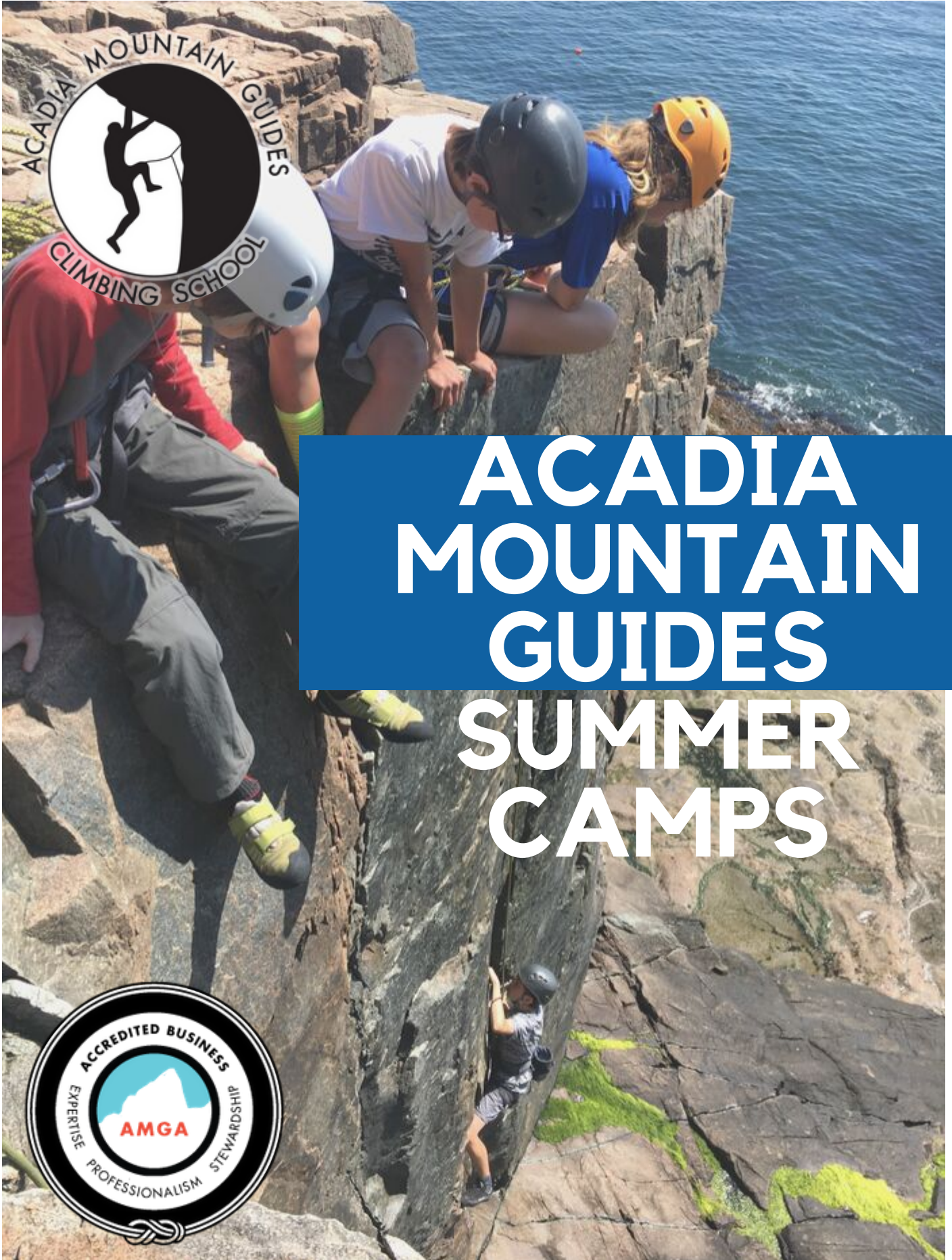


SUMMER 2020



ACADIA MOUNTAIN GUIDES SUMMER CAMPS



ACCREDITED BY THE AMGA AND PCIA

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WELCOME

Welcome to Acadia Mountain Guides Climbing School! I want to personally thank you for your interest in our summer camp program.

In 1974, at the age of thirteen, I bought my first climbing rope and began to teach myself how to climb on the walls of nearby mines. In the winter, I tried my hand at ice climbing and promptly slid all the way to the base of an ice gully. I decided it was time to learn to do this properly and earned an opportunity to travel to the Tetons in Wyoming and take climbing lessons. Returning to the mountains of central New Hampshire, I learned the art of climbing from my older mentors, Stan and Bob, and participated in my high school outdoor climbing program. Little did I know at that time how much impact these experiences would have on my life, and that decades later I would be writing this letter to you.

