



Here is your opportunity to see what programs we have to offer as a starting point for your time at Bark Lake Leadership Centre. The listed programs here are a starting point of what we can do. Please feel free to contact our program department to discuss how we can tailor our opportunities to fit your needs.

POSSIBLE DAY PROGRAMS

ADVENTURE CHALLENGE – Traveling with a Bark Lake facilitator in a circuit-style course, students will complete various tasks and challenges. Students will earn equipment that they will need to accomplish a culminating activity. During this outdoor adventure, getting there is half the fun.

AMAZING RACE – Working in small groups, students will compete in this orienteering-based race. Using maps and/or compasses they will travel as a team to locate control points and return to a central hub to complete a challenge. This is a Choose Your Challenge activity where students will have the opportunity to push themselves to their limits.

ARCHAEOLOGICAL DIG – Build on their History, Geography, and Social Science by digging out interesting historical artefacts and trying historically based challenge team activities. There are three historical timelines to dig into that show the local area's history: prehistoric, native encampment, logging camp.

ARCHERY – Have your students learn a new activity while maintaining all of the guidelines from OPHEA. This activity either can be a two-hour introductory program or integrated in many places from theme-based programs.

ARTS AND CRAFTS – All our crafts done are seasonal and relate to the connection with the surrounding environment. Samples of things done in the past are dream catchers, mini paddles and Jacob's Ladders. The Look, See, Paint is a watercolour program which can be done in several outdoor sites around the property to encourage a new perspective on the natural and beautiful world around us.

BARK LAKE CSI – An indoor crime scene program offered only here at Bark Lake. The scene is set when a local animal has been 'murdered' on site and teams must complete several tasks to earn clues to solve 'Who Done It'.

TANDEM CANOEING – We encourage groups to have completed the OPHEA guidelines swims test prior to arriving at Bark Lake to maximize your time in the boats. Learn proper canoeing etiquette, strokes and form in and around the water. Working in pairs, or groups of three, the basic canoe strokes are taught during the initial lesson. Depending on weather conditions and paddlers proficiency, paddle session around the lake is optional. (An attending supervisor must accompany students during the activity for safety reasons.) Canoes over canoe rescue techniques are demonstrated with the group. This may require students to get wet!

THE CAVE – This is an indoor 4 x 4 metre climbing room (with protective floor). Here supervised participants can climb around and upside down. This is a very physically demanding program limited to five participants at a time. Scheduling is in conjunction with other programs so participants can rotate into the room to climb.

For more information about these and custom programs
Contact our Program Department at 1-888-517-9999 or e-mail us at tole@barklake.com

CROSS COUNTRY/NORDIC SKIING – Snow permitting, this program is great for both beginners and those more advanced. It is just an instructional period, or done in combination with other activities like Coureurs de Bois and other leadership challenges, (An attending supervisor must accompany students during the activity for safety reasons.)

ECO-INITIATIVES- Using activities from Project WILD and backwoods survival skills, students can increase their passion for the great outdoors. All of our programs are taught based on sound ecological principles that are tailored to suit your needs.

EGG DROP SOUP – This is a fantastic indoor activity for teamwork. This 2-hour block takes the participants through a series of multi-intelligence challenges that allows them to earn, at their own pace, equipment to build an object (space ship, raft, or bridge) and to see whose egg can survive the big drop off the balcony of the Dining Hall. (This is a good alternative program for inclement weather.)

HIGH ROPES CHALLENGE COURSE -Active equipment based program 10m above ground where students are challenged to step outside of their comfort zone and take a calculated perceived risk. This is where the students have to make their own choices. Choose Your Challenge is enforced. Students will be encouraged to take that extra step. This program surpasses safety guidelines set out by **OPHEA** and the governing bodies on **Challenge Course Technology** [An attending supervisor must accompany students during the activity for safety reasons]

LEADERSHIP OLYMPICS – In this physically active program, students will put all they have learned to the ultimate test. In teams, students will race against each other to complete an assortment of challenging obstacle course elements. This program will help build teamwork, leadership skills and sportsmanship.

LOW ROPES CHALLENGE COURSE- Active minimal equipment based program 50 cm above the ground where consensus building, problem solving, communication skills are developed to foster student's trust and teamwork skills. [An attending supervisor must accompany students during the activity for safety reasons]

NATURE CRAFT – Learn about the natural world as you use what is around the students to create works of art. The distinctions between renewable and non-renewable resources will be discussed in this context.

ORIENTEERING -Teams of students navigate through Bark Lake using wilderness maps and compasses. We have multiple courses of various skill levels. Depending on the students needs, the many options include basic landmark recognition, Scavenger Hunts and a full navigation course. Compass Navigation is using compasses to go from place to place. Scatter orienteering is using a map to find blazes (same as stolen snack without snacks!)

SELF GUIDED INTERPRETIVE TRAIL- As a group, hike along the well-marked Lakota trail for 2 km with staff or on your own. This well marked hike will bring you to a remote untouched bog, to see how the ecosystem functions.

SNOW SHOEING - Snow permitting, this program is great for beginners and those more advanced. It is just an instructional period, or done in combination with other activities such as the Coureurs-de-Bois and other leadership challenges. [An attending supervisor must accompany students during the activity for safety reasons]

SWIMMING - Weather permitting, all swim periods will occur within designated swim areas and are organized at the discretion of the Waterfront Director. Please be aware that a swim test is highly recommended prior to arrival. The standard Camp and OPHEA guidelines are followed here. All swimming at Bark Lake is monitored by National Lifeguard Service Certified Lifeguards and assistant lifeguards who have at least a Bronze Cross and Standard First Aid.

