

Families Outdoors

AMC mission is to foster the protection, enjoyment, and understanding of the outdoors.

Basic goals of any outing:



Safety of all

Respect

Openness and Acceptance

Lifelong Engagement

Committed and Prepared Leadership

Intrinsic Worth and Respect for Outdoors

Fun

Planning for Safety

- Build in flexibility
- Distance/goals
- Time of day
 - sundown
- Turn around time
- Possible hazards
- Plan snack breaks



Planning for Fun

- Being outdoors is enough
- Make it about the journey
- Have a few games to play on the trail
- Be willing to shift goals to accommodate all
- Establish start and stop times and stick to it
- Set expectations
- Keep it local – explore usual places close to home

- Plan snack breaks

Logistics and pre planning

Communicate Requirements ie food, clothes, water, bug spray

Describe accurately – look and listen hike or bagging peak, describe uneven terrain, the need sturdy shoes (clearly state no flip flops or croqs if the terrain is uneven).

Scan or screen for any limitations that might change plans

Group Trip Talk

Restrooms, water, shoes, layers

We are a group. Everyone comes back at the same time

Stay on the trail

Stop at trail crossings

Pay attention to signs/trail

What do you do if you get lost

Turn around time

Leave No Trace

Ticks/Poison Ivy/sunburn

Share your excitement! Possible things to look for on the trail. Milestones.

Common Questions

Youth protections

Waivers

Photo releases

First Aid situations and group dynamics

Presenters

Nancy Ritger nritger@outdoors.org

Meighan Matthews mmatthews@outdoors.org

Scenarios:

Older kids running ahead

Child refuses to continue

One kid is left out of social dynamic

Child gets hurt

Parent freaks out because of ticks

One family arrives unprepared for the day

Child banging sticks on trees or destroying leaves/lichen/mushrooms

Parent accompanies child but checks out

Black bear and cub scramble up tree right in front of the group