

2019 OLC YOUTH DAY CAMP

The Outdoor Learning Center at Lake Metigoshe State Park is hosting a day camp for youth ages 10-12 that will focus on hands-on recreational skills and environmental education.



REGISTRATION INFORMATION:

- PARTICIPANTS MUST BE 10-12 YEARS OLD AT THE TIME OF CAMP
- REGISTER FOR ONE, TWO OR ALL THREE DAYS; 8:30AM-4:00PM DAILY
- REGISTRATION FEES ARE \$40/DAY
- LUNCH, SNACK AND JUICE BOX PROVIDED
- EQUIPMENT IS PROVIDED
- PARTICIPATION IS LIMITED
- **REGISTRATION OPENS JUNE 18; CLOSSES JULY 31**

**GET OUTDOORS THIS SUMMER AND JOIN US @
LAKE METIGOSHE STATE PARK**

CAMP ACTIVITIES

WEDNESDAY, AUGUST 7

- WEATHER
- INTRO TO ARCHERY
- BIRDS OF A FEATHER
- EXPLORE A WETLAND
- **PLAY & SWIM @ BEACH**

THURSDAY, AUGUST 8

- FISH ADAPTATIONS & CRAFT
- SURVIVAL
- REPTILES & AMPHIBIANS
- FISHING
- **PLAY & SWIM @ BEACH**

FRIDAY, AUGUST 9

- ECO GAMES
- INTRO TO CANOEING
- COLORS OF SUMMER
- WATER GAMES
- **PLAY & SWIM @ BEACH**



**TO REGISTER, CONTACT
AMY SCHIMETZ,
OLC COORDINATOR
ASCHIMETZ@ND.GOV
701-263-4514**

CAMP ACTIVITY DESCRIPTIONS

WEDNESDAY, AUG 7

WEATHER-We'll be conducting lots of fun experiments to help us learn all about tornadoes, air pressure, thunderstorms, and more. Our hands-on experiments will include tornado in a bottle, creating thunder in a bag, and rain in a jar!

INTRO TO ARCHERY-Learn the basics of archery in a safe and controlled environment. You will "quiver" with excitement as we go through multiple rounds of shooting. NASP bows and whistle commands will be used so you can carry this skill over into your school.

BIRDS OF A FEATHER-From large to small, all birds have special characteristics that help them survive. Learn about bird characteristics through fun games and challenges. How do you size up to our birds?

EXPLORE A WETLAND-Grab a dip net and put on boots as we explore a wetland and all the wonders it holds! Be prepared to get wet, catch critters, and have fun!

THURSDAY, AUG 8

FISH ADAPTATIONS & CRAFT-How does a fish move in the water? Why is it so slimy? Discover how fish fins help them move in water and can help in telling what family a fish belongs. We will put our fin creativity to use in designing our own fish fins.

SURVIVAL-Learn skills that are essential to surviving and thriving in the wilderness. We'll get hands on with knot tying and fire making!

REPTILES & AMPHIBIANS- We'll be exploring what makes reptiles and amphibians different from each other using sight, hearing, and touch. We'll also have some fun creating the lifecycle of a frog!

FISHING-Although many people today take advantage of technological advances in fishing (such as rods or depth finders), high-tech, expensive equipment is not a requirement. Practice ancient fishing methods with us and make your very own pop can fishing rig. All equipment and bait provided!

FRIDAY, AUG 9

ECO GAMES- Through fun games and enjoying the outdoors, we'll explore the relationships animals have with their environment and how their adaptations help them in multiple ways.

INTRO TO CANOEING-We'll explore 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 Metigoshe State Park boundary. There are no motorized boats allowed on School Section, proving a great place to soak up the sun's rays.

COLORS OF SUMMER-We'll talk about how colors influence nature through camouflage, warning signals, mimicry, and much more. Be prepared to create your own summer colors as we tie dye our own bandanas!