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SURVIVAL AND CAMP CRAFT – This set of activities can include fire building ('keeping the ember alive'), water collection, shelter building, tracking, making a compass and many other outdoor skills. Each season at Bark Lake allows for some variations within this program. This is a great program as a 2-hour block or incorporated into other activities or themes. Winter Quinzee and ice formations open other opportunities for learning. Ask us directly for more information.

TEAM BUILDING INITIATIVES – Students participate in active non-equipment based programming designed to develop consensus building, problem solving, communication skills and trust levels.

VOYAGEUR CANOE RELAY – Voyageur canoeing can be done as is or as part of an adventure challenge. In this weather dependent activity, each canoe holds up to 10 students plus a Bark Lake Facilitator/ Educator. Students paddle on a prearranged course and return to shore for an activity/group switch. On land, the team continues to work together in specified land-based team challenges. This activity will allow the students to demonstrate their teamwork skills in a semblance of competition or cooperation, depending on the group's needs. All students wear approved PFDs or lifejackets while on the water. [An attending supervisor must accompany students during the activity for safety reasons]

WINTER ECOLOGY – Learn to make peace with winter as the flora and fauna of Bark Lake does. Tracking, plant identification and winter adaptations are observed and interpreted with students.

WINTER SURVIVAL – Do you have what it takes to survive winter? Students will learn the skills to survive in the harshest season Canada has to offer. This program highlights personal and teamwork responsibilities, prioritizing and goal setting skills.

EVENING ACTIVITIES:

ACTION AUCTION – This activity is for older potentially more mature groups. Be invited to "action" that the group provides.

BARKOPOLY – Like any monopoly game, your team complete challenges to earn money to buy up Bark Lake property. Your team can charge other groups rent on the spaces you own and aspire to own the entire leadership centre.

BEACH PARTY – A sandy designated swim area with a beach volleyball court, campfire pit and tonnes of sand for sand sculptures. Great time for sunsets to be seen - weather permitting.

CAMP FIRE – Opportunities for a talent show, songs, games, drama games, or individuals to share songs and activities at the fire increase the value of the campfire for all participants. We encourage the youth to take the courageous step out in front of their peers and lead an activity.

CYCLES - Understand how the balance of nature works as you play a camp wide game where participants take on the role of producers, consumers or decomposers.

NIGHT HIKE – An activity that focuses on the group's listening skills as the sun is setting in a location that is still unaffected by noise and light pollution. The students may have the opportunity for a SOLO sit, stargazing, and may even hear a wolf call in the distance. Specific activities are seasonal. Stargazing can also be an indoor evening program during inclement weather for small groups.

PADDLE TO SUNSET – Weather permitting, finish canoeing as the sun goes down around the lake. Listen for the sounds of the wildlife (human and otherwise). We encourage groups to have completed the OPHEA guidelines swim test prior to arriving at Bark Lake to maximize time in the boats.

SCAVINATION – A scavenger hunt with a twist! Participants have the opportunity to work in smaller groups to try to gather words and phrases to incorporate them into a performance for everyone.

SKIT IN A BAG – Each group is given a bag of stuff to create a skit using all the props.

STOLEN SNACK -Teams of students navigate through the camp using maps and to earn the snack back that has been “stolen”.

STONES – This is a fast-paced field game with friendly competition where there is a need for good strategy, running and teamwork. When played by groups, this game is rarely won or lost in the allotted time due to its nature. This is ideal for most groups 30 or more.

SURVIVAL GAME –Learn from an animal’s point of view as students hide, find food and water and survive as other student animals try to hunt them in order to eat to survive too.

WOLF HOWL - This seasonal activity invites students to communicate from a distance when the wolves “are in town”. A howling good time for all.

Please note that some activities need to be organized with prior knowledge and discussion.

Our programs are made to be flexible and reflect your group’s needs.

Free Time:

The following time slots are considered “free time” and needs to be supervised by accompanying group chaperones. A few activities like the use of Oak field and soccer balls made available upon request during free time.

11am-1pm (including lunch)

5pm-7pm (including dinner)

After snack-9 pm-before program to 9am (including breakfast)

-between 10 and 11 pm, cabin time is recommended and a suggested lights out time is 11:00pm.

Please talk to your Bark Lake staff contact for what is available while you are here.

THEME PROGRAMS:

Coueurs-de-Bois

Overview:

Designed specifically for grade 4-8, the participants are small families of Coueurs who are trying to make a living during the winter months. They work together to accomplish challenges that will allow them to earn Beaver pelts and traps as money/currency and survive the harsh Canadian Winter. Their final goal is to set their traps, lay out their beaver, and earn as much money as they can, keeping their family “alive”. This theme is suited and designed for school groups of all ages. It can be adapted for almost all group types.

Prospectors Cache

Overview:

The Prospectors Cache is designed to allow corporate groups to experience teamwork and team development while trying to complete a series of challenges. They are treasure hunters who need to secure maps, compasses, boats, skill sets and gear in order to complete the activities. Their final goal is to find a buried treasure, build a functioning raft and sail both home before the allotted time runs out.

Note: This theme is suited and designed for corporate and highly developed leadership groups. This program is a very intense full day program, and the group must be functioning highly.

Culminating Activity

DEBRIEF and EVALUATION SESSION - Before the students depart we encourage them to give each other individual testimonies about their participation in the TOLE. Did they meet their goals and objectives? Their likes and dislikes? The Bark Lake instructors will use this session to provide the framework to encourage the students to use their learning experiences in their community and school environments. Teachers and Chaperones are highly encouraged to participate in the Debrief process to witness the internalization process.