

COME LEARN OUTSIDE



YMCA Camp Erdman



Outdoor Education Program Teacher Planning Guide

From The Camp Director...

Aloha and thank you for choosing YMCA Camp Erdman. I am blessed to call YMCA Camp Erdman my home and it is my pleasure to welcome you as part of our Camp 'Ohana. Our team at YMCA Camp Erdman is stoked that you and your students will be joining us for a safe and fun outdoor education experience on the beautiful North Shore!

This Teacher Planning Guide contains everything you need to know to create an insightful and memorable experience for all. We have designed three different "Tracks" to meet the various needs of all of our schools. Please explore this guide and discover which "Track" is best for you and your students.

Please reach out with any questions regarding your upcoming trip,



Brooke Benson

Camp Director- Outdoor Education

Bbenson@ymcahonolulu.org

(808)-687-6240

The Checklist

Thank you for choosing to organize your school's next adventure at Camp Erdman! We look forward to working with you to make this an enriching outdoor experience for both you and your students.

As headteacher, there is a lot to remember and plan for before the fun-filled trip, but we're here to help you along the way! Below is a checklist we suggest utilizing to ensure you've covered all the bases before arrival.

Within 30 days of reserving trip

All items are required in order to secure your booking. Please submit these documents together.

- Signed Short Term Agreement/Confirmation
- Deposit Payment (Private Schools) OR Purchase Order (DOE Schools)
- Activity Preference Form
- [User Agreement](#)
- Recruit qualified chaperones. There must be at least one adult per activity group and cabin.
- Reserve Buses
- Set a due date for student permission slips and payment collections. This will help you gain a more accurate count of participation.

60 days prior to arrival

- [Allergies & Dietary Restrictions](#)
- Certificate of Insurance
- Make school time activity decisions (ex. Showers, talent show, rec time...).
- Have a teacher orientation with all the teachers who will be attending. Be sure those who are not on the planning team are informed, especially if they will be running events.

One month before coming to camp

- Full Payment
- Send the final number to the Camp Office Staff.
- Organize students and chaperones into activity groups.
- Organize students and chaperones into cabin groups.
- Arrange for Emergency transportation. Your school will be responsible for providing emergency transportation if necessary.



- Designate who will be your CPR/First Aid personnel while at Camp.
- Assemble First-Aid kits.
- Collect Permission Forms from students.
- Review with students the Packing List. Remind them to label their belongings.
- Make Name Tags for every student, chaperone, and teacher.
- Ensure that all camp forms are completed.

Before leaving School *due upon arrival*

- [General Waivers](#) for each participant (students, adults, staff, chaperone, etc.)
- Group Roster and Cabin Assignments for emergency purposes.
- Collect Medicine
- Make sure each student has a sack lunch
- Make copies of schedules for all adults
- Get ready to have SO MUCH FUN!! :)

**Please send all completed documents to our Camp Registrar at
camperdman@ymcahonolulu.org
 FAX – (808) 664-8827
 MAIL – 69-385 Farrington Hwy., Waialua HI 96791**

If you are unable to meet the deadlines or have any questions, please feel free to contact camp. Should you have any program or scheduling questions, please contact our our Camp Registrar at camperdman@ymcahonolulu.org or at [\(808\)-637-4615](tel:(808)637-4615)

Outdoor Education Program Overview

The YMCA of Honolulu is one of the largest non-profit organizations in the state. Our organization was founded in 1869 and incorporated under the laws of the Kingdom of Hawaii in 1882. Every year, we serve more than 100,000 individuals in a variety of programs. Our branch, YMCA Camp H.R. Erdman is located within Ka’ena Point State Park, nestled between the Waianae mountains and the blue waters of Mokuleia. Our rural campground



makes Camp Erdman the perfect outdoor classroom for all of our students.

Every year, thousands of campers get to experience YMCA Camp Erdman's Outdoor Education Program. Current research indicates direct correlations between the level of natural world engagement and the increase in a child's ability to learn and improve their health and social behavior. Meaningful outdoor experiences are powerful tools for lifelong impact and learning. Between exploring our tide pools during Marine Biology and climbing to new heights on the Alpine Tower, our unique program allows our campers to have a true hands-on learning experience. It's our mission to provide a safe, nurturing, and inclusive environment to youth of all ages, backgrounds, and walks of life. Here at Camp Erdman we want our students to dare to learn new things and empower them to go outside the known.



Our Outdoor Education Program is designed to keep your students active by keeping both body and mind in motion. We focus on being outdoors and immersed in the natural world! Our activities are geared towards groups working together rather than solitary pursuits. In all of our programs, we promote the YMCA's core values of caring, honesty, respect, and responsibility.

