



Outdoor Adventure Program

Cheyenne Community Recreation & Events
Recreation Division

PROGRAM OVERVIEW & COST

The City of Cheyenne Recreation Division is excited to announce the 11th year of the Outdoor Adventure Program! This program includes weekly adventure activities for the youth of Cheyenne spanning from June to August.

This program is for those seeking to get outside and explore as each week will have different outdoor adventure opportunities! Our staff will safely show the ins and outs of all that Wyoming has to offer as they lead trips to a variety of beautiful destinations, including Medicine Bow Peak, Curt Gowdy, and others. Along the way, the program will provide participants with the tools necessary to enjoy activities safely and ethically as we teach recreational and survival skills along with environmental sustainability.

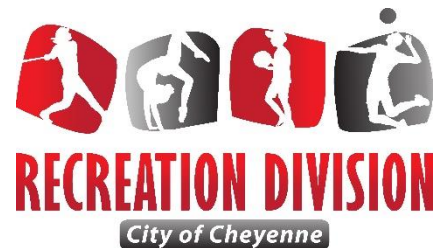
The Outdoor Adventure Program (OAP) is designed to be a cost-effective way to get the youth to enjoy nature's adventure. It is our belief that we live in one of the most amazing areas in the country. It is our mission to get individuals outside where they can experience all there is to offer in our local range and gain an appreciation for the outdoor lifestyle. Through it all, we hope to give the people of Cheyenne the opportunity for good, clean adventure and fun!

For additional information, please call the Recreation Division at (307) 286-2648.

PLEASE NOTE:

You can choose to adventure on either Thursday or Friday of each week, depending on what fits your schedule best.

Spots are limited, so sign up early! Registration deadlines for each event are the Tuesday prior to the event. Be aware that because of weather and other unforeseen circumstances, some events may be altered, or in rare cases, canceled.



REQUIRED MATERIALS

- Appropriate clothing for each activity – This will include warm clothes in case of unexpected weather changes. Remember, layering is key, bring multiple lightweight layers to fit any situation. Hiking shoes (ones that can and will get dirty!)
- Rain Gear – Afternoon rainstorms are extremely likely in the mountains.
- Water bottle(s) – These need to be durable and leakproof (we recommend 32 oz.). This is very important!
- Most of these activities will be full-day excursions, so bring a sack lunch and plenty of high-energy snacks (nothing that requires a microwave). Good examples are fruit, granola, jerky, and peanut butter & jelly sandwich.
- Any medication the participant is currently taking, with dosage instructions, to be held by the program leaders, not the youth, (i.e., inhalers, allergy meds, EpiPen, etc.).
- Our number one goal is SAFETY. The listening skills of the participants and the mature ability to follow directions of the OAP leaders are essential. Please read the Code of Conduct, and ensure participants meet the program's expectations.
- A good breakfast! – This is very important. We start off very active and your children need fuel in the tank! Lunch will not be provided!
- Bring a backpack to hold all your personal items during the trip. The City of Cheyenne is not responsible for any lost or stolen items. Keep valuables at home.
- The program will always begin and end at the Youth Activity and Community Center, 1317 Parsley Blvd., Cheyenne, WY 82007.
- Parents are responsible for picking up the child either before or after we reach our destination if the participant gets sick or doesn't want to participate. No special arrangements will be made.

PROGRAM FAQs

Where and when do we meet in the morning?

Participants will meet at 7:45 a.m. and leave at 8 a.m. sharp. Youth Activity & Community Center (YACC) will be the starting place for every activity: 1317 Parsley Boulevard – It is a large building located in David R. Romero Park.

What ages is this program designed for?

Due to the activity levels and types of events, the Youth Outdoor Adventure Program is reserved for ages 8-15 years old.

How will a participant get to and from the various destinations?

The Outdoor Adventure Program will provide all transportation to each week's destination. Just show up at the YACC and we will take it from there.

When do we pick our participant up from Youth Activity & Community Center?

