



## Activities Disclosure

We are providing this information sheet to better inform you of the activities your child will be participating in and the risks involved. Staff and counselors supervise all of our activities, and trained staff leads adventure activities. Even so, all adventure activities involve inherent risks and campers are expected to follow the safety rules explained to them. Should you have further questions, please call the Director at (706) 886-7515.

**Youth and Intermediate Camp:** Campers chose their activities which range from games involving running and ball handling to the high ropes course. The high ropes course involves climbing up 35 feet and negotiating a series of elements. Participants wear harnesses and helmets. They are belayed by a static-belay system that they control, except on the initial climb, which is a dynamic belay. Two instructors are in the trees with the participants and one instructor is on the ground. At Mikell, a philosophy of challenge by choice is followed. This essentially means a participant decides what he feels comfortable doing and what his challenge will be. Whatever the participant decides, it will be his decision and it will be done in an atmosphere of support and encouragement. One does not have to complete a task or obstacle to have succeeded; sometimes simply trying is the triumph. Another activity offered is the Creek Hike, which involves hiking up Toccoa Creek to a waterfall. Swimming and climbing over boulders are involved.

**Kid Camp, Junior, and Performing Arts Camps:** Here campers rotate in groups through the activities. These activities are *Recreation*, which has games involving running and ball handling; *Swimming* in our 50-foot pool, which is guarded by lifeguards; *Arts & Crafts*, which is painting, tie-dyeing and other crafts; and *Nature*, where campers hike along and swim in Toccoa Creek.

**Outdoor Camps:** For all outdoor camps, campers will live in a primitive setting, using tents to sleep in and outdoor cooking skills. Campers handle the camp stoves and build fires, but only under close supervision. Older campers will participate in some of the above activities as well as rock climbing and all will go on a three-day backpacking trip. Outdoor Kid campers will go on a daylong hike, rather than an overnighiter.