Our Staff

Our Outdoor Education Program is supervised by our full-time Camp Director. Our campers work directly with our full-time Program Instructors. Program Instructors are college educated young adults with extensive experience in education or recreation and a strong desire to work with children. Prior to employment all Program Instructors must pass a national criminal background check and character reference check. Each season, Program Instructors undergo a weeklong training receiving an accredited



certification in either YMCA Lifeguarding or Challenge Course Facilitation. Additionally, our staff participate in various Environmental Education Trainings.

Health Care

All YMCA Camp Erdman staff are trained in Basic First Aid, Basic Life Support, and Emergency Oxygen. However, school staff members and chaperones are primarily responsible for providing healthcare to students including first aid and dispensing medication. Each school must bring a designated and certified CPR/First Aid personnel while at Camp Erdman.

Facilities & Food

Cabins: We have sixteen bunk cabins available for our Outdoor Education Program. All cabins have electricity, a full bathroom, and a centrally located shower house.

Camper Meeting Spaces: We have meeting spaces available for all schools. This private meeting space is where students will gather throughout the day in between their various activities.



Teachers Lounge: We have various teachers lounges available for all schools. This private area has A/C, a refrigerator, and ample storage space. Teachers and chaperones often store snacks or other food in this area.

Food: Meals are served family style in our indoor dining facility. All meals YMCA Camp Erdman serves meet or

exceed USDA nutrition standards with lots of healthy options to choose from. Vegetarian, Vegan, Lactose-Intolerant, and Gluten Free options are available

upon request. Just as a friendly reminder, Camp Erdman is a nut free facility. Please inform us of any dietary restrictions your group may have at least 60 days prior to arrival. We ask that food is not brought inside of your cabins, as it can attract animals and insects.

Outdoor Education Track Information

Two Night-Three Day Schedule

Day 1

9:30 Arrival and Orientation!
11:00 Sack Lunch (School/Home Provided)
12:00 Move into Cabins
1:25 Meet in Meeting Place
1:30 Camp Daytime Activities
5:00 Free Time
5:30 Dinner
6:30 Evening Activity
10:00 Quiet Time

Day 2:

8:00 Breakfast
8:55 Meet in Meeting Place
9:00 Camp Daytime Activities

11:30 All Camp Activity/Teacher Break
12:30 Lunch
1:25 Meet in Meeting Place
1:30 Camp Daytime Activities
5:00 Free Time
5:30 Dinner
6:30 Evening Activity
10:00 Quiet Time

Day 3:

8:00 Breakfast
8:25 Meet in Meeting Place
9:00 Last Day Program
10:30 Camp Clean Up
10:45 Sack Lunch (Camp Provided)
11:45 Depart

“General Track”

The purpose of this program is to introduce our youngest campers, grades 1st through 4th, to the basics of environmental studies and team building. Campers will have the opportunity to experience all of YMCA Camp Erdman’s classic camp activities. Campers will leave this program with enhanced communication skills and an overall understanding of the environment around them.

1st-4th Grade

Daytime Activities

- Alpine Tower
- Swimming
- Archery
- Group Challenge
- Hiking
- Malama Aina- Hybrid Botany/Marine Biology
- Commander
- Nature Art



Evening Programs (Select 2)

- Scavenger Hunt
- Campfire
- Minute to Win It

Last Day Program (Select 1)

- Koa Challenge
- Gold Rush
- Capture the Mattress

“Environmental Track”

The purpose of this program is to provide our campers with the opportunity to experience nature through a variety of hands-on activities. We want campers to leave YMCA Camp Erdman with a new appreciation for Hawaii's beautiful surroundings and an increased awareness of how to protect our environment. Most importantly, our program promotes a sense of community and cooperation among the students through safe, fun, and challenging activities.

5th-6th Grade

Daytime Activities

- Marine Biology
- Hiking
- Group Challenge
- Swimming
- Archery
- Alpine Tower
- Low Ropes
- Botany

Evening Programs (Select 2)

- Campfire
- Scavenger Hunt
- Minute to Win It

Last Day Program (Select 1)

- Koa Challenge
- Gold Rush
- Capture the Mattress

7th-12th Grade

Daytime Activities

- Commander
- Botany
- Marine Biology
- Mauka Hike
- Odyssey (3 hours)
- Group Challenge

Evening Programs

- Campfire
- Night Swimming

Last Day Program (Select 1)

- Koa Challenge
- Gold Rush
- Capture the Mattress

“Team Building Track”