Due to the nature of our program, it is nearly impossible to predict when we are going to be done with an activity. As a general rule, be prepared to pick your participant up anywhere from 3 p.m. - 5 p.m. If there is inclement weather, this may be much earlier. We will have participants call their rides when we are heading back to the YACC.

How many leaders will be present at any given activity?

Every activity will have at least two leaders present, with additional leaders and volunteers added when deemed appropriate by the Outdoor Adventure Program staff. No more than 12 participants allowed each day. Ratio: 1:6.

What if a participant is injured during an activity?

The Outdoor Adventure Program staff is trained in First Aid, CPR & other lifesaving skills. If an injury occurs, proper response(s) will be executed, and guardian(s) will be notified.

I signed up for a program but may have to miss the activity. Will I get a refund for that activity?

Sadly, due to initial program costs, no. If you are going to miss the activity, please contact us asap so we aren't waiting for you to show. Additionally, monies are non-transferable.

Will food be provided?

We will have extra water for emergency situations, but generally be prepared to provide your own breakfast, lunch, snacks, and water.

YOUTH OUTDOOR ADVENTURE ACTIVITIES

Activity 1: Tundra Trek

Fresh mountain air! We spend the day exploring mountains and playing in summer snowfields while taking in the beautiful sights of Medicine Bow National Forest. Participants will learn how to safely explore above and below timberline as they trek in one of Wyoming's highest points. (Ages 10-15 only)

Location: Medicine Bow National Forest

___Activity #268041.01 : Thursday, June 15,
8am - 5pm

___Activity #268041.02 : Friday, June 16,
8am - 5pm

Fee: \$55

Activity 2: Arboretum & Botanic Gardens

Explore the Cheyenne Arboretum and Botanic Gardens! Learn about the native plant life and vegetation of Wyoming and surrounding areas. Participants will enjoy a variety of outdoor activities and games. **Half-Day.**

Location: Arboretum & Botanic Gardens

___Activity #268041.03 : Thursday, June 29,
8am - 1pm

Fee: \$30

Sponsored by the Urban Forestry and Botanic Gardens

Activity 3: Archery

Cheyenne Field Archers (CFA) will provide instruction for first-time and experienced archers. These professionals will cover safety, technique, and overall skill. Equipment will be provided. Participants will be able to fling arrows to their heart's content! **Half-Day.**

Location: Cheyenne Field Archers Arena

___Activity #268041.04 : Thursday, July 6,
8am - 12pm

___Activity #268041.05 : Friday, July 7,
8am - 12pm

Fee: \$30

Sponsored by Cheyenne Field Archers

Activity 4: Glendo State Park

One of Wyoming's finest, Glendo State Park. Participants will have fun in the sun while enjoying all that this state park has to offer. This includes the Glendo Reservoir and its state-of-the-art archery range. Make sure to bring a swimsuit and sunscreen!

Location: Glendo State Park

___Activity #268041.06 : Thursday, July 13,
8am - 5pm

___Activity #268041.07 : Friday, July 14,
8am - 5pm

Fee: \$55

Activity 5: Hike & Swim

This scenic hike will take us through some great trails, as part of the Curt Gowdy State Park Trail System. Stone Temple, Pinball, and Crow Creek are only some of the trails we'll travel on our way to the "Hidden Falls". Bring an appropriate swimsuit, a towel, and extra pair of clothes along for our final destination.

Location: Curt Gowdy State Park

___Activity #268041.08 : Thursday, July 20,
8am - 5pm

___Activity #268041.09 : Friday, July 21,
8am - 5pm

Fee: \$55

Activity 6: Kayaking

Participants will explore the beautiful inlets and granite springs of Granite Reservoir and sharpen their kayaking skills as we play a game of Kayak-Keep-Away.

