

ACHIEVE
Training & Development

LETTER TO PARENT



intensive



therapeutic



academic recovery



individualized

WHAT IS WENDIGO LAKE AND WHERE ARE YOU?

Wendigo Lake is an outdoor adventure education centre, located 22 km East of South River, Ontario.

WHAT WILL MY CHILD BE DOING?

- Trust Building Activities (Designed to enhance sense of personal/group trust)
- Group Initiative Problems (a series of creative problem solving exercises)
- Low Ropes Course (a multifunctional course used for advanced Group Development)
- Height Activities (a unique chance for self discovery and challenge)
- High Ropes Course (designed to be a catalyst for personal growth and group development)
- Hiking/Cross Country Skiing (a unique Winter Adventure)
- Peer Mentorship and Leadership Skills Development

WHAT ARE YOUR QUALIFICATIONS?

Wendigo Lake maintains an industry leading standard for staff training, risk management and professionalism. The instructors working with your child are highly experienced, undergo rigorous training and maintain the highest standard in Wilderness First Aid Training.

All adventure based activities (High ropes course, rock climbing wall) are facilitated using industry standard practices. Wendigo Lake is accredited by the Ontario Camping Association (OCA) and the Association for Experiential Education (AEE).

WHERE WILL MY CHILD BE STAYING AND WHAT WILL THEY BE EATING?

Participants will be staying in our open concept residence which is equipped with separate male/female accommodations with restrooms and showers. There is also a kitchen located at the centre, where participants will be supplied 3 meals a day. (Wendigo Lake is NOT a peanut-free environment).

WHAT SHOULD MY CHILD BRING?

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| <input type="radio"/> Sleeping bag | <input type="radio"/> Swim suit (for optional sauna) | <input type="radio"/> Outdoor footwear |
| <input type="radio"/> Winter Coat | <input type="radio"/> Snow pants | <input type="radio"/> Warm socks |
| <input type="radio"/> Warm Hat and Mitts | <input type="radio"/> Long underwear | <input type="radio"/> Hygiene items (tooth brush etc.) |
| <input type="radio"/> Fleece Jacket | <input type="radio"/> Towel | <input type="radio"/> Willingness to challenge self |
| <input type="radio"/> Open Mind | | |