



NORTHWEST OUTWARD BOUND SCHOOL



SUMMER ADVENTURE CAMPS

July 17 - August 25
2023



Table of Contents

[Welcome to Northwest Outward Bound School!](#)

[Dear Summer Adventure Camper](#)

[Educational Approach](#)

[Registration Information](#)

[Enrollment Instructions](#)

[Waitlist Information](#)

[Cancellation & Transfer Policy](#)

[Program Description](#)

[Program Overview](#)

[Weeks One & Four: Rock Climbing & Urban Exploration](#)

[Weeks Two & Five: Rock Climbing & ARTventure](#)

[Weeks Three And Six: Rock Climbing & Outdoor Skills](#)

[Daily Schedule](#)

[Program Activities](#)

[Location](#)

[Land Acknowledgement](#)

[Mazamas Mountaineering Center](#)

[Laurelhurst Park](#)

[Drop off & Pick up](#)

[What You'll Need](#)

[You Provide](#)

[Optional Items](#)

[Leave at home](#)

[We Provide](#)

[Tips for Success](#)

[Cell Phones](#)

[Medication](#)

[Motivation](#)

[Behavior Expectations](#)

[2023 COVID-19 Policy & Procedure](#)

Welcome to Northwest Outward Bound School!

Dear Summer Adventure Camper,

We're so excited to have you become a part of the Northwest Outward Bound School community! Our camps and courses are fun, challenging, and created to build your self-confidence and love of the outdoors. No experience is needed—you'll learn climbing and outdoor skills from our amazing Outward Bound Instructors, and soon you'll be climbing to the top of the rock wall.

Most importantly, Outward Bound is about building relationships with your crew and sharing compassion with each other. Everyone is welcome at Outward Bound, and we're glad you'll be part of our crew!

See you soon!

The Northwest Outward Bound School Summer Adventure Camp Team

Rob, Adam, Adelle, Ben, & Chuck



Northwest Outward Bound School Educational Approach

Northwest Outward Bound School encourages campers to reach further than they thought possible — physically and emotionally — to find the untapped strength within themselves.

Our programs foster courage, belonging, reflection, and physical engagement.

Social-emotional development is the foundation of our courses. Northwest Outward Bound School programs develop confidence, compassion, and meaningful connections among campers. Our instructors are skilled in creating opportunities for campers to communicate, connect with each other, and find success through teamwork.

Our values are compassion, integrity, excellence, and inclusion & diversity.

Through every Outward Bound course, campers discover skills that last a lifetime, compassion for themselves and others, and a new understanding of what they can achieve.

Registration Information

Enrollment Instructions

In order to complete your registration, we will need to receive 3 completed forms from you:

- [Registration Form](#)
- [Registration & Enrollment Policy](#)
- [Liability Release](#)

Once our Student Services Team has received all three completed forms, you will receive online payment instructions.

After all forms have been received and you have paid in full, your spot in the program is confirmed.

Waitlist Information

We maintain waitlists for programs that are already full. To be on the waitlist, we must receive your completed enrollment packet. If a spot opens, it will be offered to the individual who returned their completed enrollment paperwork first; not to the individual who enrolled first on the waitlist. This individual will have 24 hours to decide to take the open spot and complete their enrollment paperwork.

Cancellation & Transfer Policy

Should you need to cancel, prorated refunds will be offered based on the date of your request.

We can accommodate transfer requests that are submitted **prior to June 17**. Transfers are subject to availability and must be for programs within the same calendar year. Unfortunately, due to staffing, we cannot accommodate transfer requests that are submitted after June 17, 2023.



For full details about our waitlist, cancellation, and transfer policies, please read the [Registration & Enrollment Policy](#).

If you have questions about the enrollment process or would like to request a cancellation or transfer, please email our [Student Services Team](#).

Program Description

Program Overview

Programming will run on a three week cycle, each week with a different theme. Campers can attend all three weeks of a cycle, or choose one or two that they're most interested in!

Weeks One & Four: Rock Climbing & Urban Exploration

Exploration is a powerful piece of Outward Bound programs, and there are many discoveries that can be made in our own backyards. As we take a closer look and learn about the rich variety of natural and human-made features that often go overlooked in Portland, we'll step outside of our comfort zones and engage in our community, while enjoying every step of the way. Campers will learn rock climbing skills, participate in team challenges, and reflect on what these experiences mean for them, even after camp is through.

Weeks Two & Five: Rock Climbing & ARTventure

Join Outward Bound Instructors as we find natural materials to create and explore how art can be used as a shared experience. Campers will have the opportunity to push themselves, try new things, and learn what it means to be part of a creative community. No artistic experience or skill is required; there will be something new for everyone as we explore ARTventure. Campers will learn rock climbing skills, participate in team challenges, and reflect on what these experiences mean for them, even after camp is through.

Weeks Three And Six: Rock Climbing & Outdoor Skills

Develop outdoor skills to prepare for wherever your adventures take you! Campers will learn wilderness, rock climbing, and leadership skills from experienced Outdoor Bound instructors. Together, we'll discover our unique character strengths and learn to navigate challenges as a team. Campers will gain confidence in new skills and build self-confidence in the process. This camp is perfect for aspiring outdoor leaders and anyone who finds joy in adventure.

