

Adventure Club Fall 2022

The 5 sessions of Adventure Club are designed to provide an introductory course in outdoor recreation and outdoor skills with relevance to the age of the participants and recreation available in the local community. The 5 Sessions are Outdoor Skills, Hiking, Caving, Teambuilding and Climb Training, and Outdoor Climbing. Each session includes a small meal or snack and transportation to activities within close proximity to Adventure Serves Camp.

Topics covered include water purification, fire building, packing for a day trip, harmful & helpful flora of Kentucky, walking with multiple points of contact, Leave No Trace Ethics, encouraging others, and climbing outside.

Session 1: Outdoor Skills: September 26, 2022

In this session, leaders teach a small number of age-appropriate skills that can be used in a car camping or backpacking environment. Skills match the age of elementary school children in mental capacity to learn and remember and physical ability to complete safely by themselves or with a specified amount of adult supervision. Examples include Leave No Trace ethics surrounding fire building, using camp stoves to make the sessions snack, learning the pros and cons of different methods of cleaning water.

Time	Activity
2:50	Get Kids at Wilmore Elementary. Free/organized play time.
3:20	Fire Building sub session
4:20	Water Boiling sub session
5:00	Water Purification sub session
5:30	Wrap up

Session 2: Hiking: October 10, 2022

In this session, leaders present a hiking experience and two related talk ups in a controlled wilderness environment (Jessamine Creek Gorge). Hiking is a local outdoor attraction and providing experiences in appropriate locations is good for getting kids out of the house and exercising. Talkups are based around concepts that are immediately applicable in these environments. Gear to take hiking to stay comfortable and safe, as well as how to identify local helpful and harmful flora and fauna.

Time	Activity
2:50	Get Kids at Wilmore Elementary. Free/organized play time.
3:20	Leave for Jessamine Creek Gorge
3:30	Arrive @ Jessamine Creek Gorge, Begin Hiking
4:00	Start Teaching Sessions A=Flora Fauna of KY, B=Packing for the Adventure <ul style="list-style-type: none">• Snack time.
4:15	Start Teaching Sessions B=Flora Fauna of KY, A=Packing for the Adventure <ul style="list-style-type: none">• Snack time.
4:30	Begin hiking back to the Vehicles
5:00	Leave for ASM, Text the on-camp contact person
5:30	Arrival back at camp. Extra time for games and initiatives. Pickup.

Week Off for Fall Break

There is not a session the week of October 3rd, as it coincides with Jessamine County Schools Fall Break. Enjoy!

Session 3: Caving: October 17, 2022

In this session, leaders give an introductory lesson and guided practice in being underground in caves. This is reinforced with a history, geology, and geography demonstration from an expert friend of the ministry John Pop. Kentucky is home to a significant density of caves and teaching/ experiencing caves is a fantastic way to learn about your “extended backyard.” Colloquially known as (Lost Cave),

participants get to experience a small cave, located on private property, minutes away from AdventureServe's Camp.

Time	Activity
2:50	Get Kids at Wilmore Elementary. Participants get ready for the cave, snack time, Free/organized play time.
3:20	Group 1 leaves for the cave. Group 2 lesson with John Pop.
4:20	Group 2 leaves for the cave. Group 1 lesson with John Pop.
5:20	Everyone is back on camp.
	Debrief.
5:30	Pickup.

Session 4: Teambuilding and Climb Prep: October 24, 2022

In this session, leaders will introduce the concepts of climbing in an indoor environment along with putting the participants in scenarios where they will need to work together, encourage one another, and listen to instructions that deal with their physical safety. Low ropes elements lead participants to think creatively about solutions to obstacles encountered. This acts as the precursor to climbing which requires problem solving, encouraging others, and listening/ understanding instructions.

Time	Activity
2:50	Get Kids at Wilmore Elementary. Free/organized play time. Snack time.
3:20	Split participants into 2 groups. Group A Climbs Group B subdivides and does initiatives.
4:20	Participant group switches activities. Group B Climbs Group A subdivides and does initiatives.
5:20	Debrief

5:30	pickup.
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Session 5: Offsite Climb Day: October 29, 2022

In this final session, leaders devote a significant amount of time to climbing in the outdoors. Wilmore’s relative location to the Red River Gorge allows AdventureServe to lead participants in an outdoor climbing experience in what is considered a world class location. Participants will also be given the opportunity to practice skills learned from sessions 1-4 in real world scenarios; examples include walking on inclement terrain, water purification, and learning how and what leaders pack for climbing trips.

Time	Activity
8:30am	Student Drop off.
9:00am	Leave for RRG
11:00am	Lunch @ Copperas Creek Trailhead
11:30am	Climbing
3:30pm	Wrap up.
4:00pm	Dinner at Miguels.
5:00	Leave for ASM from Miguels
6:30pm	Pickup begins at ASM