Location: Curt Gowdy State Park

___Activity #268041.10 : Thursday, August 3,
8am - 5pm

___Activity #268041.11 : Friday, August 4,
8am - 5pm

Fee: \$55

Activity 7: Stand-Up Paddleboarding

Stand-up paddleboarding offers a fun way to play on the water, with the added benefit of a great workout. It gives you a unique vantage point of viewing what's down under the water and out on the horizon. Must have swimming skills, and comfort in the water. Participants are required to wear life jackets.

Location: Curt Gowdy State Park

___Activity #268041.12 : Thursday, August 10 8am
- 5pm

___Activity #268041.13 : Friday, August 11, 8am -
5pm

Fee: \$55

Register at the Kiwanis Community House (4603 Lions Park Drive) or online at www.CheyenneRec.org.

OAP - PARTICIPANT INFO FORM

Name of Participant: _____

Age of Participant: _____ Gender: _____

Does the participant have a cell phone we may call? If so, please list: _____

Name of Parent(s)/Guardian(s): _____

Parent/Guardian Email(s): _____

Parent/Guardian Phone(s): _____

Mailing Address: _____

Please explain any medical concerns this participant has:

Please explain any physical, emotional, or behavioral characteristics of the participant that the Outdoor Adventure Program staff need to be aware of:

Who should we call first for general program information and/or in case of emergency?

Contact #1: _____

Name: _____ Relationship: _____

Best Contact Phone Number: _____

Who will be picking up and dropping off the participant (if different than #1)

Contact #1: _____

Name: _____ Relationship: _____

Best Contact Phone Number: _____

WAIVER, RELEASE, ASSUMPTION OF RISK, AND HOLD HARMLESS AGREEMENT

In consideration of my participation in the program, I agree that there are inherent risks of serious injury, including permanent paralysis or even death, and I fully understand and assume all associated risks. I, hereby, waive, release, and discharge for myself, my family members, heirs, administrators, personal representatives, successors, and assigns, any rights, and claims which I have, or which may accrue against the City of Cheyenne, its officers, employees, and volunteers for any and all damages which may be sustained by myself directly or indirectly as a result of my participation.

This waiver and release apply to any negligent or willful actions or the failure to act on the part of the City of Cheyenne, its officers, employees, and volunteers. I understand that I am relinquishing legal rights.

Further, I agree to defend, indemnify, and hold harmless, including paying attorney’s fees, costs, and expenses, the City of Cheyenne from any and all liabilities, which may result from my participation in the program, and I agree not to initiate any legal proceeding against the City of Cheyenne, its officers, employees, and volunteers.

In registering for this activity, I and/or the participant do grant permission for pictures to be used in publicity or brochures related to the Cheyenne Community Recreation and Events.

Further, I certify that I am eighteen (18) years of age or older. I certify that I have read and understand this document and sign it knowingly, willingly, and voluntarily.

Participant Printed Name

Parent/Guardian Printed Name

Date

Parent/Guardian Signature

Witness Signature

OAP - CODE OF CONDUCT

To ensure that the Outdoor Adventure Program is a positive and enjoyable experience for all participants, it is necessary to establish and enforce standards of behavior. The following are conduct measures that must be adhered to during all activities; failure to do so may result in removal from the day's activity and/or Program:

- I will be courteous and respectful towards others, including staff members, volunteers, other participants, and the environment.
- I will follow the guidance and instruction of the Outdoor Adventure Program staff and volunteers.
- I will conduct myself in an appropriate manner at all times.
- I will not demonstrate any inappropriate personal display of affection.
- I will not punch, kick, hit, or engage in any form of physical violence.
- I will not engage in any form of bullying.
- I will not speak any vulgar or abusive language. This includes cursing, degrading or hateful speech, and racial slurs.
- I will not use my cell phone (or any other technology) in an improper manner. (Use of cell phones will not be tolerated during activities)

Signing below signifies that the participant understands and will adhere to the Code of Conduct. The staff will document all violations and notify the parent(s) if a participant does not adhere to any of the standards.

Participant Signature

Date

Parent or Guardian Signature

Date

