

COME LEARN OUTSIDE



YMCA Camp H.R. Erdman



Outdoor Education Program Teacher Planning Guide

TABLE OF CONTENTS

The Checklist.....	3
Program Overview.....	5
Our Staff.....	5
Health Care.....	6
Facilities & Food.....	6
Experience Information.....	7
Group Sizing & Cabin Numbers.....	10
Activity Explanations.....	10
Missions & Curriculum Connections.....	13
Chaperone Information.....	13

From The Camp Director...

Aloha and thank you for considering YMCA Camp Erdman. We are blessed to live in Ka'ena Point State Park and it is our pleasure to welcome you as part of our 'Ohana. Our team at YMCA Camp Erdman is stoked that you and your students will be joining us for a safe and fun outdoor education experience on the beautiful North Shore!

At Camp Erdman, we are committed to creating a progressive cycle of service to impact every youth on O'ahu, connecting participants to 'Ike Hawai'i and embracing Aloha 'Āina through innovative and educational programs. Our outdoor education program reflects this mission in both our daily practices and our scheduled activities.

This Teacher Planning Guide contains everything you need to know and everything to plan for in preparing for your time out here. As always, though, please don't hesitate to reach out with any questions regarding your trip.

CONTACT US

WELCOME CENTER

Open Daily from 8:30 am - 4:30 pm

(808) 637-4615

CampErdman@ymcahonolulu.org

Andrew "Mish" Hood

Executive Director

Mhood@ymcahonolulu.org

Jenn Holmberg

Office Manager

Jholmberg@ymcahonolulu.org

(808) 687-6229

Marykate Reick

Outdoor Education Program Director

mreick@ymcahonolulu.org

(808) 687-6233



THE CHECKLIST

Thank you for choosing to organize your school's next adventure at Camp Erdman! We look forward to working with you to make this an enriching outdoor experience for both you and your students.

As head teacher, there is a lot to remember and plan for before the fun-filled trip, but we're here to help you along the way! Below is a checklist we suggest utilizing to ensure you've covered all the bases before arrival.

Within 30 days of reserving trip

All items are required to secure your booking. Please submit these documents together.

1. Signed Short Term Agreement/Confirmation
2. Deposit Payment OR Purchase Order (for DOE's Schools)
3. Signed User Agreement - User Agreement
4. Recruit qualified chaperones. There must be at least one adult per activity group and cabin. Cabin delegation will be made so that 2 chaperones can be in each cabin.
5. Reserve Buses
6. Set a due date for student permission slips and payment collections

60 days before arrival

1. Submit COI (Certificate of Insurance) or SOSI and any Allergies or Dietary Restrictions for your group using THIS FORM
2. Start to think of or prepare a plan or activities for school facilitated time (ex. Showers, rec time, journal time, talent show, etc...).
3. Have a teacher orientation with all the teachers who will be attending. Be sure those who are not on the planning team are informed, especially if they will be running events.

One month before coming to camp

1. Full Payment or communication of full payment schedule.
2. Finalize the activity schedule with the Director and give an as accurate as possible number of students attending.
3. Organize students and chaperones into activity groups and cabins based on the graphs later in this packet.
4. Arrange for Emergency transportation. Your school will be responsible for providing emergency transportation if necessary.
5. Designate who will be your CPR/First Aid personnel while at Camp.
6. Assemble First-Aid kits for your teachers/chaperones while at Camp (we have extra first aid supplies available as well).
7. Collect Permission Forms or ensure they are submitted online from students.
8. Review with students the Packing List. Remind them to label their belongings.
9. Make Name Tags for every student, chaperone, and teacher. Camp will provide lanyards for teachers and chaperones if you do not have them already.
10. Ensure that all camp forms are completed.