The purpose of this program is for campers to reach beyond their limits while enhancing communication and cooperation skills among their group of peers. Campers will overcome many challenges individually and as a group during their camp experience. These activities will help them build self-confidence and a stronger sense of community. They will leave YMCA Camp Erdman with a multitude of new skills that can be applied in their everyday lives

5th-6th Grade	7th-12th Grade
<p>Daytime Activities</p> <ul style="list-style-type: none"> • Alpine Tower • Low Ropes • Group Challenge • Egg Drop • Swimming • Archery • Hiking • Commander <p>Evening Programs (Select 2)</p> <ul style="list-style-type: none"> • Campfire • Scavenger Hunt • Minute to Win It <p>Last Day Program (Select 1)</p> <ul style="list-style-type: none"> • Koa Challenge • Gold Rush • Capture the Mattress 	<p>Daytime Activities</p> <ul style="list-style-type: none"> • Odyssey (3 hours) • Group Challenge • Low Ropes • Egg Drop • Archery • Commander <p>Evening Programs</p> <ul style="list-style-type: none"> • Campfire • Night Swimming <p>Last Day Program (Select 1)</p> <ul style="list-style-type: none"> • Koa Challenge • Gold Rush • Capture the Mattress
	

Activity Guide

Alpine Tower: Students will utilize Challenge By Choice and reach new heights while climbing our 50 foot tower.

Archery: Students will learn the basics of Archery safety, techniques, and dynamics.



Botany: Students will learn about native and non native plant species and their relationship within our coastal environment.

Campfire: Students will engage with their favorite camp staff through fun campfire songs and skits.

Capture the Mattress: Students will run around playing a camp-wide game similar to capture the flag, but with a Camp twist!



Commander: Students will run and hide! Students compete in a fierce game to be the first player to tag each check-point and make it back to home base without being seen by the Commander.

Egg Drop: Students will work together to build a contraption that protects their egg from the drop.

Gold Rush: Students will protect their territory and their gold! Students work in teams to accumulate the most gold (and run around a lot!)

Group Challenge: Students will learn the basics of team building through various exercises.

Koa Challenge: Formerly Olympics. In this tribute to Camp Erdman's Summer Camp Battle Challenge, students compete for victory in a handful of classic challenges.

Low Ropes: Students will utilize their communication skills in various high energy team building initiatives.

Malama Aina: Students will learn what it means to be a steward of the environment through fun activities and possible camp clean-ups. This activity is a hybrid of both Marine Biology and Botany.

Marine Biology: Through fun activities, students will learn about underwater and coastal life, with an emphasis on the human impact on this ecosystem.

Mauka Hike: This program takes students on a quick yet moderately challenging hike behind camp.

Minute to Win It: Students compete in various challenges in teams to beat the clock!

Nature Art: Students will create various crafts using natural materials.

Odyssey: 8 Group Challenges on a thrilling two level high ropes course.

Scavenger Hunt: Students race around camp in teams to find clues and complete the hunt.

Swimming: Students get to splash and play in our large swimming pool.



Chaperone Information

Dear Chaperone,

Thank you so much for volunteering your time to be one of our chaperones! Your commitment to YMCA Camp Erdman's Outdoor Education Program will make a positive impact on our campers' experience. Below you will find information regarding your role while at camp.



Cabin Assignments and Activity Groups

Your head teacher will be in charge of creating your school's cabin assignments and activity groups, placing both campers and chaperones in their assigned cabins and groups. Chaperones will be required to sleep in cabins with campers. **Each cabin and activity group must have at least one adult chaperone, but no more than two.** Additionally, use of name tags will help out tremendously, please see example below!

Waianae Elementary School
Jane Doe
Cabin 13-Activity Group A

What to Bring

Below is a list of items we encourage our adult chaperones to bring for their stay at YMCA Camp Erdman.

- Sleeping Bag or Twin Bedding
- Pillow
- T-Shirts and/or Tank Tops
- Shorts
- Bathing Suit
- Toiletries & Towels
- Socks
- Closed Toe Shoes and Slippers
- Reusable Water Bottle
- Backpack



Your Role

You and your headteacher are responsible for providing direct and active supervision for both your cabin and activities group throughout your entire stay at YMCA Camp Erdman. We need at least one adult in each activity and cabin group. Our fantastic Program Instructors will be leading our activities, but we ask that our chaperones facilitate all behavior management. During shower time,

