

# 2019 OLC ADULT DAY CAMP

*The Outdoor Learning Center at Lake Metigoshe State Park is hosting a day camp for those 16 years of age and older that are interested in learning hands-on recreational skills and environmental education.*



## REGISTRATION INFORMATION:

- PARTICIPANTS MUST BE AT LEAST 16 YEARS OLD AT THE TIME OF CAMP
- REGISTER FOR ONE OR BOTH DAYS; 8:30AM-4:00PM DAILY
- REGISTRATION FEES ARE \$40/DAY
- LUNCH IS INCLUDED
- EQUIPMENT IS PROVIDED
- PARTICIPATION IS LIMITED
- **REGISTRATION OPENS JUNE 25; CLOSES JULY 31**

GET THE SUMMER CAMP VIBES WITH US @  
**LAKE METIGOSHE STATE PARK**



## CAMP ACTIVITIES

### THURSDAY, AUGUST 15

- BIRDING BASICS
- DUTCH OVEN COOKING
- NATURALIST JOURNALS
- INTO TO ARCHERY

### FRIDAY, AUGUST 16

- ORIENTEERING/  
GEOCACHING
- SURVIVAL
- SCATS, TRACKS, SKINS &  
SKULLS
- CANOEING BASICS



**TO REGISTER, CONTACT**  
**AMY SCHIMETZ,**  
**OLC COORDINATOR**  
**[ASCHIMETZ@ND.GOV](mailto:ASCHIMETZ@ND.GOV)**  
**701-263-4514**

# CAMP ACTIVITY DESCRIPTIONS

## THURSDAY, AUGUST 15

**INTRO TO BIRDING**-Birding is a lifelong skill that anyone of any age can enjoy! It is a fast-growing hobby that includes over 50 million Americans planning at least one outing every year. Train your eye to see this flitting feathered friend. Come learn the basics of birding and general identification. Some birds may try to trick us with juvenile feathers. We will learn how to properly focus our binoculars, how to use a field guide, and we will listen to common calls of local birds. You may want to download eBird or Merlin Birds ID (both of them by Cornell) from the app store before your visit (not required) if you prefer electronic ID lists. This is an inexpensive hobby that you can enjoy anywhere – even your backyard! Binoculars and checklists included!

**DUTCH OVEN COOKING**-Learn the ins and outs of a Dutch oven in order to make the most of your campfire! We'll talk about how to season a Dutch oven, maintain it, how to regulate heat when cooking and more. We'll also create a tasty lunch to enjoy! Let's take your cooking skills to a new depth!

**NATURALIST JOURNALS**-Let's talk about how we can fully immerse ourselves in nature without destroying the beauty around us. We'll explore famous naturalists and the many styles of nature journaling that are out there. You'll spend time crafting our own beginner journals and learning your own journaling style as you venture into the wilderness.

**INTRO TO ARCHERY**-Whether you are looking to later get into bow hunting or simply shoot a bullseye on a target, you'll need to know the basics! Establish eye dominancy, learn proper shooting technique and how to do simple adjustments to safely start what could potentially be your newest hobby!

## FRIDAY, AUGUST 16

**ORIENTEERING/GEOCACHING**-We'll be practicing basic compass and map reading skills and putting some of our new skills to use. Once comfortable with a compass, we'll move on to how to operate a GPS unit. You'll practice your newfound GPS skills in a high-tech treasure hunt!

**SURVIVAL**-Learn basic survival skills needed to survive in the wilderness. We'll discuss what is and isn't safe to eat, what to pack before you hike, and what your priorities should be in a survival situation. You'll get hands-on experience in building fires, tying knots, and crafting your own paracord bracelet.

**SCATS, TRACKS, SKINS & SKULLS**-We'll be taking a look at the skins and skulls of various local species to discuss which animal they belong to. Learn how the fur's characteristics can tell us about an animal's habitat, camouflage, and even the time of year the animal was harvested. You'll also learn how to tell what an animal eats, if it's a predator or prey, and sometimes the age based on its skull. Speaking of what an animal eats, it starts with an S and ends with a T, it comes out of you, it comes out of me... Learn about scat as well as other signs left behind by animals. We will also take a look at general characteristics of tracks that will help us identify who it may belong to.

**CANOEING BASICS**-The basics will include how to make sure life jackets fit, which paddles to use, how to safely get in/out of a canoe and paddle strokes. Afterwards, we'll get out on the water to enjoy the sights and sounds of School Section Lake, a lake within the Lake Metigoche State Park boundary. There are no motorized boats allowed on School Section, providing the perfect place to enjoy the great outdoors!

# 2019 OLC Day Camp (Ages 16+)

## August 15 and/or 16

### General Information Form

#### Registration/Payment

To register, please sign general information form to indicate that it has been reviewed and agreed upon. Send it in with completed registration form(s). Payment is due with registration; registration fees are \$40/day per participant. Registrations forms will be accepted at the park office (M-F 8a-4p), via [aschimetz@nd.gov](mailto:aschimetz@nd.gov) or postal mail. Those interested in paying via credit card (Visa, Master Card or Discover) can do so via telephone need to send completed forms in prior to calling for payment. Credit card payments can be made by calling 701-263-4651 or 701-263-4514. Telephone registrations will not be accepted; registration forms and payment must be completed for participant to be officially registered.