Have with you before leaving School *due upon arrival*

1. General Waivers for each participant (students, adults, staff, chaperone, etc.).
2. Group Roster and Cabin Assignments for emergency purposes. Please bring an extra copy to give to Camp staff. (please note any students who may require any additional support or attention from our staff and which group they are in).
3. Collect Medicine.
4. Make sure each student has a sack lunch packed with them.
5. Make copies of schedules for all adults.
6. Get ready to have SO MUCH FUN!! :)

Submit all completed documents to us by any of the methods below

FORM – THIS FORM

EMAIL – camperdman@ymcahonolulu.org

and cc mreick@ymcahonolulu.org

MAIL – YMCA CAMP ERDMAN

69-385 Farrington Hwy

Waialua HI 96791

QUESTIONS?

If you are unable to meet the deadlines or have any document, program, or scheduling questions, please feel free to contact the Camp Director or our Office Staff! Contact Info [HERE](#).

OUTDOOR EDUCATION PROGRAM OVERVIEW

The YMCA of Honolulu is one of the largest non-profit organizations in the state. Our organization was founded in 1869 and incorporated under the laws of the Kingdom of Hawaii in 1882. Every year, we serve more than 100,000 individuals in a variety of programs. Our branch, YMCA Camp H.R. Erdman, is located within Ka'ena Point State Park, nestled between the Waianae mountains and the blue waters of Mokolē'ia. Our rural, and in many ways rustic, campground makes Camp Erdman the perfect outdoor classroom for keiki.

Every year, thousands of keiki of all ages get to experience Camp Erdman's Outdoor Education Program. Current research indicates direct correlations between the level of natural world engagement and the increase in a child's ability to learn and improve their health and social behavior. Meaningful outdoor experiences are powerful tools for lifelong impact and learning. Between exploring our live animal museum during Marine Biology and experiencing the thrill of our Ropes course, our unique program allows all keiki to have a true hands-on learning experience. It's our kuleana to provide a safe, nurturing, and inclusive environment to youth of all ages, backgrounds, and walks of life. Here at Camp Erdman we want keiki to dare to learn new things and empower them to learn.

Our Outdoor Education Program is designed to keep your students active by keeping both body and mind in motion. We focus on being outdoors and immersed in the natural world! Our activities are geared towards the concept of laulima rather than solitary pursuits. In all of our programs, we promote the YMCA's core values of caring, honesty, respect, and responsibility. Our fully trained professional Camp Erdman staff demonstrates the values of these character traits and strives to recognize keiki engaged in behaviors that promote said core values.

OUR STAFF

Our Outdoor Education Program is supervised by our full-time Senior Program Director. Keiki work directly with our Program Instructors, who are young adults with extensive experience in education or recreation and a strong desire to work with children. Before employment, all Program Instructors must pass a national criminal background check and character reference check. Program Instructors undergo one to two weeks of training that focuses on Hawaiian history, culture, and programming.

HEALTH CARE

All YMCA Camp Erdman staff are trained in Basic First Aid and Basic Life Support. However, school staff members and chaperones are primarily responsible for providing healthcare to students including first aid and dispensing medication. Each school must bring a designated and certified CPR/First Aid personnel while at Camp.

FACILITIES & FOOD

Cabins: We have 15 bunk-style cabins available for our Outdoor Education Program. All cabins have 16 beds, electricity, and either one full bathroom and access to a centrally located shower house or two full bathrooms. See Cabin layouts on [page 16](#)

Camper Meeting Spaces: We have both indoor and outdoor meeting spaces available for all schools. These meeting spaces are where students will gather throughout the day and between their various activities.

Teacher Lounge: We have teacher lounges available for all schools. These potentially private, but sometimes shared, areas have A/C, a refrigerator, and storage space. Teachers and chaperones often store snacks or other food in this area.

Food: Meals are served buffet style in our dining facility. All meals Camp Erdman serves meet or exceed USDA nutrition standards with lots of healthy options to choose from. Vegetarian, Vegan, Lactose-Intolerant, and gluten-free options are available upon request. Just as a friendly reminder, Camp Erdman is a nut-free facility. Please inform us of any dietary restrictions your group may have at least 60 days to prior arrival. We ask that food is not brought inside of your cabins, as it can attract animals and insects. Schools are more than welcome to bring nut-free snacks for their students and store them in their designated lounges.