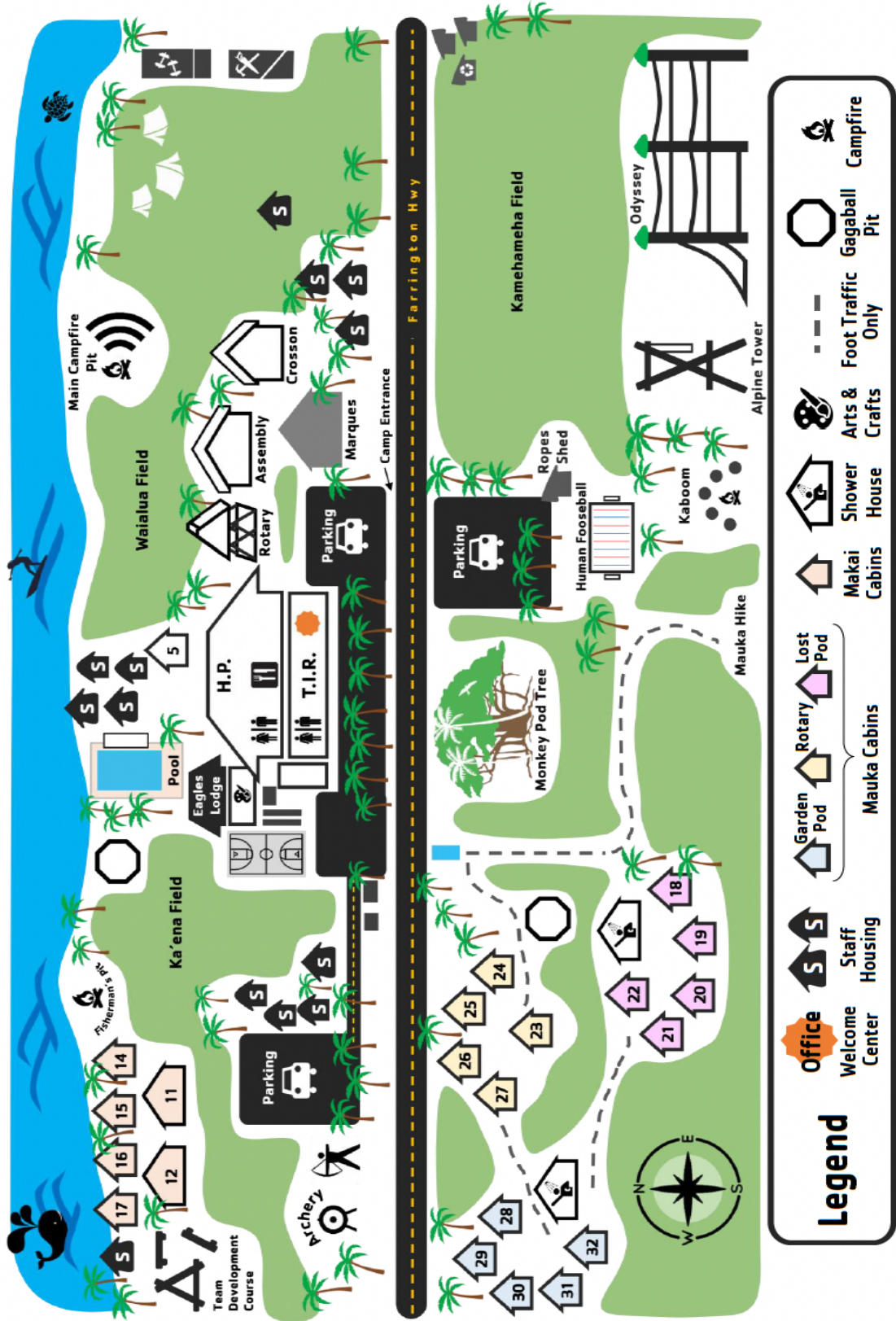


please make your presence known in the bathrooms, but always respect student privacy. Unsupervised shower times can cause problems...please be present to make sure the students are respectful of others and safe. To ensure the safety of our campers AND chaperones, please make sure campers are always properly supervised. Chaperones should NEVER be alone with a camper. Students must always be with an adult and at least one buddy during all activities, meals, free time, etc. **NO CAMPERS SHOULD EVER BE LEFT UNSUPERVISED.**



YMCA CAMP H.R. ERDMAN

69-385 Farrington Hwy, Waialua, HI 96791
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Legend

- Office
- Welcome Center
- Staff Housing
- Garden Pod
- Rotary
- Mauka Cabins
- Lost Pod
- Makai Cabins
- Shower House
- Arts & Crafts
- Arts & Crafts
- Foot Traffic Only
- Gagaball Pit
- Campfire