, free-fall swing. During this activity all participants use safety equipment: helmets, belay lines, harnesses, and other climbing gear. Staff also take care to minimize the physical and emotional risks inherent in these activities, allowing the activity to provide a sense of perceived risk for those who choose to take on this challenge. Each participant requires steady support from the rest of the group. Afterwards, staff facilitates a debriefing discussion to help student’s process their experience and express their feelings.

**Climbing Tower**

Students climb an outdoor climbing wall consisting of various hand and foot holds to a height of up to 50 feet. Staff also take care to minimize the physical and emotional risks inherent in these activities, allowing the activity to provide a sense of perceived risk for those who choose to take on this challenge. The climbing wall, for some students, is a physical challenge, while for others it provides more of a mental challenge to overcome. The climber is in a harness and belayed by an instructor or a group of students. Each participant requires steady support from the rest of the group. Afterwards, staff facilitates a debriefing discussion to help students process their experience and express their feelings.
**Zip line**

After receiving an orientation and safety gear, participants can choose to soar over fields with sweeping views of our property. The adventure begins at the top of our 75 foot climbing tower. While in a harness and helmet, you are clipped to a cable trolley by a trained staff member. You walk off the tower into a gentle thrill ride for 1000 feet until you reach the landing tower.

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**High Ropes Circuit**

Students climb elements constructed of wire cable, logs, and rope that have been built from ground level to 20-30 feet high in the trees. There are several parts to the circuit, each one providing a different physical challenge. The elements are connected forming a circular shape up in the trees. Students can participate by climbing up the tree with a traditional dynamic belay or completing the course through a more advanced static method. All participants use safety equipment: helmets, belay lines, harnesses, and other climbing safety gear. These activities, while very safe, provide a sense of perceived risk for those who choose to take on this challenge. Each participant requires steady support from a partner while moving through the High Ropes Circuit. Afterwards, staff facilitate a debriefing discussion to help students process their experience and express their feelings. *Please note that the High Ropes Circuit has a minimum age of 7th-grade and requires two class periods to run*.

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**Giant’s Ladder**

In the Giant’s Ladder, participants use teamwork to climb to the top of a ladder made for a giant. Three people must use each other to make the climb from one rung to the next. All participants use safety equipment: helmets, belay lines, harnesses, and other climbing safety gear. Staff also take care to minimize the physical and emotional risks inherent in these activities, allowing the activity to provide a sense of perceived risk for those who choose to take on this challenge. Each participant requires steady support from the rest of the group. Afterwards, staff facilitates a debriefing discussion to help students process their experience and express their feelings. *Please note that the Giant’s Ladder requires a minimum age of 7th grade and requires two class periods to run*.

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**Sea Kayaking**

Schools and groups may also choose to have students explore the unique environment of the Salish Sea by kayaks. With participants working together in our fiberglass double-kayaks, staff guide the group in the process of getting ready to go out on the water, followed by an adventure in Orkila Bay. Groups can expect to be on the water for about 1-1.5 hours in an environment where they will likely get a little wet—shoes and synthetic clothing (i.e. no jeans or cotton sweatshirts) are a must in order to stay relatively comfortable! *Please note that sea kayaking has a minimum age of 7th grade and requires two class periods to complete. It also involved some moving and cleaning of gear before and after the program. It also has an added fee associated with it.*

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**Hiking**

An off-site hike could be another way to add adventure into the programming you choose for your schools or group. Orcas Island has many beautiful trails to hike—Moran State Park being the best options for larger groups. Depending on your group and its goals you can choose to participate in a half-day hike around Moran State Park’s Mountain Lake or Cascade Lake or pack a sack lunch and spend the full-day hiking up to the highest point in the San Juan Islands— the challenging Mount Constitution! *Please note that off-site hiking involves an additional cost if Orkila transportation is needed*.
EVENING PROGRAMS

Ork-Fire
This exciting campfire is usually done outside under the stars with a fire to keep warm. The Orkila staff leading this activity may arrange songs, stories, cheers, and skits and many more activities for your school to enjoy. There is no limit on size for this activity, which lasts an hour.

Combi-Fire
This campfire allows for students to shine as they perform their own skits either in cabin groups or class groups. Camp Orkila staff are there to announce for the students as well as perform a couple of their own skits. There is no limit on group size for this activity, which lasts an hour.

School-led Campfire
Your school group runs this campfire. A Camp Orkila staff member will light our gas fireplaces for you and then you are on your own to perform skits with your students, sing songs, and tell stories. This activity should last no more than an hour and a half.

School-led Trivia
Host a trivia night for your school! A Camp Orkila Staff member will set up the projector for you to use in the lodge and then you can lead your students through a fun packed trivia night! This activity can be any length you choose, most last for around one hour.

School-led Activity
Does your school have an Orkila Tradition or looking to start one? What about a fun game or something new and exciting for the students. Use this time to lead your school through any wild and fun idea you have. Orkila Staff can assist with set up.

School-led Dance
Have your students put on their craziest outfits and join the Camp Orkila staff as we lead your group in fun dances that get the whole group involved. Staff call the dances and use recorded music. Any size group can enjoy this activity. This is an activity that occurs in a covered space and is very active.

Orkila-led Astronomy Class
Orkila Staff will take your students on a journey through the stars. Using telescopes, star guides, and our large open fields students can explore the night skies and hear stories about humans’ connections and use of stars across different cultures and times.

Orkila-led Wreckage (Dodgeball)
Wreckage Ball is an Orkila staple! Orkila Staff will lead your school though many variations and twist on this classic camp game. This evening program is very active and can be adapted to different energy levels.
Orkila-led Life in the Forest (Late May and June)
Just like the class “Life in the Forest” is an advanced hide-and-seek game. Students role-play plants, herbivores, omnivores, and carnivores foraging for nutrition. After the game, there is a debriefing session to recognize and evaluate students’ animal-like strategies, their adaptations, and human impact in the food chain and forest.

Orkila-led Avengers Academy
Take your students on a quest throughout Camp Orkila as they seek to obtain the necessary skills needed to become a full-fledged Avenger. Throughout the program, students, teachers, and Camp Orkila staff are all in character as groups work together to complete their adventure. This is a very active evening program.

Orkila-led Night Watchers (March, April, Early May)
The emphasis of this activity is for students to learn about nocturnal nature, to explore their own perception of darkness, to learn how senses are affected, and to take part in activities that have to do with all of these. This is a wonderful activity to get kids excited about exploring the night in a very fun and safe manner. Flashlights are not allowed in this activity.

Orkila-led Color Competition
Blue, Yellow, Green, Red! Students will start the Orkila Color Competition with team cheers, face paint, and coordinated clothing that represents their specific color-based teams. Your school’s teams will compete against each other to be the first to accomplish tasks at different stations. This is a high-energy evening program with obstacle courses, trivia, mind-teasers, and silly games. All teams will have opportunities to be challenged and opportunities to shine as students learn sportsmanship and friendly competition.

Orkila-led Amazing Race
Each cabin or study group will have less than an hour to race around camp completing different teamwork, physical and mental challenges to earn points for their group. Tougher challenges will earn them more points, while simpler problems will be faster to solve. When time’s up, the group that has the most points wins! Active participation from cabin leaders/chaperones is needed for all challenges to be run.