OUTDOOR EDUCATION EXPERIENCE INFORMATION

“Three Day/Two Night Experience”

Our bread and butter, this is our most impactful and chosen trip. This program will give students the full overnight YMCA Camp Erdman experience. It includes a 1.5-hour Student Orientation, 6 Meals, 2 Evening Programs, 6 Daytime Activities, our Ropes course, 1 All Camp Activity, and 1 Last Day Program. The purpose of this program is to provide our campers with the opportunity to experience nature through a variety of hands-on activities. We want campers to leave Camp Erdman with a new appreciation for Hawaii's beautiful surroundings and an increased awareness of how to protect our environment. Most importantly, our program promotes a sense of *laulima* and cooperation among the students through safe, fun, educational, and challenging activities. These activities will help them build self-confidence and they'll leave Camp Erdman with a multitude of new experiences and skills that can be applied in their everyday lives.

“Two Day/One Night Experience”

The purpose of this program is to give students a taste of the Camp Erdman overnight experience. This trip option includes a 1.5 hour Student Orientation, 3 Meals, 1 Evening Program, and 4 Daytime Activities. Activities and dates may be limited depending on the size of your group. Daytime activities are: Marine Biology, Ecology, Ropes, and a choice last program.

“One Day Experience”

The purpose of this program is to give students a taste of the Camp Erdman experience. This trip option includes a brief Student Orientation and 3 Daytime Activities. Activities and dates may be limited depending on the size of your group. Daytime activities are: Marine Biology, Ecology, and a choice of a third program.

Breakdown of the Schedule

A full example schedule is below. You will be assigned your groups at the time of booking. Based on the schedule below, a two-day trip would follow the schedule from Day 1, “Arrival and Orientation” through Day 2 at 11:30 am, but can be any days of the week that work for you.

A one-day schedule would be slightly different, as it would be from arrival to 4:00, with orientation and one activity in the morning and two activities after lunch.

Day 1 (Monday/Wednesday):

9:30 Arrival and Orientation!

Lead Teacher check-in at the front office with waivers and any remaining paperwork.

11:00 Meet to eat sack lunches (SCHOOL/HOME PROVIDED)

12:00 Move into cabins

1:20 Meet in Meeting Place (to be assigned)

AFTERNOON ACTIVITIES

Times	Honu	He'e	Moli	'lo	Nai'a	Manō	Nēnē	Sila	Pueo	Koholā
1:30-2:40	Alpine Tower AND/OR Giant Swing		Marine Biology	Team Building	Hike	Choice	Ecology	Marine Biology	Choice	Team Building
2:50-4:00			Alpine Tower AND/OR Giant Swing		Team Building	Hike	Choice	Ecology	Marine Biology	Choice
4:10-5:20	Ecology	Choice			Marine Biology	Team Building	Hike	Choice	Ecology	Marine Biology
5:30	Dinner									

5:30 Dinner

6:30 Evening Program - Minute to Win It, Scavenger Hunt, Night Swim (6th grade and up), Night Odyssey (11th Grade and up), Campfire

8:00 School facilitated free time

10:00 Quiet Time

Day 2 (Tuesday/Thursday):

8:00 Breakfast

8:55 Meet in Meeting Place (to be assigned)

MORNING ACTIVITIES

Times	Honu	He'e	Moli	'lo	Nai'a	Manō	Nēnē	Sila	Pueo	Koholā
9:00-10:10	Choice	Ecology	Choice	Marine Biology	Alpine Tower AND/OR Giant Swing		Team Building	Hike	Choice	Ecology
10:20-11:30	Hike	Choice	Ecology	Choice			Marine Biology	Team Building	Hike	Choice
11:40-12:30	Teacher Break (camp staff to take kids, break for teachers and chaperones)									

12:30 Lunch

1:25 Meet in Meeting Place (to be assigned)