Daily Schedule

- 9-9:30 am - Drop off at the Mazamas Mountaineering Center (MMC) & check in with Instructors
- 9:30-10 am - Walk to Laurelhurst Park, circle up, snack
- 10-10:30 am - Group challenge/game
- 10:30-11:15 am - Organized activities/skills workshops
- 11:15-11:45 am - Unstructured time and free exploration, return to MMC
- Noon to 1 pm - Lunch & Unstructured time
- 1-2 pm - Climbing at MMC
- 2-3 pm - Organized activities/Skills workshops
- 3-3:30 pm - Closing circle & pack up
- 3:30-4 pm - Pick up at the MMC

Program Activities

Campers can look forward to engaging in the following activities, regardless of the week that they attend.

- **CLIMBING** - You will learn how to use a climbing harness and helmet, how to belay, how to climb, and how to rappel or lower off a climb. Campers will belay each other while instructors provide supervision. We will teach you everything you need to know - no experience needed!
- **TEAM BUILDING** - Campers will come together as a community as they learn to climb safely and navigate the fun, yet challenging team activities spread throughout camp. Learning compassionate collaboration and how to cultivate their resilience to face new challenges together, campers will have the opportunity to explore new ways to lead and work together.
- **ART PROJECTS** - Campers will participate in a wide variety of art inspired by nature and self-discovery. Through visual, written and performative arts, campers will find new ways to relate to one-another and cultivate a supportive, creative community.

Location

Land Acknowledgement

Our Portland programming takes place on the traditional lands of the Multnomah, Wasco, Cowlitz, Kathlamet, Clackamas, Bands of Chinook, Tualatin, Kalapuya and Molalla along with many other tribes who lived along the Columbia River. Today, Portland has a large urban Native American population, with over 380 federally recognized Tribes represented in the Portland Metro area.

We acknowledge the systemic policies of genocide, relocation and assimilation that have and continue to impact many Indigenous/Native American families. We recognize that we are here because this land was occupied, and its traditional people were displaced by colonists and settlers. As guests on this land, we honor with gratitude both the land itself and the people who have been stewards of the land both past and present.



Mazamas Mountaineering Center

527 SE 43rd Ave
Portland, OR 97215

The Mazamas Mountaineering Center (MMC) is a community hub owned by the Mazamas, a nonprofit mountaineering education organization based in Portland, Oregon. The Northwest Outward Bound School partners with the Mazamas to use their rock-climbing facilities. The Mountaineering Center has several instructional rock climbing walls and a large community space in which we will gather to frame the experience, learn about some of the technical aspects of climbing and get on the walls.

Laurelhurst Park

SE Cesar E Chavez Blvd & Stark St
Portland, OR 97214

The 32 acres of Laurelhurst Park are home to many community resources, including a spring-fed pond, tennis and basketball courts, and many paved trails. The park opened in 1912, and has since been the site of many of Portland's events, including the Rose Festival Queen's Coronation. NWOBS will be using this space for outdoor exploration, games, and art projects.



Drop off & Pick up

Campers will be picked up and dropped off at the **Mazamas Mountaineering Center (MMC)** each day, Monday - Friday.

- Drop off: 9-9:30 am
 - Campers can be dropped off at the main doors of MCC between 9 and 9:30 am each day.
- Pick up: 3:30-4 pm
 - Campers may only be picked up by **authorized adults** with a valid government issued photo ID. You may list up to **four adults** who are authorized to pick your camper up on the Registration Form.

What You'll Need

You Provide

- Comfortable, weather appropriate athletic clothes that can get dirty
- A jacket or sweater (check the weather forecast for rain, we'll be outside!)
- Comfortable, close-toed shoes
- Large lunch and two healthy snacks
- 32 oz water bottle, filled each day
- Sunscreen & lip balm with sunscreen
- Small daypack to carry belongings
- Personal items that you might need during the day (menstrual products, hand sanitizer, etc)
- Any necessary medication in its original container (*see page 8 for more information*)

We Provide

- Climbing Shoes
- Technical Gear
 - Helmets
 - Harnesses
 - Climbing equipment
- Snacks during breaks

Optional Items

- Hat and/or sunglasses
- A book to read during breaks
- Art supplies for unstructured time
- Personal climbing shoes or helmet (for safety reasons we don't allow personal technical equipment like harnesses or hardware)
- Multi-layer face covering/mask

Leave at home

- Candy
- Electronic Devices (handheld games, etc - campers can bring cell phones, but will not be allowed to use them during programming)
- Knives
- Trading cards or collectibles
- Items which have significant monetary or personal value (especially small items are easily misplaced or lost during camps)



Tips for Success

Cell Phones

Campers may bring their phones to programming to communicate with families about pick-up, however, they will not be allowed to have them out during programming. Parents/guardians should reach out to Northwest Outward Bound directly in the case of an emergency. Please reach out to us with any questions or concerns about this policy.