My thirst for adventure and love of wilderness climbing live on to this day and have allowed me to discover places on our planet that I otherwise may have never known. I hope that your summer camp experience may do the same for you. As you consider or prepare for camp I am sure you will wonder about certain things: Can I do it? Will I like the food? Will I fit in? These are all normal reactions to doing new activities and I still wonder the same questions when preparing for a big climb. So if you have concerns, please call us and let us help you out or answer your questions. I wish you many new discoveries and thank you again for your interest in our summer rock climbing and adventure camps.

JON TIERNEY
PRESIDENT, AMGCS
IFMGA LICENSED MOUNTAIN GUIDE

MISSION AND HISTORY | 1

Acadia Mountain Guides, Inc. was established in 1993 by three friends who had been climbing in the local area since the early eighties. The pursuit of excellence was of utmost importance to these founding directors and remains central to our mission today. Client safety, guide safety and quality of the experience has always been our mantra. Each of the owners had degrees in outdoor recreation management, an extensive climbing background, and over a dozen years of outdoor leadership experience to draw upon. Jon Tierney was a co-founder of the University of Maine outdoor program in 1983-84 leading that program to national prominence over the next several years. Chris Damboise and Liz Dunn were senior instructors for the university program for several years and played a large part in its success as well. Jon and Liz had the additional experience of several seasons of employment for the National Park Service as backcountry climbing rangers where they regularly dealt with rescue and climbing management. Meanwhile Chris had been employed as an instructor and climbing director for Hurricane Island Outward Bound for many years. They were some of the first participants in formal guide training programs in the United States in the early 90's and in 1993 Jon received AMGA Rock Guide certification. Acadia Mountain Guides successfully sought accreditation by the American Mountain Guides Association in the spring of 1993 and opened doors in Bar Harbor that same season.



MISSION AND HISTORY/2

Over the next several years Acadia Mountain Guides steadily grew and established itself as one of the leading climbing schools in New England. The standards and practices in place at Acadia Mountain Guides in the late 90's formed the basis for the development of national standards and a teaching curriculum for climbing instruction which was developed by Jon and adopted by the American Mountain Guides Association in 1998. Today, the Single Pitch Instructor certification is highly respected as an entry level climbing instructor certification. The Professional Climbing Instructors' Association, started in 2007, to specifically address the training and education of climbing instructors also embraced these standards.

In 2000-01 Jon became the sole owner of AMG and teaming with Libby Wilder began the transition to a year round climbing school with ice climbing, international expeditions, wilderness medicine, avalanche education and the ever popular winter ascents of Katahdin being added to our offerings. The idea of a summer climbing camp was proposed in 2001 by Libby and Silas Rossi, one of our guides.



MISSION AND HISTORY/3

At that time very few specialized climbing camps existed in the U.S. Most of those that did exist were run by well meaning recreational climbers for summer camps, universities, and climbing gyms. AMG raised safety standards and brought a new level of professionalism and fun to specialized summer camps by utilizing professionally trained climbing guides as summer camp leaders. Three camps were offered that first season and were led by Libby and Silas. The feedback was excellent and a new era for rock climbing and adventure camps had been born!

Today, Acadia Mountain Guides Climbing School offers a diverse selection of climbing and adventure camps for kids and young adults between the ages of 9 - 18 and we continue to explore innovative methods and launch new and exciting programs. This year, we expect well over 100 campers to join us on the rocks to explore the vertical world, meet new friends and have a summer of fun. Will you be one of them?



STAYOVER CAMP

Extend your stay with our stayover option. Stayover is for campers who are participating in multiple weeks of camps. Between most camps there is a one day break. This is a good time to take a break, do your laundry, etc.

We provide supervision and schedule limited activities such as bouldering sessions, hiking, and swimming.

Depending on the number of stayover campers we will either camp out in the field behind headquarters or go to a local campground..

GETTING TO CAMP

Orono is located approximately ten minutes north of Bangor ME. From I-95 take exit 191 (Kelley Road). Take Kelley Road east (right if from the south, left if from the north off I-95) about 1 mile to an intersection with Route 2 (Main St.). Turn left. Look for Alpenglow Adventure Sports on the right in just over a mile as you approach the center of town. This is home of Acadia Mountain Guides.

