

AWA Youth Camp Program of Events:

	Friday 27	Saturday 28	Sunday 29	Monday 30
AM	Check in at 9:30 am Determine skill levels and groups	Slalom (all groups)	Leadership on the River Organizing a trip, reading whitewater from shore and the boat; communicating with your group	Skill session*** choose your session from the activities that have *** beside them.
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PM	River Run	Safety and Rescue (all groups)	River Run	River Run
				Debrief and clean-up
Evening	Diner	Diner	Diner	
	Slalom course set up	River run (optional)	Park n Play (optional and location TBD and based on skill level)	

Session descriptions:

River Runs:

1. Difficulty will cater to the level of participant
2. Adults of all levels are welcome and we may offer a separate session if there is interest.
3. Focus will be on play/freestyle and integrating safety, rescue and leadership

Slalom:

1. Learn how to set up a slalom course (simple and effective ways to build your own training course in your backyard!)
2. Learn how to anticipate “future water” or read whitewater
3. Learn how slalom will improve your paddling
4. Learn visualization skills you can use for all aspects of whitewater paddling

Safety and Rescue:

1. Learn how to be safe on and off the river
2. What to bring with you while kayaking
3. How to swim in the river (dependent on temperature)
4. Use of throw bags and safety requirements
5. Communication: verbal and signals
6. Self rescue and assisted rescue
7. Focus on fun by use of games and participant directed scenarios

Leadership:

1. How to organize a river run
2. Scouting techniques and reading whitewater from the boat and the shore
3. Communication skills on the river

AWA Youth Camp Logistics:**Camping:**

We will be based at Cartier Creek Campground on the Coal Camp Road approximately 25 km west of Sundre, Alberta. Camping spots have not been reserved as all camp sites are individual based, however, those who show up Thursday, please feel free to snag a few sites for others!

Amenities:

Sundre is the nearest town and has all amenities such as grocery store and gas stations.

Directions:

The map located at www.mukwah.com/map.html indicates how to get to Coal Camp Road from Sundre.

From the 4-way stop in Sundre, head west on highway 27 for approximately 10 km, turn left on the Coal Camp Road (584 with signs to Mountain Aire Lodge and Ya Ha Tinda Guest Ranch). Drive 22 km along the Coal Camp Road and you will see Cartier Creek Campsite on the left side of the road. Payment is by drop box located in the campground. Campsite has tent pads, some room for RV's, fire pits and outhouses. There is no power onsite.

Coaches:

1. Saskia van Mourik (AWA Technical Director)
2. Mike Holroyd (High Performance Coach, Alberta Slalom Program, WSAA)
3. Sanne van der Ros (Instructor and former Dutch National Slalom and Freestyle Team member (3rd 1997 Freestyle Worlds, Ottawa River, Ontario)

Skill Levels and Groups:

1. Novice and intermediate youth and adults (because they asked if they could be kids and I said yes!) If you are an adult and you have an interest to give paddling a try, let us know during the camp and we'll get you sorted out for a session on the water!
2. The Alberta Whitewater Junior Team for both Slalom and Freestyle will be at the camp. They will be assisting our coaches/instructors as they fulfill the requirements of our pilot "Youth Leadership Diploma" program. They look forward to paddling with all levels and getting you excited to join into AWA programs.

Emergency Contact Information: 911

1. An emergency action plan will be in place for the duration for the camp and give to those driving shuttles/at the campsite.
2. Sundre Hospital 403.638.3832 Located north of the 4-way stop in Sundre (follow signs with an H)
3. Police Services Emergencies: 911 Office / Admin. Tel: (403) 638-3675