AFTERNOON ACTIVITIES

Times	Honu	He'e	Moli	'lo	Nai'a	Manō	Nēnē	Sila	Pueo	Koholā
1:30-2:40	Team Building	Hike	Choice	Ecology	Choice	Marine Biology	Alpine Tower AND/OR Giant Swing		Team Building	Hike
2:50-4:00	Marine Biology	Team Building	Hike	Choice	Ecology	Choice			Alpine Tower AND/OR Giant Swing	
4:10-5:20	Choice	Marine Biology	Team Building	Hike	Choice	Ecology				
5:30	Dinner									

5:30 Dinner

6:30 Evening Program - Minute to Win It, Scavenger Hunt, Night Swim (6th grade and up), Night Odyssey (11th Grade and up), Campfire

8:00 School facilitated free time

10:00 Quiet Time

Day 3 (Wednesday/Friday):

8:00 Breakfast

8:45 Meet in Meeting Place (to be assigned)

MORNING ACTIVITIES

Times	Honu	He'e	Moli	'lo	Nai'a	Manō	Nēnē	Sila	Pueo	Koholā
9:00-10:30*	Last Day Program - KOA Challenge									

10:45* Sack Lunch (CAMP PROVIDED)

11:45* Departure

*times can adjusted to meet bus or school needs

CHOICE Programs (please choose 2)

Picking your "choice" programs: the choice blocks will be filled in by the activity of your choosing!

ARCHERY
YOUTH MENTAL HEALTH
SWIMMING

WILDERNESS SURVIVAL
EGG DROP
ORIENTEERING
SUSTAINABILITY IN ACTION

Group Sizing & Cabin Numbers

GROUPS

# of Students	# of Activity Groups
1-20	1
21-40	2
41-60	3
61-80	4
81-100	5
101-120	6
121-140	7
141-160	8
161-180	9
181-200	10

CABINS

# of Students	# of cabins
1-12	1
13-24	2
25-36	3
37-48	4
49-60	5
61-72	6
73-84	7
85-96	8
97-108	9
109-120	10
121-132	11
133-144	12
145-156	13
157-169	14
170+	15

Please note, all campers will need to have closed toe, closed heel shoes for their trip out here. Crocs do not count for this.



ACTIVITY EXPLANATIONS

Alpine Tower: Students will utilize Challenge By Choice and reach new heights while climbing our 50-foot tower. Students are given a safety orientation, fit into a full body harness and helmet, and belayed by a Certified Challenge Course Facilitator. This is a great way for students to build their self-esteem and encourage their classmates!



Archery: Students will learn the basics of Archery safety, techniques, and dynamics. They will learn parts of the bow and arrow, how to knock an arrow, aim, and fire, and safely retrieve arrows when finished.

Campfire: Students will engage with camp staff through fun campfire songs and skits. Schools are encouraged and welcome to bring their own s'mores supplies to use at the end of programming.



Camp Store: Snag some Camp Erdman Merch to remember your trip! Ask the director about your group coming to the Camp Store during your stay. *NO FOOD*

Ecology: Students will learn about the food chain and what happens when it is altered in any way. They will also learn about native and non-native plant species and their relationship within our coastal environment. Students will learn what mālama 'āina means, the importance of it, and how to practice it through our Dryland Forest Restoration Initiative.



Egg Drop: Students will work together to build a contraption that protects their egg from the drop.

Giant Swing: Students can soar through the air in our up-to-50-foot giant swing. It utilizes a team pull system that gets everyone involved throughout the activity. They are given a safety orientation, and fit into a full-body harness and helmet, and the activity is facilitated by our Certified Challenge Course Facilitators.

Koa Challenge: Students will compete in games that mirror summer camp's battle challenge. They will encourage and cheer each other on and have fun!

Marine Biology: Students will learn about marine life through fun and educational activities, which include a trip to our live marine animal museum. They will learn the definition of marine biology and the varying species of marine life that can be found here at camp and all around Hawaii. Students will learn about ocean pollution and microplastics. They will play and explore on the beach and in the tide pools if conditions allow. Students will observe and explore beach artifacts that are interesting to them and practice making explanations based on evidence.