AIRPORT PICKUP

For campers who choose to fly or take a bus to camp, we offer pickup and drop off in Bangor, ME the day before and after camp for an additional **\$75.00 per pick up or drop off**. Unaccompanied minor services from the airline or bus service are required for campers age 7-12 and optional for ages 13 - 18. Please prepay for this service and arrange it in advance. Please use the name Jon Tierney as the person who will arrange pickup for your child. In order to simplify departures and avoid problems at the airport please have completed all of the necessary airline forms before your child's arrival at camp. Campers are met at the terminal by camp personnel wearing Acadia Mountain Guides apparel and are escorted to our vehicle for the trip to camp. These participants will either stay at our climbing school base in Orono or join an existing stay-over session. If staying at base, campers are asked to be responsible for their own meals and behavior that night. While not directly supervising campers, camp leaders will be at the school base during this time if needed. Pizza and other restaurants are available within a five minute walk of the base. Orono is a small university community. Schedule arrival for the evening before camp starts and departure for the morning after camp ends if at all possible.

Campers should carry a list of phone numbers, including Acadia Mountain Guides numbers (listed in this packet) and a small amount of travel money. We will telephone you when your son/daughter arrives.

Round trip tickets, excess money and unaccompanied minor forms will be collected and placed in the camp office until departure.

Campers arriving by plane or bus should pack a change of clothes, a rain jacket and toothbrush in a backpack to carry on the plane or bus should luggage arrive late. Please be sure to label your child's clothing and gear.

AIRPORT PICKUP

A 50% deposit is required for registration unless special arrangements have been made or you have an external scholarship. Balance is due three weeks (21 days) before the beginning of program. Fifty percent (50%) of a deposit is refundable if cancellation is made more than 21 days in advance. Cancellations made within twenty-one (21) days of program forfeit full tuition rate. A full refund will be given if Acadia Mountain Guides Climbing School must cancel the camp. Payment may be made by MC/VISA, Discover, cash or personal checks. There is a \$20.00 fee for returned checks. Final decisions on whether a camp will run will usually be made by June 15th.

MULTIWEEK

DISCOUNT

We offer a \$50.00 discount on each additional week of camp i.e.: Join AMG for 2 weeks save \$50.00, 3 weeks save \$100.00, 4 weeks save \$150.00, etc.

RISKS

As in any activity, participants will encounter risk in this program. Adventure sports such as rock climbing, rafting, hiking and canoeing can be dangerous! While these risks can be minimized through instructor training and leadership, they can never be eliminated. It is our goal to maximize your learning while minimizing the risks. Some of the risks include but are not limited to extreme weather, travel to and from the activity, typical hazards of trails, falling rocks and other objects, cuts, abrasions, entanglements, burns, and other injuries from falls and contact with climbing ropes and the climbing surface, and falls associated with walking on slippery surfaces and near cliff edges. Minor cuts and scrapes are likely.

GENERAL INFORMATION

MEALS

Nutritious meals will be provided by Acadia Mountain Guides Climbing School and prepared by participants. If a participant has special dietary needs, please notify the office prior to the course.

CAMP SIZE

The maximum number of campers for camps is twelve with most camps being six - ten people

QUESTIONS?

If you have any remaining questions please contact our office by phone or email and we will be happy to help you out.

CONTACT PHONE NUMBERS/ EMAIL

Orono Office/ Home Office
207-866-7562.
Bar Harbor Office,
207-288-8186
Director Jon Tierney - cell
207-461-4338.
Email:
climb@acadiamountainguides.com



VISITATION

Campers are not allowed to have visitors during their stay at camp. Summer camp is an opportunity to gain independence and self-reliance and often a visit from parents or relatives can interrupt their progress. Having to readjust to camp following a visit is difficult. Parents and friends are welcome to join our camps on closing day.

CELL PHONES

Campers are welcome to bring cell phones for use while traveling to and from camp in order to facilitate parental contact and shuttle pick ups, etc. However, use of telephones or cell phones is not permitted while camp is in session. If there is an emergency, camp leaders will contact you directly. We have found that cell phone usage can significantly disrupt the camp experience and interfere with group dynamics often causing the camper to have a difficult time adjusting to camp life. Electronic devices are discouraged but not prohibited. Campers should bring no more than one small hand held device. Electronic devices will be collected at the start of camp and kept in the office.

DISRUPTIVE BEHAVIORS

Camp is meant to be educational, fun and a positive experience. If a camper displays disruptive behavior and is a hindrance to the progress of a camp, that student and their parents will receive one warning. If the behavior continues, the camper will be asked to leave camp permanently with no refund granted.

MAIL

Campers love to get mail – especially those on multiple week camps. Write often and encourage friends and family to do the same. This is a chance for campers to use their letter writing skills. You may want to send a note before camp starts. E-mail messages will be printed and included with the mail delivery. Campers on trips will not receive their mail until their camp returns to the local area late in the week.



