

Program Purpose: The purpose of this program is to introduce and/or review facts, skills and camp activities that they have learned in school and/or during their Upham Woods educational trip in a fun, teamwork dependent fashion. This is presented in a fast-paced, camp-wide interactive format in the style of the reality television show The Amazing Race.

Program Length: 1½ -3 hours, depending on the course chosen

Age: All ages (younger participants may need help from adults especially on courses 2, 3 or 4)

Minimum and Maximum Number of Participants: 15-135.

Objectives: After completion of all activities students should be able to:

- Use basic orientation equipment and skills to find a location
- Describe how teamwork can help in problem-solving

Preparation: This class is preparation intensive; be sure you allow at least 30 minutes to set up the individual challenges and to give instructions to the people staffing the challenges and performing supervision of the participants. Some challenges will be staffed by Upham staff members, some staffing will need to be provided by adults and/or counselors from the group and some challenge locations can be unstaffed. Prior to the start of the class retrieve The Amazing Upham Race kit from the nature center. Be sure each challenge location has its challenge materials and staffing, if staffed. Also, adult supervision ratios must continue to be adhered during the entirety of the event. This can be accomplished in the main camp area by roaming adults or by posting adults evenly spread out throughout the locations used during the Amazing Upham Race, or an adult can be assigned to accompany each race team.

In addition to meeting with adult supervisors and giving instructions and challenge materials to challenge staffers the other preparations for each course include:

Course 1

- Make sure there is at least one camp map for each team. Photocopy more if needed.
- Unlock the doors to the nature center and lock the doors to the animal room
- Put a rake in the digging detectives shelter area
- Securely tape the painted turtle trail clue in the painted turtle enclosure. Lock the enclosure.

- Place a hula hoop in the hard court area.

Course 2

- All the preparation for course 1.
- Unlock the archery shed. Set up one target back with target cover on one stand. Place a right and left hand bow and 5 arrows on a bow stand in the shooters area. Pull the arrow curtain into place.
- Place orange road crossing flags at the archery road crossing
- Hang the raptor review challenge sign on the front door of the mew complex.

Course 3

- Make sure there is at least one camp map for each team. Photocopy more if needed.
- Unlock the archery shed. Set up one target back with target cover on one stand. Place a right and left hand bow and 5 arrows on a bow stand in the shooters area. Pull the arrow curtain into place.
- Place orange road crossing flags at the archery road crossing
- Hang the raptor review challenge sign on the front door of the mew complex.
- Unlock the canoe boat house and canoe racks
- Take down the swim beach entrance rope. Make sure there is a rescue tube and throw bag at the swim beach area and somebody to life guard the river crossing.
- Make plans to transport the Blackhawk Island combination excavation staffer, buckets, and other equipment over to their proper locations on Blackhawk Island.

Course 4

- All the preparations for course 1 and 2.
- Unlock the canoe boat house and canoe racks
- Take down the swim beach entrance rope. Make sure there is a rescue tube and throw bag at the swim beach area and somebody to life guard the river crossing.
- Make plans to transport the Blackhawk Island combination excavation staffer, buckets, and other equipment over to their proper locations on Blackhawk Island.

Lesson Outline:

- I. Introduction, explanation and rules (5 minutes)
- II. Hand out maps and first challenge clue (5 minutes)
- III. The race (depends on course; see individual course descriptions for approximate length of time)
- IV. Equipment and paper collection and conclusion (10 minutes)

Materials: Most materials are course dependent but all courses require: one participant course map per team and The Amazing Upham Race program box. The course dependent materials some of which should be in the program box are:

Course 1

- A rake
- Small trowel or shovel
- Waste basket or garbage bag
- Hula hoop
- Several stuffed animals or foam balls
- A blindfold
- Digging detectives locking box and key
- Digging detectives locking box dummy keys
- Bag of recyclables for reduce, reuse, recyclables round up
- Painted turtle tell all clue
- List of nature trivia questions and answers

Course 2

- All the materials of course 1
- Two orange safety flags for the archery road crossing
- The raptor review challenge sign
- Animal sign for animal sign find challenge
- One compass per group

Course 3

- Two orange safety flags for the archery road crossing
- The raptor review challenge sign
- Life guard tube and throw bag
- A five gallon bucket with sturdy handle
- The bucket brigade bucket carrying log
- Tent pole pieces
- Combination excavation box and combination lock
- Combination excavation artifact pieces with corresponding combination numbers
- Timberline 4 tent body and poles for campsite creation
- Animal sign for animal sign find challenge
- One compass per group

