

# 2019 OLC YOUTH DAY CAMP

*The Outdoor Learning Center at Lake Metigoshe State Park along with the North Dakota Game & Fish Department are hosting a day camp for youth ages 12-16 that will focus on hands-on recreational skills.*



## REGISTRATION INFORMATION:

- PARTICIPANTS MUST BE 12-16 YEARS OLD AT THE TIME OF CAMP
- DAY CAMP HELD FROM 8:30AM-4:00PM
- REGISTRATION FEE IS \$40
- LUNCH AND SNACK PROVIDED
- EQUIPMENT IS PROVIDED
- PARTICIPATION IS LIMITED
- REGISTRATION OPENS MAY 15; CLOSSES JUNE 12

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

## CAMP ACTIVITIES

**THURSDAY, JUNE 20**

- INTRO TO ARCHERY
- CANOEING BASICS
- ORIENTEERING/  
GEOCACHING
- BEACH TIME



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

# **CAMP ACTIVITY DESCRIPTIONS**

## **BEGINNING ARCHERY**

**Whether you want to explore archery for the very first time or have minimal experience shooting a bow, the best way to get started is with the fundamentals. Even archers who have been shooting a few years can benefit by going back to the basics. The techniques presented in this class can be used for a lifetime of archery enjoyment or can serve as a solid foundation to build upon with more advanced instruction. All equipment will be provided, but if you have your own bows bring them along as they can be used during the second half of the class where we will shoot 3-D targets in realistic hunting situations.**

## **CANOEING BASICS**

**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 paddle, explore the outdoors and soak up the sun's rays.**

## **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!**

# 2019 OLC Youth Day Camp (12-16 Years Old) June 20, 2019

## 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](mailto: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 June 12, 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, a snack and drinking water will be provided each day. Contact [aschimetz@nd.gov](mailto: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](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 Youth Day Camp. We encourage you to keep a copy for your records.

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

# 2019 OLC Youth Day Camp—June 20

(Participants must be 12-16 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: \_\_\_\_\_

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 701-328-5357  
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 June 20, 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 June 20, 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:
<b>To be signed by Parent or Guardian if the participant is under 18 years of</b>		
_____	_____	_____
<i>Parent/Guardian signature (if needed)</i>		<i>Date</i>

.....  
*Play in our backyard!*



# LAKE METIGOSHE STATE PARK