FAMILY EMERGENCIES / CONTACTING PARTICIPANTS

The camp director maintains daily contact with each camp unless the camp is in a very remote location. If there is a family emergency that requires contacting a participant, please call our Orono office: 207-866-7562 or Bar Harbor office: 207- 288-8186.

Evening emergency phone numbers if needed are: Jon Tierney, school owner (cell: 207-461-4338, land line: 207-866-7562).

PRESCRIPTION MEDICATIONS

Campers who are required to take daily medication should bring a backup dose with them if possible. Please pack prescriptions in original containers that are clearly marked with instructions. List the medications on the health form as well. All prescription medications will be kept in the possession of the leaders during camp and given out at the appropriate time to the camper. Each use will be documented on camp forms.

MEDICAL SCREENING

All participants are required to complete a medical form. You will be sent medical forms to be filled out and returned to Acadia Mountain Guides before arrival at camp. Please be thorough on these forms. Campers will not be admitted without the signed health and emergency consent form. These are reviewed by the camp leaders. Any questions or concerns are forwarded to the camp director who is a critical care flight paramedic. If concerns remain then we will consult with an MD on the issue.

MEDICAL EMERGENCIES AT CAMP

Should a medical problem or accident occur while at camp our first priority is to insure the safety of the involved person(s) and other campers. All of our staff are trained in first aid, CPR, and specialized wilderness medical skills and immediate first aid care will be provided up to the highest level of available training on scene. If additional care or further evaluation is needed, the camper will be transported to the nearest appropriate facility either by camp leaders or the emergency response system as dictated by the type of emergency. As soon as possible parents will be contacted and informed of the situation. If additional medical care is required, resulting prescriptions, doctor or hospital bills will be mailed to you. You will be responsible for filing medical bills with your insurance company for reimbursement.

Field medical kits are stocked with necessary over the counter medications and first aid supplies and are dispersed as needed by camp staff. Staff are also trained in the use of epinephrine for anaphylaxis and severe asthma.

MEDICAL CONCERNS AND EMERGENCIES

GETTING TO CAMP

Orono is located approximately ten minutes north of Bangor ME. From I-95 take exit 191 (Kelley Road). Take Kelley Road east (right if from the south, left if from the north off I-95) about 1 mile to an intersection with Route 2 (Main St.). Turn left. Look for Alpenglow Adventure Sports on the right in just over a mile as you approach the center of town. This is home of Acadia Mountain Guides.

FORMS

Please fill out health, liability, and immunization forms and return them to our office. If you are traveling internationally please also return the International travel form. You can find all of these forms on our website at acadiamountainguides.com