#### Forms and check payment can be mailed to:

Amy Schimetz, OLC Coordinator  
2 Lake Metigoshe State Park  
Bottineau, ND 58318

**Completed registration forms and payment must be received on or before July 31, 2019.**

#### Arrival

Participants should meet each morning at Lake Metigoshe State Park's main office. As a courtesy to both participants and LMSP staff, please be on time. Should an issue arise, please contact the park at 701-263-4651 to get a message to staff and/or participants.

#### State Park Entrance Fees

All motor vehicles entering any North Dakota State Park are required to subject to entrance fees. Daily entrance fees are \$7/vehicle; an annual permit is available for \$35, is valid through April 30, 2020 and waives entrance fees into all of the North Dakota State Parks.

#### Messages

If you need to get a message to a participant and/or staff during camp, please call the main office for Lake Metigoshe State Park 701-263-4651. A courtesy phone call would be appreciated if, for whatever reason, any registered participants are no longer able to attend camp.

#### What to Bring

To maximize all participants' experience and comfort level, all should bring a backpack with several items to include, but not be limited to, a refillable water bottle, sunscreen, bug spray, hat/ball cap and sunglasses .

#### Snacks/Lunch

Lunch, snacks, drinking water will be provided each day. Please bring refillable water bottle. Anyone with dietary needs and/or allergies should make mention on registration form.

#### Cancellation Policy

Refunds will be not be available. Any participants that are ill or simply do not show will waive registration fees-no exceptions. If, for whatever reason, the OLC Camp is cancelled, full refunds will be available.

#### Weather Policy

Camp will take place rain or shine. Should weather not be ideal for planned outdoor activities, alternative activities will be planned indoors.

#### Where to Stay

Those traveling from out of the area are welcome to make campsite, cabin or yurt reservations at Lake Metigoshe State Park. To check availability or make reservations, please visit [www.parkrec.nd.gov](http://www.parkrec.nd.gov) or call 1-800-807-4723.

Please sign and date indicating you have read and understand the above information pertaining to the 2019 OLC Day Camp. We encourage you to keep a copy for your records.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# 2019 OLC Day Camp—August 15 & 16

(Participants must be at least 16 years old at time of camp)

## Registration (Please one registration per participant)

Participant's Name: \_\_\_\_\_

Is participant at least 16 years of age? YES or NO

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Which day(s) are you registering for? (circle all that apply)

August 15, 2019

August 16, 2019

Please list any allergies and/or medical conditions we need to be aware of:

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Thank you for registering for this unique outdoor opportunity!





Doug Burgum, Governor  
Melissa Baker, Ph.D., Director

1600 East Century Avenue, Suite 3  
Bismarck, ND 58503-0649  
Phone 701-328-5357  
Fax 701-328-5363  
E-mail [parkrec@nd.gov](mailto:parkrec@nd.gov)  
[www.parkrec.nd.gov](http://www.parkrec.nd.gov)

## Lake Metigoshe State Park OLC Youth Summer Camp August 15 and/or 16, 2019

### Acknowledgement and Assumption of Risk:

The undersigned parent and/or legal guardian does hereby acknowledge that he/she is aware of the dangers and the risks to the participant's person and property involved in participating in Lake Metigoshe State Park's OLC Day Camp, which will be held on August 15 and/or 16, 2019.

The undersigned parent and/or legal guardian and participant understand that this activity involves certain risks for physical injury to the participant. We also understand that there are potential risks of which may presently be unknown. Because of the dangers of participating in this activity, the undersigned parent and/or legal guardian and participant recognize the importance and the participant agrees to fully comply with the applicable laws, policies, rules and regulations, and any supervisor's instructions regarding participation in this activity.

The undersigned parent and/or legal guardian and participant understand that the State of North Dakota (State) does not insure participants in the above-described activity, that any coverage would be through personal insurance, and the State has no responsibility or liability for injury resulting from this activity.

The undersigned parent and/or legal guardian acknowledges that the participant voluntarily elects to participate in this activity with knowledge of the danger involved, and hereby agrees to accept and assume any and all risks of property damage, personal injury, or death.

Consent is given for the participant to receive medical treatment, which may be deemed advisable in the event of injury, accident or illness during this activity or event. This release shall be construed broadly to the maximum extent permissible under applicable law.

I, the undersigned parent and/or legal guardian, affirm that I am freely signing this agreement. I have read this form and fully understand that by signing this form I am giving up legal rights and/or remedies which may otherwise be available to myself, the minor participant regarding any losses the participant may sustain as a result of participation in the activity. I agree that if any portion is held invalid, the remainder will continue in full legal force and effect.

### Read Waiver before Signing

Name of Participant: *(Print)*

Signature:

Date:

**To be signed by Parent or Guardian if the participant is under 18 years of**

\_\_\_\_\_  
*Parent/Guardian signature (if needed)*

\_\_\_\_\_  
*Date*

# LAKE METIGOSHE STATE PARK

