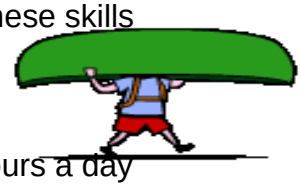
Skills Assessments for Trips

We strive to help girls enjoy coming to camp and participating in our wonderful trips. We want to help her learn new skills and improve the skills she already has. Prior to each trip, each camper will be evaluated to ensure she possesses the skills necessary for this trip. There are certain skills that each member of the tripping group must have before she can safely participate in the trip. We will do everything we can to help each girl gain the skills she needs to be successful. For the safety of each girl and the group as a whole, we reserve the right to move the camper to a different unit if she does not yet have these skills prior to departure. In this event, we will contact the camper's parent/guardian and consult on the best placement for their camper.

Below are the basics skills that each girl will need before leaving on each trip. We would be happy to suggest activities that might help a girl gain some of these skills prior to her arrival at camp.



- **Canoe North Idaho**
  - Endurance. Must be able to paddle up to 10 miles or 6-8 hours a day
  - Canoeing Skills. Must be able to select an appropriate paddle and lifejacket. Know how to properly treat the equipment, including carrying a canoe and how to get in and out of the boat.
  - Paddling. Know how to properly hold the paddle. Knows the proper strokes to move canoe forward, backward and pivot left and right. Can paddle the canoe in a relatively straight line
  - Safety. Is willing to take responsibility for their own safety and safety of others. Is willing to follow safety guidelines. Knows how to signal for help, if needed. Understand the importance of keeping group together.
  - Rescues. Has successfully tipped a canoe (Tippy Challenge) and knows what to do in case of accidental tipping. Knows how to signal for help, if needed.
  - Emotional maturity. Can communicate and work with her paddling partner to successfully maneuver the boat. Is able to function as part of team during work and play. Is able to think of others' comfort and well-being as well as her own. Is able to follow directions of trip leaders.
  - Basic outdoor and tripping skills. Know the basics of fire building, outdoor cooking, dressing for the activities and weather, pitching a tent and the fundamentals of personal hygiene while camping out.
- **Adventurers**
  - Endurance. Must be able to paddle or hike several hours each day with appropriate rest periods.
  - Safety. Is willing to take responsibility for their own safety and safety of others. Is willing to follow safety guidelines. Knows how to signal for help, if needed. Understand the importance of keeping group together.
  - Emotional maturity. Is able to function as part of a team during work and play, including willingness to communicate and solve problems and resolve conflict with help from counselors. Is willing to be patient with self and others. Is able to follow directions of trip leaders.
  - Basic outdoor and tripping skills. Willingness to learn and use basic outdoor skills, including fire building, outdoor cooking, appropriate dress, pitching a tent and fundamentals of personal hygiene while camping out. Campers will learn these skills as part of their tripping experience.