



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA BLUE RIDGE ASSEMBLY

Black Mountain, North Carolina

Middle School Field Trip

Sample Program Agenda

Day 1

8:30 am Arrival

9:00 am-12:00pm
Group A Carolina Loop Hike (60)
Group B Archery (30)/ Games & Initiatives (30)
Group C Predator-Prey (30)/ Heritage Craft (30)
Group D Survival in the Woods (15/!5)/ Nature Hike 15/15)

12:30 pm Lunch

1:30 pm-4:30pm
Group B Carolina Loop Hike (60)
Group A Archery (30)/ Games & Initiatives (30)
Group D Predator-Prey (30)/ Heritage Craft (30)
Group C Survival in the Woods (15/!5)/ Nature Hike 15/15)

4:30 pm Settle in to rooms - School Supervised Activities- Basketball, Volleyball, Disc Golf, Cornhole, etc. *Gift Shop open

6:00 pm Dinner

7:00 pm DJ & Dance

Day 2

8:00 am Breakfast

4:30pm
Group C Carolina Loop Hike (60)
Group D Archery (30)/ Games & Initiatives (30)
Group A Predator-Prey (30)/ Heritage Craft (30)
Group B Survival in the Woods (15/!5)/ Nature Hike 15/15)

12:30 pm Lunch

1:30 pm-4:30pm
Group D Carolina Loop Hike (60)
Group C Archery (30)/ Games & Initiatives (30)
Group B Predator-Prey (30)/ Heritage Craft (30)
Group A Survival in the Woods (15/!5)/ Nature Hike 15/15)

5:00 pm Load up & Depart

Program Expectations & What to Expect

Prior to Arrival

Please have groups divided according to this agenda prior to arrival. It will help with transition times to activities and keeping things organized to have the groups arranged prior to the field trip.

Ensure that participants are prepared for all kinds of weather.

On Campus Programs

Piedmont Middle as a whole will have one **Blue Ridge Program Leader** who will meet everyone at your designated meeting location and first scheduled Program activity to welcome and direct participants. Blue Ridge Program Staff will set the tone for the activities and facilitate any/all safety orientation. Blue Ridge Program Staff will manage time, flow to and from each activity, and coordinate any necessary adjustments.

Each chaperone, teacher, or leader will accompany a Blue Ridge Program Staff to their designated activities to help with the following:

- Safety. Help participants follow safety procedures as given by staff.
- Readiness. As participants are gathering for activities, check that they are prepared with personal necessities like inhalers, water bottles, jackets or rain-gear.
- Positive adult interaction for the participants—encourage and praise!
- Order and attention. Assist as you see or as requested by staff. Stay present and engaged, but let participants learn and challenge themselves. Blue Ridge Program Staff are there to facilitate the activities, but you come with more rapport and staff will value any insight/input about the participants to keep activities running smoothly.
 - Example: Standing beside a student can remind them to focus energy back into the group task
 - Example: Encourage participants to think for themselves, problem solve, and collaborate with each other

For Mountain **Stream** Ecology, the participants will explore the stream. Participants will understand human impacts on the environment and freshwater, classify organisms (using dichotomous keys), understand the relationships of creatures (plants/animals), and touch on biodiversity and why it is important in a habitat/stream health.

For **Nature Hike**, the participants will take an easy interactive hike into the woods. Staff will facilitate and discuss relationships of humans and the environment, identify various plants (and potential animals), elaborate on

characteristics and adaptations of creatures, and participate in sensory immersion/reflection in nature.

For **Predator & Prey**, participants will participate in a full body immersive environmental educational experience. Participants will learn about the food web by simulating wildlife found in a typical forest environment.

For **Survival** in the Woods, Blue Ridge Staff will expose participants to basic survival skills to be used in the woods while hiking, camping, or during emergencies.

For **Archery**, participants will learn about the parts of a bow and arrow and practice shooting with basic technique. Archery is a sport in which the participant uses a bow to shoot arrows at a target.

For **Group Games & Initiatives**, participants experience a mix of fun and energizing games and thought-provoking teambuilding activities.

For **Heritage Craft**, participants learn about and create a pre-selected Appalachian craft in our Heritage Arts Studio. Participants will make tangible memories together and have the opportunity to take their art home. All materials and specific organized instruction are provided.

For **Carolina Loop Hike**, participants will embark on an intensive three mile trail to the summit of our mountain that overlooks views of the Swannanoa Valley and the Great Craggies.