

MERROWVISTA FOUR TRAILS PROGRAM

WELCOME TO FOUR TRAILS!

Your decision to enroll in this program is just the beginning of an exciting and challenging experience. You will find yourself on an adventure that will be both exhilarating and demanding. We share this training information so you can be ready for the challenges ahead.

WHAT CAN YOU EXPECT?

Four Trails programs are designed to offer a progression of experiences which require increasing levels of energy, commitment and effort. The success of the experiences requires *active participation* from each member of the group and demands *initiative* and *responsibility* to achieve desired outcomes. Leaders will teach and guide the process while individuals assume *leadership roles and responsibilities* for each day's tasks.

TRAINING AND TRIP PREPARATION INFORMATION

How do I Prepare for my trips?

At the heart of the AYF philosophy is our motto, "My own self, at my very best, all the time." Your commitment to this ideal as you prepare for your trips is vital for your success.

In the Four Trails program, "best self" begins with **thorough physical preparation for the trip**. Not only is this wise for your personal safety and enjoyment, it is necessary for the safety and enjoyment of the others who will be traveling with you. The training plan on the other side of this sheet will help you get ready.

Start by getting your physical examination for camp. Share any concerns that you may have about your training schedule with your physician.

Then assess your cardiovascular endurance level with the Cardiovascular Endurance Test. Retest yourself each week and record your progress.

INJURY AND STRESS PREVENTION

It is important that campers arrive with a base level of fitness that will allow them to participate in physical activity for up to several hours at a time. They should be participating in physical activity at least three times a week and slowly increase the intensity of that activity as we get closer to camp. Campers should start to stretch to further ensure their flexibility and reduce the risk of injury upon starting training at camp.

Activities that could be undertaken to specifically prepare for include:

- Cycling – on bike (more effective training) or exercise machine/spinning
- Swimming, running, sport play (or any cardio activity)
- Yoga (or any activity that works on flexibility and building core strength)
- Practicing healthy levels of hydration, diet and rest

By reading all of the information contained in this form, we hope to minimize any stress or concern campers may have, as often this is due to the unanswered questions they may have. The physical training will also ensure that the stress related to such an undertaking can be minimized due to confidence in their preparation.

In addition, to be fully prepared means knowing all the relevant information, if you have any further questions, please contact Rachel Maliniak at (603) 539 - 6607

TRAINING PROGRAM

In addition to building your cardiovascular endurance, it is important that you build muscular strength. See the activity lists below to help you choose your specific training activities. Remember: Do not overexert yourself too soon. Be patient and listen to your body's signals in order to prevent injuries.

Cardiovascular Training Options	Muscular Strength Training
Running	Push-ups
Walking	Sit-ups
Biking	Chin-ups
Swimming	Pull-ups
Elliptical	Supervised Weight Training
Rowing	

RECOMMENDED TRAINING: *

<u>Week</u>	<u>Cardiovascular Training</u>	<u>Strength Training</u>
1	3 days, 30 min. workouts	2 days, 15 min. workouts
2	4 days, 30 min. workouts	2 days, 15 min. workouts
3	4 days, 30 min. workouts	3 days, 20 min. workouts
4	4 days, 30 min. workouts	3 days, 30 min. workouts
5	4 days, 40 min. workouts	3 days, 30 min. workouts
6	4 days, 50 min. workouts	3 days, 30 min. workouts
7	4 days, 30 min. workouts	3 days, 45 min. workouts
8	4 days, 60 min. workouts	3 days, 45 min. workouts

* Explorers are encouraged to use this information to prepare a lighter exercise program.

Adventurers should complete the first 5 weeks of the program before arriving at camp.

Voyageur and Odyssey participants should complete the entire 8 week training program.

**These workouts should be specific to the trip activity. For example, Voyageurs should ideally ride a bike for cardiovascular exercise.

REMOVAL FROM TRIPS

It is never easy to reach the decision that a camper should be dismissed, and we know it is a difficult thing for parents to hear. **Behaviors that result in immediate dismissal include but are not limited to - threat to harm self or others, possession or use of drugs or alcohol, or possession of a weapon. If a camper's actions, statements, or attitude continue to negatively impact the community, or if a camper is physically, mentally, socially, or emotionally unprepared for camp activities, they will be dismissed.**

If it is necessary for a camper to be removed from a trip for any reason AYF staff will return camper to Merrowvista or a local airport. Parents/Guardians are responsible for picking up their child as soon as possible. If a camper is injured or becomes ill on trail, staff will contact camp and make arrangements for the camper to be transported to the nearest hospital. A Merrowvista staff person will contact parents/guardians, and share the contact information for the hospital. If a camper is unable to continue on the trip, Merrowvista will arrange transportation back to camp, and parents should pick up their child as soon as possible. Parents are responsible for all medical and associated evacuation costs. Families may be eligible for a prorated tuition medical refund.