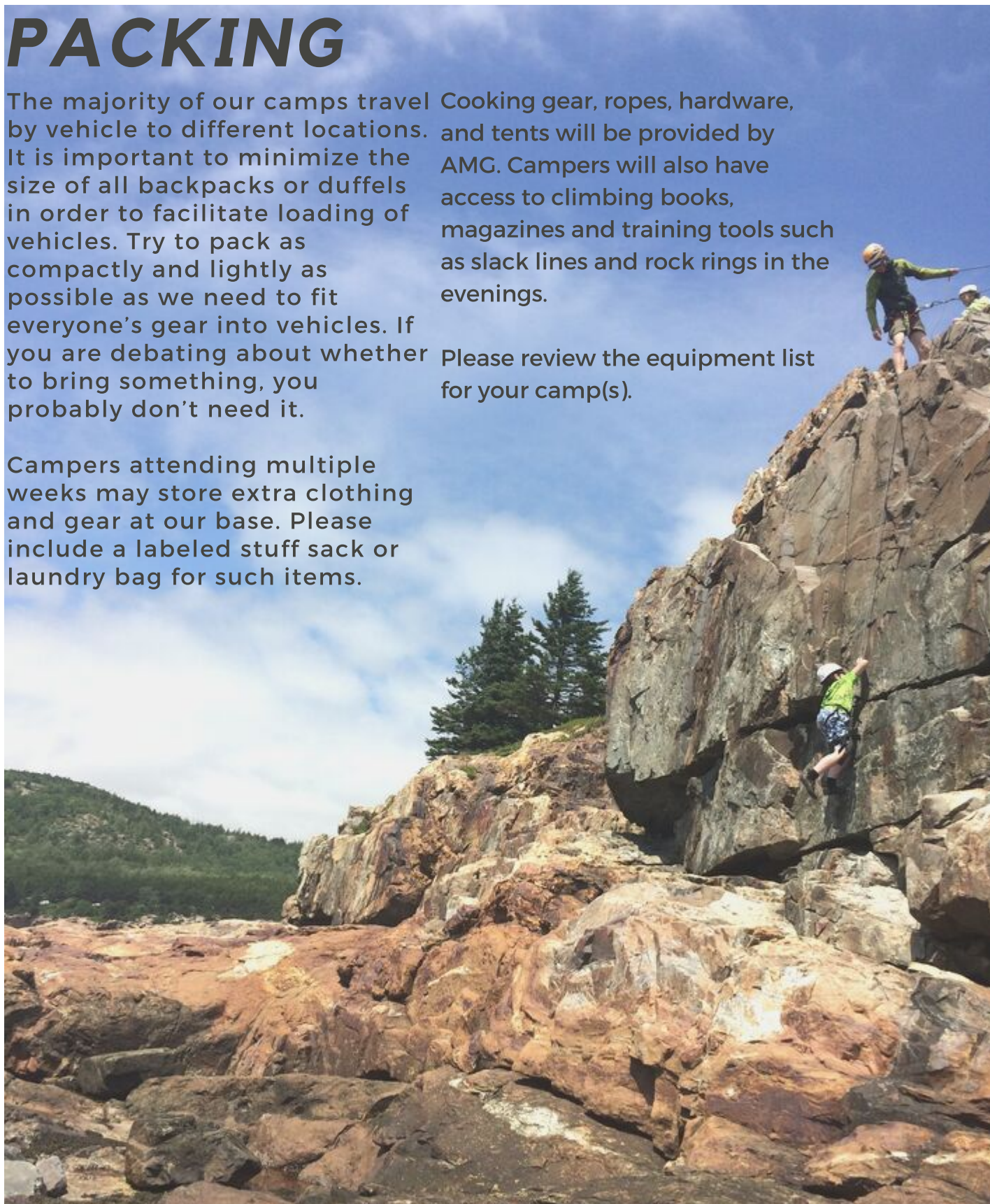
PACKING

The majority of our camps travel by vehicle to different locations. It is important to minimize the size of all backpacks or duffels in order to facilitate loading of vehicles. Try to pack as compactly and lightly as possible as we need to fit everyone's gear into vehicles. If you are debating about whether to bring something, you probably don't need it.

Campers attending multiple weeks may store extra clothing and gear at our base. Please include a labeled stuff sack or laundry bag for such items.

Cooking gear, ropes, hardware, and tents will be provided by AMG. Campers will also have access to climbing books, magazines and training tools such as slack lines and rock rings in the evenings.

Please review the equipment list for your camp(s).



What not to bring: Hair Dryers, expensive clothing and jewelry, food/ candy/ gum, pets, cell phones, electronic devices, fireworks of any kind, weapons (knives, guns), large pillows

Equipment Rentals: All students get 20% off discount on rental gear at our shop, Alpenglow Gear. Please call at (207) 866-7562 for details

LEADERSHIP

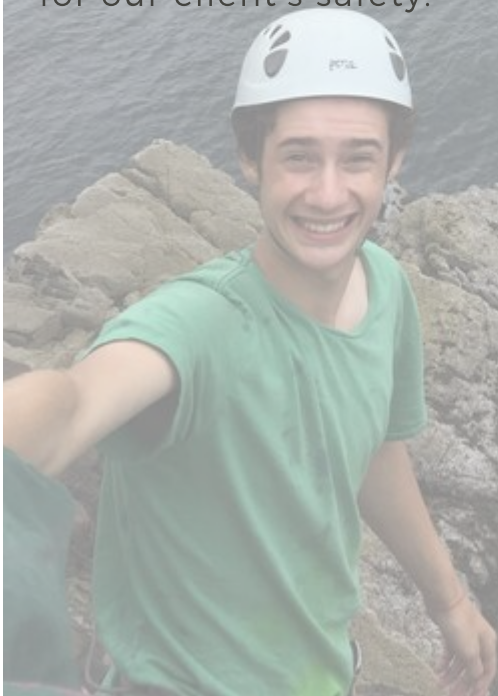
ACCREDITED

Acadia Mountain Guides has undergone voluntary peer review and has been an accredited member of the AMGA since opening in 1993. In 2008 we became one of the first to meet the stringent PCIA accreditation that requires individual certification for all staff in climbing instruction. This is one more detail that we have paid attention to in order to better manage our operation and provide for our client's safety.

AMGCS

Acadia Mountain Guides Climbing School is based in Bar Harbor and Orono, ME. Started in 1993, AMGCS provides climbing, ropes course, high angle rescue, wilderness medicine and leadership training to a variety of groups, camps, and schools. We are also the curriculum authors and largest provider of climbing instructor training and certifications programs in the U.S.

AMGCS offers a full range of climbing courses from half-day introductory trips to high altitude mountaineering expeditions. Visit www.AcadiaMountainGuides.com for a complete listing of courses.





