

# RECREATION OPTIONS:

Twin Rocks offers multiple, exciting recreation options for students of all ages. Outdoor Schools can choose to incorporate time for students to participate in one or more of these activities throughout the week. Twin Rocks Outdoor Education staff can help plug these into your program, but will need at least 4 weeks advanced notice. Some options are included in the program costs, others have additional facilitation and equipment fees.

## WATERFRONT OPTIONS INCLUDED:

### SWIMMING

Spring Lake is a natural, spring-fed lake located on the north edge of camp. A shallow (2-3') and deep (5-8') section is available for swimming. Please note:

- No one is to be in or on the lake or the docks unless a lifeguard is on duty. This applies to students, chaperones, and all staff.
- All persons going into the deep area of the lake must pass the swim test.
- Persons going onto the aqua jump must wear a lifejacket.
- All swimming is to be within the roped area.
- Your students will receive a waterfront orientation with the lifeguards on the first full day of camp.
- Please note, swimming is NOT allowed in the ocean, except under strict TRFC lifeguard supervision.

### BOATING AND CANOEING

Boating can be offered as a skills class or as a recreational activity alongside swimming, as long as a lifeguard is present. Please note:

- Children 6<sup>th</sup> grade and younger may use rowboats or canoes, but require a counselor in each canoe or group of boats staying close together.
- 7th graders and up may use rowboats and canoes without an adult.
- **All** boaters should wear a snug-fitting lifejacket, properly fastened, before they go across the dock to the boats. Please help your students find one that fits properly.
- A boating safety orientation session with the lifeguards will be

### FISHING

- Any Outdoor School that wants to have fishing as an activity will need to designate a staff member for supervision and a scheduled time that works well to go fishing.
- In association with Oregon Fish and Wildlife, Twin Rocks offers fishing in Spring Lake. A lifeguard needs to be on duty in order to use the lake for fishing. Poles and bait are provided by the camp.



For grades 4th and up:

- The camp maintains an archery range on the south Macy Field lawn, and uses low-tension bows and arrows; ideal for students 14 and under
- 30-40 people an hour, please plan accordingly
- Archery is to be conducted only under the supervision of a certified archery instructor\*



For grades 4th and up:

- Fly high over Charlotte's Mountain on the camp's extreme swing, positioned above Watseco Creek Trail
- 20-25 people per hour, please plan accordingly
- The extreme swing is to be conducted only under the supervision of a certified swing facilitator\*

\*Archery and the Extreme Swing are not included in the Basic and Partnership packages, but can be added. Facilitation fees will apply.