

1. All youth attending any Kids On Track programs must have a completed registration form(s) with all parents/legal guardians listed, as well as a consent form signed by a parent/legal guardian.
2. Youth must have completed Grade 8 to attend the Shift Youth Forged Guys Canoe Trip.
3. Please discuss appropriate behavior and the consequences of inappropriate behavior with your youth. The following behaviors are expected and if not demonstrated will be addressed with consequences which may include: sitting out from an activity, being sent home, temporary or permanent suspension.
 - * Respect leaders, other youth, and property
 - * Listen to and obey the leaders
 - * Zero tolerance for violence, bullying, and racism
 - * No gang paraphernalia of any kind
 - * No foul language
 - * No use of tobacco products, non-prescription drugs/illegal drugs, or alcohol during Kids On Track times.
4. Possession of weapons is prohibited. Please do not pack any knives, guns, bow and arrows, or anything that could be used as a weapon.
5. Appropriate clothing for the weather and activity type must be worn. Please review the provided “What To Bring” packing list and dress code. Due to limited space in the canoes, youth must only bring what is on the list.
6. If there is no lifeguard on duty, all children/youth must wear a life jacket when entering water of any depth. This includes wading.
7. During Kids On Track programming time, Christian educational and experiential practices such as Bible stories, scripture verses, Christian songs, prayer times, and discussion will be integrated in a child-friendly, non-coercive manner. Youth from any faith background are welcome to attend, however Christian values and beliefs will be presented.
8. You or your emergency contact person must be available to be reached during program times. Should your youth need to be removed from the program, a Kids On Track staff member will inform you. It is the parent’s responsibility to arrange immediate transportation for their youth.
9. Dating behaviors are not permitted at Kids On Track Youth events. This includes hand holding, kissing, cuddling, and hugging.
10. Please do not bring cell phones, Mp3 players, tablets etc. Electronics are not allowed during programming time. All electronics will be locked away and returned at the end of the trip.
11. Reminder: full payment is due two weeks in advance of the chosen activity. No refunds are issued after that time.

ACTIVITIES

We want to inspire young men through fitness and adventure. Participants will connect to a brotherhood of awesome mentors and gain confidence to do a physically challenging activity in a wilderness environment. They will gain a sense of accomplishment and increased self-confidence having accomplished such an amazing challenge. An experienced canoeing guide will take the youth on a 4-day back-country canoe camping trip in Lakeland Provincial Park near Lac La Biche, AB. While canoeing and/or camping experience would be an asset, no experience is required. Youth however must be available for pre trip training and packing time which will be shared with those youth chosen to attend the trip. Youth will be required to portage, canoe, and be comfortable in and around water. Youth will learn and experience standard paddling techniques, flat-water canoeing, and basic survival and camping skills. All staff have current CPR and First Aid training and one staff has Wilderness First Aid.



KEEP UP TO DATE:

There are a number of ways to stay up to date with what’s going on at Shift Youth.

1. You can check out the calendar at www.kidsontrack.org
2. You can like our facebook page www.facebook.com/kidsontrackyouth
3. You can email or call our Youth Coordinator Brad at 780-481-2942 ext. 6 or brad@kidsontrack.org