PERSONALIZED CLIMBING COURSES

Individuals, Friends, Couples:

Add a vertical twist to your vacation! Rock climbing is a sport anyone can try regardless of age or fitness. Our guides are masters at finding exciting routes to match your interests and abilities.

Families:

Guided family climbing can offer a great opportunity for building confidence and teamwork. Rock climbing allows all family members to participate simultaneously in a fun activity at an individualized level. Convenient and affordable family program lets you share the vertical world together.

PROGRAMS FOR ORGANIZATIONS

HALF OR FULL DAY GROUP CLIMBING EXPERIENCE

Acadia Mountain Guides Climbing School offers economical half, full, or multi-day programs to organizations that wish to incorporate climbing into their group's activities. Each experience is customized to the group's goals. All courses provide the basic skills necessary for climbing. Fees include instruction, climbing equipment, climbing shoes, harness and helmet for each participant. Guided by skilled instructors, we encourage participants to experience varied aspects of climbing including movement, belaying, and rappelling as well as teamwork. We provide the safest, most enjoyable learning experience that one can have in the mountains!

ROCK CLIMBING MERIT BADGE

Acadia Mountain Guides is an approved source for the BSA Rock Climbing Merit Badge!

PROFESSIONAL TRAINING

We offer specialized training and consultation in climbing and wilderness medical skills to a large number of camps, universities, and other organizations. We offer certification courses through leading organizations in guide training, wilderness medicine, and avalanche safety. Whether it be a staff training refresher, a short clinic, or a full-on multi-day open enrollment program, let Acadia Mountain Guides help meet your needs.

MENTAL PREPARATION

Properly preparing your son or daughter for camp is the best way to ensure a positive camp experience. Here are some tips to help your child have a great time at camp. (From Bottom Line Secrets by Bruce Muchnick and the American Camping Association):

- Think of Camp as a learning experience. Sending your children to camp offers a wonderful opportunity for both you and your children to practice "letting go". Learning to let go allows children to develop autonomy and a stronger sense of self, make new friends, develop new social skills, learn about teamwork, be creative and more.
- Don't buy a whole new wardrobe. Camp is more rugged than life at home. A child doesn't need new clothes... and having well-worn clothes and familiar possessions will help ease the transition. This is especially important for first time campers.
- Listen to and talk about concerns. As the first day of camp nears, some children understandably experience uneasiness about going off to camp. Rather than acting on what you believe their feelings to be, ask good questions such as: "We've been busy packing your gear. What are your thoughts about heading off to camp in a few days?" Communicate your confidence in their ability to handle being away from home.
- Have realistic expectations. Camp, like the rest of life, has high points and low ones. Not every moment will be filled with wonder and excitement. Encourage your child to have a reasonable and realistic view of camp. Discuss both the ups and downs your child may experience. Your child should not feel pressured to succeed at camp either. The main purposes of camp are to relax and have fun.

LEAVING HOME FOR CAMP|1

PHYSICAL PREPARATION

A week of solid outdoor activity can be physically demanding. Arriving at camp in good physical shape will make it even more fun and take away evening muscle aches. Prior to camp we recommend daily stretching exercises combined with regular aerobic activity and strengthening exercises. Of course you are doing this anyway right? You don't need to do anything fancy – plain old crunches, push-ups, and pull ups combined with a bike ride or run will do. We also suggest forearm and finger exercises such as squeezing a tennis ball periodically during the day.

HANDLING HOMESICKNESS

Campers often say their week at climbing or adventure camp is the best of the summer. However, for some campers this may be their first experience away from home and friends. Camp is a wonderful place to exercise independence and to learn and grow. In the process of adjusting to new friends and different surroundings it is natural to experience a level of homesickness. Acadia Mountain Guides policy on homesickness has three parts:

1. Children who come to camp together are encouraged to mix with other campers and are often placed in separate tents to encourage independence. The American Camping Association has found that this discourages disruptive behavior at bedtimes and helps children forge friendships with others faster. Discuss this guideline with your child before camp begins. Explain that campers do get to participate in daily activities with their friends.

2. Campers are not permitted to make or receive phone calls while at camp. Some campers may be feeling fine until the sound of a parent's voice triggers a setback. Letters from home that reassure and encourage confidence are always welcome. Also, we ask that parents not visit during the camp week.

3. Our staff's approach to helping a homesick camper is: Be supportive, encouraging, and empathetic but firm. Keep him or her busy. Try to identify and solve any underlying problems (being teased) or help him or her learn to adapt to the unsolvable ones (it's raining, the weather's cold).

Keep you informed. A camp leader will call you if your camper is homesick.



