

Camp Manito-wish YMCA Leadership Program

Understanding of Risks, Acceptance of Responsibilities

(to be signed by participant and parent/guardian, where appropriate)

Name: _____ Group/School: _____

Address: _____ Age: _____

Address: _____ (if under 18)

City: _____ State: _____ Zip: _____

Please read the following statements carefully. Then *date and sign* this form on the bottom indicating that you have read and understand this document. Participants under the age of 18 must have a parent or guardian signature.

- I accept the fact that, while the program leaders are skilled and experienced, they cannot guarantee my total safety since some risks are beyond their control. I understand that I will be exposed to risks of nature and to elements over which neither Camp Manito-wish YMCA or its employees have any control.
- I agree to follow all instructions and guidelines given by the Camp Manito-wish YMCA staff, and to act in a safe and responsible manner toward all participants.
- I will not use equipment or be present on the ropes course or any body of water without Camp Manito-wish YMCA staff present.
- I agree to notify **my group leader** of any changes to my health and fitness which may occur during programming.
- I fully comprehend and willingly assume the responsibilities and risks of participating in this program, as explained to me by the **group leader and the** Camp Manito-wish YMCA staff.
- I give and grant Camp Manito-wish YMCA permission to use pictures of myself for promotional purposes. Professional and candid photographs and video of participants may be taken at camp and on the trail. These photos may be used for publication in promotional materials including the Camp Manito-wish YMCA website. Please let us know, in writing, if you have any objections. Participants may submit photographs for possible inclusion.
- **I understand that I am responsible to my group leader to share any needed medical information as requested for participation in the program.**

Participant/Parent (guardian) Signature: _____

*** Participants under age 18 must have a parent/guardian signature.

Date: _____

Program #1 Information

Overnight Accommodations — with Full Manito-wish Programming

- Schedules and program details will be determined at a later time.
- Transportation to and from camp is the responsibility of the participating organization.
- Participating organizations need to provide full supervision for non-program periods (9 p.m.-7:45 a.m. unless special arrangements have otherwise been made).
- Meal times are:
 - Breakfast: 8:00 a.m. (set-up at 7:45 a.m.)
 - Lunch: 12:30 p.m. (set-up at 12:15 p.m.)
 - Dinner: 6:00 p.m. (set-up at 5:45 p.m.)

Manito-wish Leadership Curriculum Includes:

The *Seven Qualities of a Manito-wish Leader*
Group and Individual Awareness Activities
Community Building and Development
Goals and Outcome Clarification
Group and Individual Action Planning
Transfer and Processing Strategies

Leadership Program Methods Include:

Challenge by Choice Orientation
A Full Value Contract Orientation
Experiential Cycle and Adventure Based Learning Models
Cooperative Games and Activities
Trust Building and Risk Taking Activities

Experiential Programming Includes:

Problem Solving Initiatives
Primitive Outdoor Skills Initiatives
Low and High Challenge Course
North Canoes (large group canoe initiatives)
Indoor Climbing Wall
Wilderness Trips: Canoe Tripping, Backpacking and Sea Kayaking

What to Bring List

Temperatures in Northern Wisconsin can be very unpredictable. Much of your time with us will be spent outside, so make sure to come prepared. We recommend comfortable outdoor clothing that you don't mind getting wet or dirty. Camp Manito-wish does not provide any bedding (sheets or blankets) or linens.

Clothing – (please note specific season)

Winter – Warm coat
Snow pants/bibs
Winter hat
Warm/winter boots

Spring or Fall - Rain gear
Swimsuit
Footwear for outdoor activities

All Seasons - Gloves or mittens
Long pants
Shirts
Warm sweater or fleece jacket
Long underwear (preferably synthetic)
Wool socks
Sneakers or walking shoes – for inside

Bedding and Towels

Bath towel
Facecloth
Pillow
Top sheet, bottom sheet (twin size), and blankets/comforter
OR Sleeping Bag
Beach Towel

Other

Toiletries and personal hygiene supplies
Sunglasses
Flashlight (optional)
Sunscreen, SPF 15 minimum
Journal (optional)
Camera (optional)
Book (optional)

Layering: Layering means wearing numerous items of thinner clothing rather than one heavy item. Layering traps more air, keeping you warmer. Layering also allows you the ability to adapt your clothing to the variety of weather conditions you may experience. Start with thinner, tighter layers near the skin, and move to heavier, loose layers away from the body. Top it off with a windbreaker and/or windpants and you have an excellent clothing system.

Boots: During your time at Camp Manito-wish YMCA, you will be spending much of your time outside. Please wear warm, comfortable boots and bring a pair of shoes to wear indoors.