



## Trip Policies & Procedures

### Goals

The goal of the Urban Core Climbing Program is to expose kids to the basic skills and life lessons of rock climbing. The programs are holistic and progressively about self confidence, teamwork, and communication, diversity, establishing goals and working towards them. In our unique setting, our students experience more sharply the results of their own actions. They meet challenges, experience difficulties, and exult in success. Empowered by their own personal experience, they come away stronger, better focused, and ready to meet change and challenge in their daily lives. We stress safety awareness, cooperative group dynamics, and promote personal responsibility in a safe experiential learning environment.

### Staff

The Urban Core Climbing staff is supportive and encouraging. We deeply believe in the power of adventure to enrich and guide young lives. It is our task to make that experience happen in constructive and nourishing ways. Our camp staffers are more than just guides -- they are role models. All are mature, outgoing, and committed to the UCC purpose. We build on their rich personal experience with extensive staff training. We strive, by role modeling and direct action, to teach the importance of passion and integrity in our daily lives, hoping that our future leaders will be able to make decisions that come from their hearts as well as their minds. All staff members have First Aid/CPR certification and our senior guide has college degrees in education, and is certified by the AMGA and Wilderness First Responders. The UCC program has an exceptional safety record.

### Challenge By Choice

Challenge by Choice is an important principle of the ExperientialLife/UCC programs. The simple principle is that participants are invited to participate voluntarily in each of the various activities and challenges of The UCC program. A participant may choose to sit out an activity and this right is to be respected by others in the group and instructors. The Challenge by Choice principle is generally explained and understood as part of the Full Value Contract, to help create a group culture which genuinely respects the right of an individual to choose with regard to degree of participation in any activity. Challenge by Choice can be used to help reinforce the message that an individual is to exert and take personal responsibility choosing his/her behaviors and actions. Further, the principle recognizes that individuals potentially stand to learn and grow more by *refusing* to participate on occasions than unthinkingly and/or resentfully always participating.

## Physical safety

### Leave No Trace

Leave No Trace is an national and international program designed to assist outdoor enthusiasts with their decisions about how to reduce their impacts when they hike, camp, picnic, snowshoe, run, bike, hunt, paddle, ride horses, fish, ski or climb. The program strives to educate all those who enjoy the outdoors about the nature of their recreational impacts as well as techniques to prevent and minimize such impacts. Leave No Trace is best understood as an educational and ethical program, not as a set of rules and regulations.

### Climbing

A staff member will always be on the ground managing the climbing site. Participants will follow a strict climbing safety protocol which includes: wearing helmets, boulder pad coverage, spotting safety, back-up belays, safety checks, and commands.

### Swimming

A certified lifeguard will be present during all water related activities. Each participant will be required to take a swim test. Swimmers distance will be based on ability. PFD's are available.

### Inclement weather

The UCC staff is trained in dealing with inclement weather. Climbers will not climb during periods of heavy rain, hail, thunder, lightning or both. In the event of severe weather, sudden or otherwise, all activities will be suspended and participants will seek immediate shelter with a UCC staff member. In the event of tornado watch, warning or hurricane, the trip will be suspended indefinitely.

### Tick protocol

Any tick that is retracted by a UCC staff member will be pressed in scotch tape and labeled. The deceased ticks will be given to the parents at the end of the camping trip.

**Poison Ivy**

Poison ivy is ramped in this region. Participants will be educated and cautioned daily about this plant. Participants should try to avoid it by staying on the marked trails and avoid picking leaves.

**Animals**

There are many animals in this region. The participants will mostly see or hear deer, small field animals, roosters, turkeys, and coyotes. Participants are prohibited from picking up animals, amphibians and reptiles.

- Participants will never be unaccompanied.
- Participants will use the “buddy-system” when using the bathroom in the backcountry.
- Running in the campsite, and horseplay are unacceptable.

**Personal safety****Shoes**

Participants are required to wear closed toe shoes hiking, and at the campsite.

**Camp fire**

Campfire is a tradition of the camp environment and will be an integral part of the cooking process. The campfire is contained in a steel fire ring at each camp sight. The participants will be supervised closely as they prepare camp meals.

**Knives**

Participants are prohibited from bring personal knives to camp. Participants will be supervised closely with knives used for food preparations and cleaning.

**Cleaning**

To avoid illness, and encounters with animals, all participants are expected to assist with meal clean up and washing their dishes nightly.

**Food Storage**

All food for the overnight trip is provided by UCC. Participants are prohibited from bringing personal food or candy. No food is permitted in tents. All food will be stored in locked bins to avoid invasions of animals.

**Showers**

To eliminate possible poison ivy contact and ticks, participants will shower 1x per day. There are designated bathrooms with hot running water for each gender. There can only be one person per shower stall in each bathroom. A block of time will be set aside each day for a 5 minute shower for each participant. A UCC staff member will sit outside of the bathroom and monitor safety for the duration of this time.

**Bathroom use at night**

A camp staff must escort a participant and wait outside of the bathroom after dark.

**Emotional safety****Language**

Participants are expected to treat each other with respect and kindness. Participants will be encouraged to communicate their feelings and needs in a safe and nurturing environment. Belittling, bullying, profanity or blatant disrespect of participants or UCC staff will not be tolerated. Inappropriate conversations will be immediately re-directed.

**Discipline Policy**

The UCC Camp rules and host facility rules are established to safeguard all participants from injury and maintain a safe, experiential and positive environment. If a discipline problem occurs, UCC staff will use a “thinking chair (time-out)” approach for a discretionary amount of time. Positive reinforcements will be used to encourage camper’s positive behavior, safety and respect for the rules. At no time will our staff yell, hit, punish, use sarcasm or belittle any of the children. For the safety and well-being of other participants, children who are unable to behave appropriately after repeated attempts may be removed from camp at the expense of the parents and/or with no refund issued.