HANDLING HOMESICKNESS, CONT.

If you have any questions or concerns, feel free to talk them over with a camp leader on your child's arrival.

The following are some guidelines to help you and your child prepare for the ups-and-downs of a week at camp:

Please don't say, "If you have problems, call and I'll come get you." A camper is thus invited to fail and may abandon efforts to adjust to camp life. Instead, you might say, "This is a commitment for one camp session. If it's hard at times, stick with it. If you don't like it you don't have to go back, but no changing your mind in the middle."

Avoid statements like, "I'm going to be so lonely without you!" Don't make your child feel guilty about going away. Rather, acknowledge in a positive way that you will miss your child. For example, say "I'm going to miss you, but I know you will have a good time at camp."

If for some reason you do wind-up on the phone with a crying, homesick child, be supportive and positive about his or her ability to adjust and be absolutely firm about sticking it out. "Just try it one more day" likely translates to "I'm going home in a day." Again, such statements invite the child to fail. Alternatively, "You must stay," is more likely to translate to, "I don't have a choice so I might as well make the best of it."

Don't feel guilty about encouraging your child to stay at camp. For many children, camp is the first step toward independence and plays an important role in their growth and development.

HANDLING HOMESICKNESS, CONT.

Do not berate children or make them feel like a failure for being homesick. When your child completes a visit away from home successfully, praise him or her.

Discuss what camp will be like before your child leaves. Consider role-playing anticipated situations, such as using a flashlight to find the bathroom.

Speak openly of possible homesickness. Feeling homesick and missing family, friends and pets is normal. Knowing this, your child may accept homesick feelings with less anxiety.

Pack a personal item from home, such as a stuffed animal or favorite blanket.

Heighten your child's interest by pointing out some of the exciting activities at camp. At the same time, be sure your child's expectations are realistic. He or she will be challenged and have to work hard at some activities, such as learning to rock climb or canoe. Overnight campers also share in camp chores such as setting up tents, assisting with meal preparation and cleanup and picking up litter around camp.

When dropping your child off at camp, meet the leaders, then leave. This is not a good time to visit and watch activities. A cheerful, confident attitude on your part will get the week off to a good start.

Adapted from the American Camping Association web site.