Nihoa Gulch Hike: On this interactive hike, students will learn about the Wai'anae Mountain Range, have access to traditional Hawaiian recreational games, learn about various Native and Invasive Species of dryland forest plants, and hear stories about the relationship between the Kukui Tree and Kamapua'a.

Minute to Win It: Based on the once-popular TV show, students will be given a series of games and challenges to compete against each other while getting to practice communication and cooperation skills. Students will use their creativity to accomplish tasks given to them.

Odyssey: Students will utilize Challenge By Choice and choose to complete our traversing high ropes course with eight group initiatives on our two-level Odyssey Challenge Course. They are given a safety orientation, fit into a full-body harness and helmet, and led by a Certified Challenge Course Facilitator. This activity is for 7th grade and older.

Orienteering: Students will learn how to use a compass and attempt to complete our various orienteering courses set up around Camp Erdman



Scavenger Hunt: Students will explore camp by walking around and trying to answer a series of questions and complete goal-oriented tasks.

Swimming: Students will get to splash and play in our large swimming pool.



Team Building: Students will learn the basics of team building through various exercises with a strong emphasis on communication and leadership. They will work together and practice communication and cooperation skills. Students will be challenged physically and mentally to complete various tasks.

Wilderness Survival: In this hands-on outdoor survival class, students will learn about the Rule of 3's when it comes to survival and then get to compete in either shelter building, fire building, or an SOS sign-creating competition.

Sustainability in Action: Students will have a focused lesson on building sustainable cities. In this activity, students will act as environmentalists in the city building process and will have a hands on building/planning element to them as well as discussion based learning and presentation.

Youth Mental Health: Mental Health has become a main focus and mission of the YMCA and Camp Erdman strives to be a major part of that. Being outdoors has been proven to help mental health, and in this class, students will learn about the importance of prioritizing their own mental health as well as different coping methods that can be used at camp and beyond.

OUTDOOR EDUCATION MISSION & CURRICULUM CONNECTIONS

The Marine Biology, Ecology, and the Nihoa Gulch Hike activities have been created with support from BEETLES (Better Environmental Education, Teaching, Learning, & Expertise Sharing.) BEETLES is one of many programs at the Lawrence Hall of Science (the Hall), a public science center created in 1968 as part of the University of California at Berkeley. YMCA Camp Erdman's Environmental Education activities are further developed with information and research provided by the Department of Land and Natural Resources.

CHAPERONE INFORMATION

Dear Chaperone,
Mahalo for volunteering your time to be one of our chaperones! Your commitment to Camp Erdman's Outdoor Education Program will make a positive impact on our campers' experience. Below you will find information regarding your role while at camp.



Cabin Assignments and Activity Groups

Your head teacher will be in charge of creating your school's cabin assignments and activity groups, placing both campers and chaperones in their assigned cabins and groups.

Chaperones will be required to sleep in cabins with campers. **Each cabin and activity group must have at least one adult chaperone.**

Additionally, use of name tags will help out tremendously, please see example on the right!

Waianae Elementary School

(Students Name)

Cabin 13-Activity Group Name

Your Role

You and your head teacher are responsible for providing direct and active supervision for both your cabin and activity group throughout your entire stay at YMCA Camp Erdman. We need at least one adult in each activity and cabin group. Our fantastic Program Instructors will be leading our activities, but we ask that our chaperones facilitate all behavior management. During shower time, please make your presence known in the bathrooms, but always respect student privacy. Unsupervised shower



times can cause problems...please be present to make sure the students are respectful of others and safe. To ensure the safety of our campers AND chaperones, please make sure campers are always properly supervised. Chaperones should NEVER be alone with a camper. Students must always be with an adult and at least one buddy during all activities, meals, free time, etc. NO CAMPERS SHOULD EVER BE LEFT UNSUPERVISED.

Last, but not least, - the packing list!