Course 4

- All the materials of course 1 and 2
- Life guard tube and throw bag
- A five gallon bucket with sturdy handle
- The bucket brigade bucket carrying log
- Tent pole pieces
- Combination excavation box and combination lock
- Combination excavation artifact pieces with corresponding combination numbers
- Timberline 4 tent body and poles for campsite creation

Introduction:

Each team will have at least one adult with them as they go around camp completing the challenges. The Amazing Race can be run two different ways depending

on how many adults you have. If you have enough adults you can assign the extra adults to a station, which means they will explain the challenge when the group arrives and give the group their next clue upon completion of the challenge. If there are not extra adults to run the stations, the adult accompanying the group will read the challenge at each station and determine when to give them the next clue.

If there are enough extra adults to run the stations have one naturalist take the adults into the Kiwanis room for orientation. The naturalist should explain how the Amazing Race works and then have the adults volunteer to run a station. Pass out the Amazing Race folder to the correct adult volunteer. Tell them about their challenge and see if they have any questions. Remind the adults that each station should take about 5 minutes to complete. Then send them off to their station.

The other naturalist will talk to the students in the Upper Lodge. Tell the students that each group will travel around camp completing challenges. Each individual group will get a colored map that they will use to navigate from station to station. Once a group completes a challenge they will get a clue to their next challenge. They need to take the clue that is the same color of their map. Tell them to hold on to all the clues until they finish the race and they must turn all the clues in at the end of the race. All members of the same group must stick together throughout the race. Let the groups know that they might not get to all stations but if they do they need to return to the flag pole. Also let groups know that they might run into another group at the station they are heading to. If they run into a group they must wait patiently for that group to finish. Then assign a starting station for each group and send them off.

If not enough adults to run each station, still take the adults to the Kiwanis Room and explain their role.

Activities:

There are four “courses”; they differ in difficulty and length of time. Course 1 is designed for a class time of approximately 1 ½ hours. It requires a minimum amount of information or skills review and instead is more concerned with teamwork and group challenges. Course 1 is comprised of these challenges: 1) litter pick up 2) mystery location 3) digging detectives 4) map reading 5) group cheer 6) the circle of life 7) reduce, reuse, recyclables round up 8) painted turtle tell all 9) nature trivia questions 10) group initiative

Course 2 is designed to take approximately 2-2 ½ hours. It involves more review of skills or information that may have been acquired earlier in their Upham stay. Course 2 has all the challenges of course 1 plus: 11) animal sign find 12) raptor review 13) orienteering 14) tree ID 15) archery addition. Because it involves more challenge

locations this is a good course to use with groups of 60 participants or more.

Course 3 is more advanced and physically demanding than course 1 or 2. It is designed to take approximately 2-2 ½ hours. It involves more review of skills or information that may have been acquired earlier in their Upham stay. It also requires crossing the river over to Blackhawk Island. Because of all this it also requires the most adult supervision. The crossing of the river over to BHI must be supervised by a certified life guard. Course 3 has all the more advanced challenges of course 2 and 4 but none of the challenges of course 1. Course 3 challenges are: 1) animal sign find 2) archery addition 3) raptor review 4) orienteering 5) tree ID 6) canoe carry 7) paddle to Blackhawk Island 8) bucket brigade 9) combination excavation 10) campsite creation.

Course 4 is the longest and most involved; it is designed to take approximately 2 ½-3 hours. It involves more review of skills or information that may have been acquired earlier in their Upham stay. It requires crossing the river over to Blackhawk Island. Because of all this it also requires the most adult supervision. The crossing of the river over to BHI must be supervised by a certified life guard. Course 4 has all the challenges of courses 1 and 2 plus: 16) canoe carry 17) paddle to Blackhawk Island 18) bucket brigade 19) combination excavation 20) campsite creation. Because it involves more challenge locations this is a good course to use with groups of 60 participants or more.

Road Block Challenge:

If there are nine groups you may want to have an instructor set up a road block challenge. This can be any Group Initiative game (number puzzle, speed ball, etc.). The reason for the road block challenge is to slow groups down and prevent them from log jamming at a certain station. A great place to set up the challenge is between the nature trivia station and the group initiative station. Set up two cones and the road block challenge sign (located in Toby's office) on the paved path right before the sand pit.

Winter Option: When running this activity in the winter utilize only course 1 or 2. If there is substantial snow on the ground substitute snow shoveling of walkways (one shovelful per member) instead of litter pickup. If using course 2 substitute snow balls for bows/arrows.

Conclusion: If all the groups finish at the same time, have the groups perform their group cheer for the rest of the group.