



## GREETINGS FROM THE JUPITER OUTDOOR CENTER!

We hope you and your camper(s) is/are just as excited as we are about Camp. We know that this is going to be a fun filled camp, and we look forward to providing an amazing experience for those in attendance. We will be kayaking, stand up paddle-boarding, snorkeling, surfing, and skim boarding throughout all of the amazing waterways we are so lucky to have here in Jupiter. In addition to getting the campers active and into our beautiful natural areas, the JOC camp staff and volunteers will be implementing fun programs and activities blended with curriculum and exercises developed by the American Canoe Association, the leading paddle sports training organization in the country.

### **These programs and activities will cover many areas but will focus on:**

- EQUIPMENT
- SKILLS
- SAFETY
- ENVIRONMENTAL STEWARDSHIP
- FUN

We would like to share with you what we will strive to impart on your budding paddle sport enthusiast. The best way to make the most powerful impact is to review this information with your camper prior to the first day of camp, and then stay involved as they develop further interest and hone their new skills in this exciting sport and culture.

### **Campers will learn...**

- ...the purpose and proper use of paddling and safety equipment. Things like knowing the way to properly choose and use a life jacket, how to size a kayak paddle, name the different parts of a kayak, and how to dress appropriately for paddling in various weather conditions.
- ...skills including how to safely lift, carry, and launch a kayak into the water. Campers will also learn how to properly board and exit a kayak and stand up paddleboard (SUP), maintain stability while paddling, and most importantly will demonstrate how to maneuver a boat and SUP in various directions using appropriate paddle strokes and techniques.
- ...about the potential dangers of paddling and how to avoid them. This will include learning about what to do when a kayak capsizes, and how to prevent cold water shock, hypothermia, and hyperthermia. We will also discuss sun exposure and be sure to stress the importance of applying and re-applying sunscreen as well as staying properly hydrated.
- ...proper paddling etiquette, basic navigation rules, and how to behave responsibly when engaged in paddling.

- ...proper trip preparation. Planning a trip properly can help avoid a lot of risks and potential emergencies, so campers will learn about how to decide where and when it is safe to paddle, how weather, tides, and other hazards can affect a paddler and the best route to take.
- ...how to implement the “Leave No Trace” philosophy while exploring the outdoors, and how being responsible stewards of our natural resources will allow those resources to remain unaltered to be appreciated for generations to come. This means we will leave everything as we found it, and not remove items from their natural surroundings.

## **What to wear and bring with you to camp:**

### **Campers Should Bring:**

- Packed lunch in a soft-sided cooler
- Sunglasses w/retainer strap
- Brimmed Hat
- Longsleeve Rashgaurd or Longsleeve Shirt
- Bathing Suit/Board Shorts
- Shoes that can get wet (Water shoes, or Sandals with Backs such as Tevas are perfect)
- Refillable Water Bottle / Sports Bottle
- Sunscreen (We recommend campers re-apply throughout the day)
- Towel
- Dry Change of Clothes
- \*Mask and Snorkel\*

### **Campers May Also Bring: (Optional)**

- Paddling Gloves
- Waterproof Camera
- Dive Flippers/Fins
- Fishing Pole
- Any personal paddling equipment they wish, but do so at their own risk and are responsible for those items. The JOC is not responsible for the loss of any personal property.

### **Campers Should NOT Bring:**

- Cell Phones
- Mp3 Players
- Other items or electronics that may be distracting or can be damaged if they submerge in water.

### **In Addition Campers Should Never:**

- Possess, be under the influence of, or discuss, (non-prescribed)drugs and alcohol
- Bring any animals/pets to camp, or take found animals home.
- Possess or discuss weapons of any kind.