Packing List

Below is a list of items for all students and adults to bring for their stay at YMCA Camp Erdman.

- Sleeping Bag or Bedding
- Pillow
- T-shirts and/or tank tops
- Shorts
- Bathing Suit
- Toiletries and Towels
- Socks
- Closed Toe Shoes
- Water Bottle
- Sunscreen and hat
- Backpack
- Snacks if desired in between activities and during downtimes
- Rain jacket just in case!
- Long Pants and Shirt if desired for hiking or ecology - can be buggy or uncomfortable in shorts.

YMCA CAMP ERDMAN CABIN LAYOUT

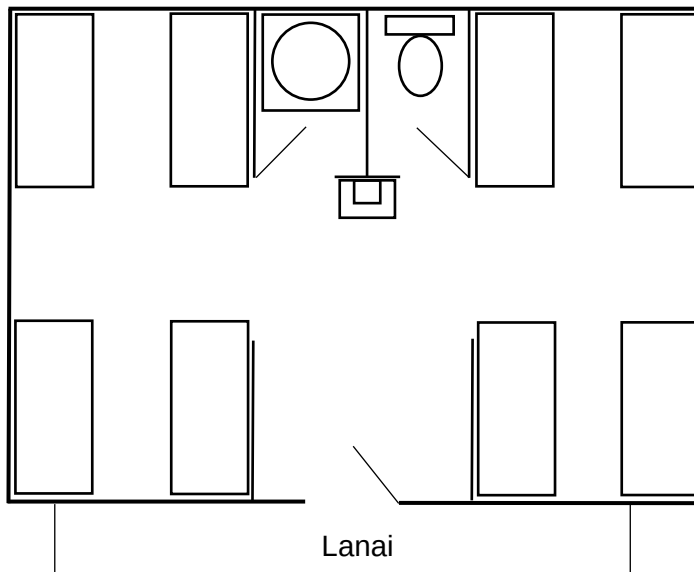
Mauka Cabins

Rotary (cabin 18-22) - 5 cabins

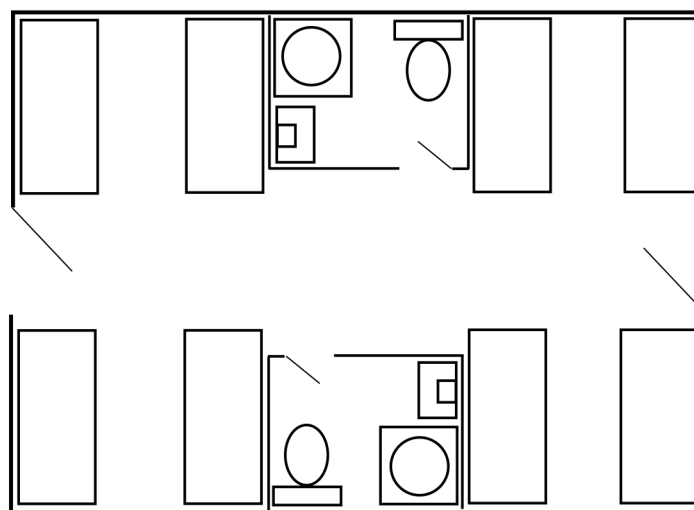
Lost Pod (cabin 23 -27) - 5 cabins + 1 shower house

Garden Pod (cabin 28-32) - 5 cabins + 1 shower house

GARDEN & LOST POD – 8 bunks & 1 bathroom



ROTARY – 8 bunks & 2 bathrooms (ADA accessible)



KEY



- Located on the mountainside of camp & home to 3 villages – Rotary, Lost, & Garden Pod
- 8 twin sized bunk-beds per cabin. Sleeps 16 people
- Lost & Garden pod shower houses – 9 showers, 4 toilets, & 4 sinks
- Every cabin have a cubby and bunk footlockers for storage
- Bedding not provided



69-385 Farrington Hwy, Waialua, HI 96791
P 808 637 4615

YMCA CAMP H.R. ERDMAN