WATER GAMES-Water is such an important part of our lives. Join us as a member of a scientific team to determine if some water samples are safe to drink (don't worry parents/guardians, they are safe!). We will compete in Water Olympics as we explore interesting properties of water. Whaaater we doing today? Having fun with water!

2019 OLC Youth Day Camp (10-12 Years Old) August 7, 8 & 9

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 and payment will be accepted at the park office (M-F 8a-4p), via aschimetz@nd.gov or postal mail. Those interested in paying via credit card (Visa, Master Card or Discover) 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.

Drop-off/Pick-up

Participants should be dropped off each morning at Lake Metigoshe State Park's main office. Each day will end with 30 minutes of supervised free time at the beach, which is where participants need to be picked up. For your child's safety, please provide your name to park staff upon pickup at the beach so we can ensure the correct individual is picking up each participant. As a courtesy to both participants and LMSP staff, please be on time for drop-off and pick-up times. 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.

Safety

All LMSP employees, to include both permanent and seasonal employees, must pass a background check upon acceptance of employment. Participants will be supervised during all activities and breaks. Participants will not be allowed to leave at any time during camp unless prior arrangements have been made with staff.

Messages

If you need to get a message to your child(ren) 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, your child is registered, but no longer able to attend camp.

What to Bring

For participants' safety, 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, sunglasses, extra change of clothes, swimsuit and beach towel.

Snacks/Lunch

Lunch, snacks, juice box and drinking water will be provided each day. Contact aschimetz@nd.gov for any dietary and/or allergy concerns.

Beach Time

Our staff members are not certified lifeguards, but will supervise children at the beach and swimming area. Please indicate on registration form if your child can swim independently so we are aware of all participants' skills. Should you not be comfortable with your child(ren) spending time at the swimming beach in your absence, you may join us at the beach at 3:30pm or simply pick up your child(ren) at 3:15pm. We'll assume all participants will be picked up at the beach unless we are otherwise notified. Should the weather not cooperate for beach time, participants can be picked up in the main office at the scheduled time.

Primary and Secondary Contacts

Primary contacts must be able to pick up participant(s) within 30 minutes should a situation arise (illness, injury or disciplinary issue). Secondary contact person will be contacted should primary contact not be available. It is highly recommended that the secondary contact be within the area as well.

Disciplinary Actions

Park staff reserves the right to remove any participant(s) should disciplinary issues become a problem. In this case, the primary contact for that participant will be called and immediate arrangements will be made for that camper to get picked up. The participant will forfeit the rest of their time at camp; a refund will not be made available.

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 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 or call 1-800-807-4723.

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

Signature: _____ Date: _____

2019 OLC Youth Day Camp—August 7, 8 & 9

(Participants must be 10-12 years old at time of camp)

Registration (Please one registration per participant)

Participant's Name: _____ Age at time of camp: _____

Address: _____ City: _____ State: ____ Zip: _____

Telephone Number: _____

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

Wednesday, August 7

Thursday, August 8

Friday, August 9

Primary Contact/Parent/Guardian Name (must be within 30 min of park during camp):

Home Phone Number: _____ Cell Phone: _____

Email Address (to email updates/announcements): _____

Secondary Contact Name: _____

Home Phone Number: _____ Cell Phone: _____

Name of contact that will be picking up your child(ren) each day (if other than primary contact):

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

Can your child swim independently? (circle one) Yes No

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 701-328-3357
 Fax 701-328-5363
 E-mail parkrec@nd.gov
www.parkrec.nd.gov

Lake Metigoshe State Park
 OLC Youth Summer Camp
 August 7, 8 and/or 9, 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 7, 8 and/or 9, 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: <i>(Print)</i>	Signature:	Date:
<i>To be signed by Parent or Guardian if the participant is under 18 years of</i>		
_____	_____	_____
<i>Parent/Guardian signature (if needed)</i>		<i>Date</i>

.....
Play in our backyard!

LAKE METIGOSHE STATE PARK