Medication

Any prescribed medication that instructors will need to administer should be reported in registration paperwork. All medication (including over the counter) must be in its original container with instructions attached, and should be handed to Outward Bound staff upon arrival.

Instructors will secure medication during programming and dispense as instructed. Any remaining medication will be returned to the parent/guardian at the conclusion of programming.

Campers may hold their own inhalers. Northwest Outward Bound is not responsible for lost or damaged inhalers in the possession of campers.

Motivation

Due to the nature of the Outward Bound programming, it is important that campers are motivated and prepared to attend. In addition, Outward Bound is an "at will" program. We do not accept campers who are enrolling due to the wishes or coercion of parents/guardians or the judicial system. Some campers may not be ready for the program when they enroll and may be better suited to wait another year. If campers are found to be unwilling or unmotivated to attend during the application and interview process, they will not be approved for the program.

Behavior Expectations

Kurt Hahn, the founder of Outward Bound attributed the success of Outward Bound to the activities, which develop a positive attitude towards challenge and an ethic of service and compassion for others. His objective was to nurture youth with convictions that were rooted in four basic concepts: physical fitness, craftsmanship, self-reliance, and above all, compassion. Our aim is to help build self-esteem and self-confidence, as well as concern and respect for others. With that said, it is important that each campers come with a willingness to open themselves to the journey that Outward Bound begins.

Every instructor relies on the establishment of some basic rules designed to maintain physical and emotional safety. These rules are non-negotiable, reasonable and basic. All programs are a bit different but, at a minimum, we will expect the following:

- Be open to meeting new people.
- Try your hardest and participate to your fullest.
- No exclusive (or sexual) relationships or cliques.
- Make mistakes and learn from them.
- Follow all physical and emotional safety guidelines.
- Derogatory language and harassment of any kind will not be tolerated.
- No drugs, alcohol or tobacco, including e-cigarettes.
- No physical violence.

For further details about our behavioral expectations for campers, please read the [Registration & Enrollment Policy](#).

2023 COVID-19 Policy & Procedure

NWOBS encourages all campers to be up-to-date on all physician suggested vaccinations. NWOBS will be implementing COVID-19 mitigation protocols during programming- please plan on adhering to all NWOBS COVID-19 protocols, regardless of vaccination or COVID-19 recovery status.

The precautions outlined below may be more stringent than current CDC recommendations and requirements in some states. We are adhering to Oregon and Washington state guidelines and as an organization we will err on the side of caution when it comes to the health of our campers and staff.

For questions about our COVID-19 policies, please get in touch with our Student Services Team.

Prior to Program Start

- Campers must notify NWOBS of any underlying health conditions that could put them at increased risk from contracting a communicable disease and check in with their physician about any additional risks.
- A COVID-19 test is required prior to arrival (more details on this will be provided directly to enrolled campers).
- From 48 hours prior to program until program start, campers are to be COVID-19 symptom-free. **If symptoms develop prior to program start, please keep your camper at home and contact us. We will make every effort to reschedule your camper for a different week of programming, or refund your tuition if that is not possible.**

Program Start

- Campers must arrive at the program neither experiencing nor presenting any signs or symptoms of COVID-19.
- Campers will be screened by instructors upon arrival. If any signs or symptoms of illness exist, campers will not be allowed to start the program.

During Programming

- If a camper exhibits COVID-19 symptoms during a program, they will be tested. Upon receiving a negative test, and with the advice of a healthcare professional, the camper may be able to return to the group.
- If a camper tests positive for COVID-19, they will be asked to leave for the remainder of the program.
- If a camper has a probable or confirmed case of COVID-19, Outward Bound will consult the school Safety Director and Medical Advisor to determine whether to have other campers in the same group tested.
- Campers must agree to wear a cloth face cover (such as a mask) when instructed to do so. Masks must cover both the nose and mouth and fasten either at the back of the head or behind the ears. Masks should consist of multiple layers of fabric and should not have a ventilation valve.
- Groups will utilize physical distancing practices when instructed by instructors, both from one another and the public.
- Staff will conduct daily symptom checks.
- Staff will thoroughly teach and supervise camper hygiene practices. If campers are unwilling to use these practices, they will be sent home. These will include but are not limited to:
 - Hand washing routines
 - Respiratory etiquette including stepping away from others and coughing and sneezing into one's crooked arm or shoulder.
 - Not sharing personal items like water bottles, towels or face coverings
 - Hygienic food serving

Our Staff

- All NWOBS employees are required to be fully vaccinated.
- NWOBS field staff will be tested on a weekly basis.
- Staff will regularly check themselves for COVID-19 symptoms. If symptoms are displayed, staff will test for COVID-19 and follow CDC guidance based on their test results.
- Staff who test positive for COVID-19, will follow the CDC Isolation Guidelines.
- Outward Bound Instructors have received enhanced safety and health training related to COVID-19. This includes managing mitigation efforts, symptom monitoring and responding to signs and symptoms of respiratory illness.