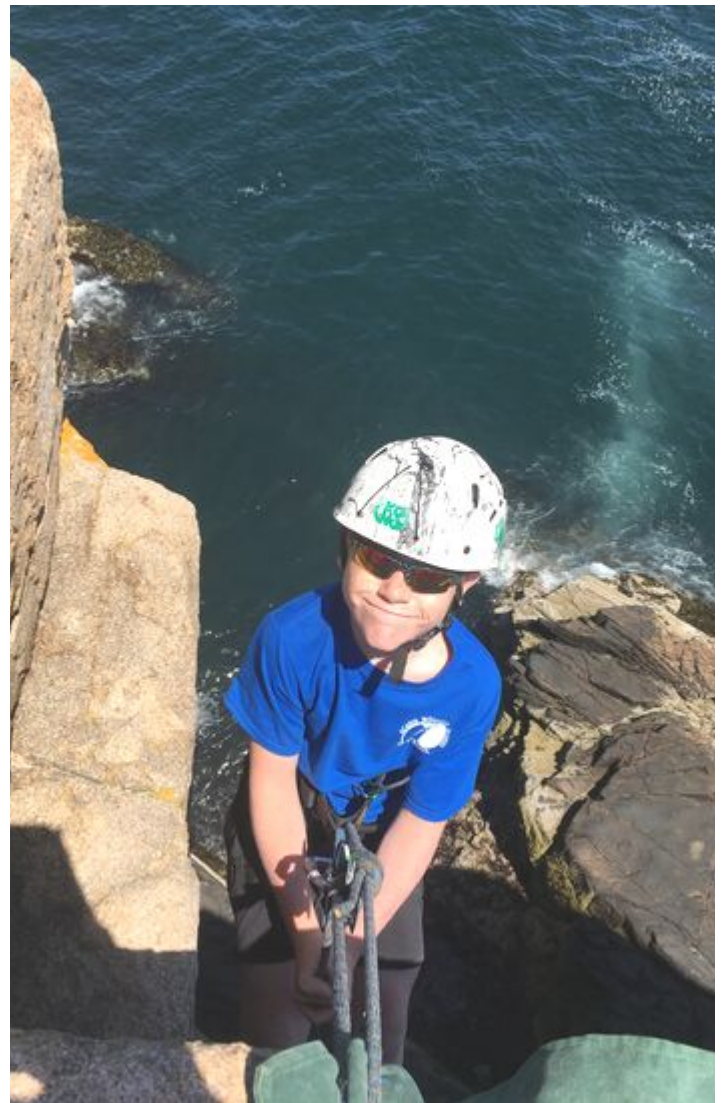
CAMP STORE

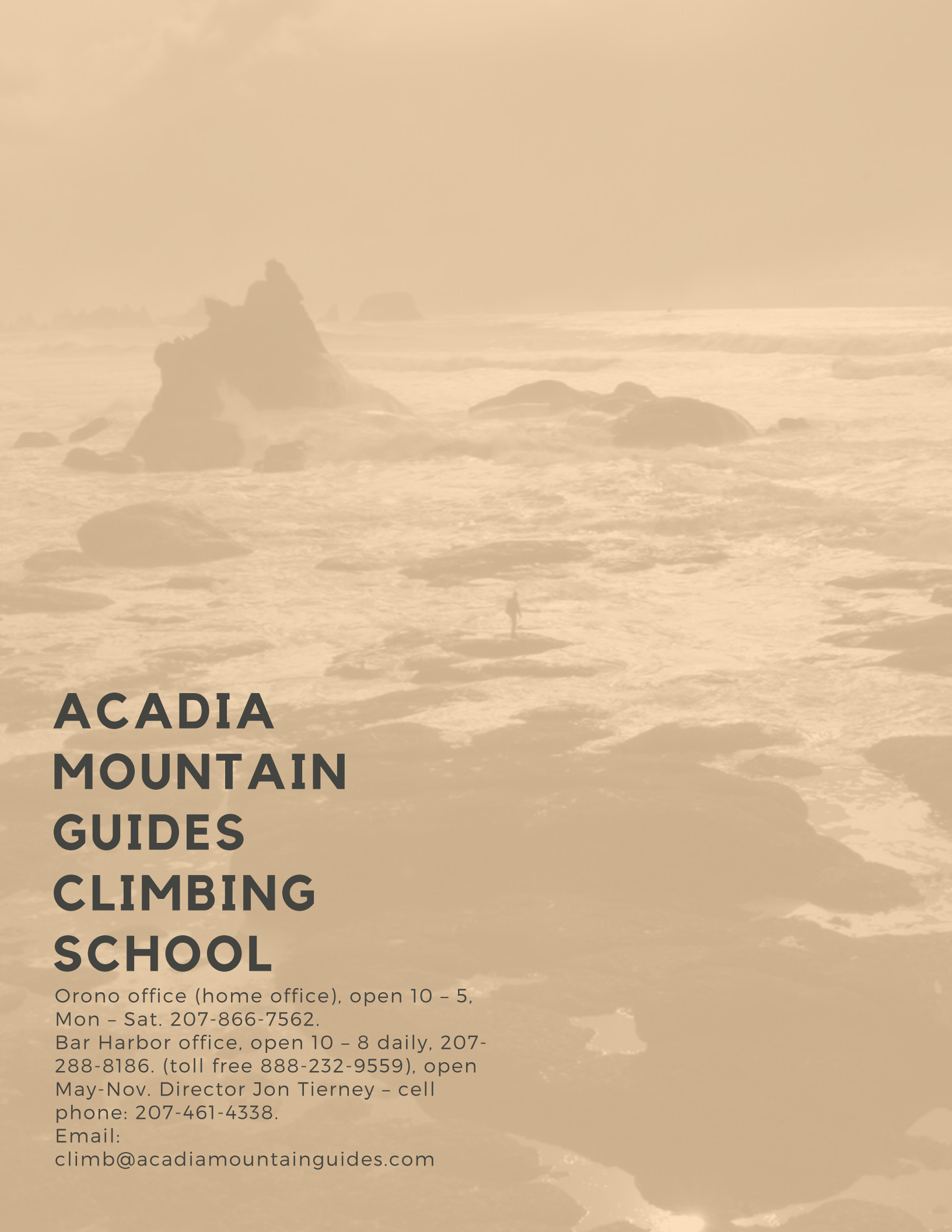
Alpenglow Adventure Sports has been serving mountain and outdoor enthusiasts since 1986! This is the store where all of Acadia Mountain Guide's clients and campers have the opportunity to purchase sleeping bags, climbing gear, camp attire and other outdoor products before, or after camp. Online purchases may be made prior to camp at AlpenglowGear.com as well – just leave a note in on your order if you want us to set the gear aside and give it to your camper upon arrival. Also let us know if this is going to be a surprise or not! We offer convenient gift cards if you would like to send your camper to camp with some gear specific spending money. Popular items include chalk, chalkbag, tape, brushes, climbing shoes, approach shoes, harnesses, helmets, additional AMG tee shirts (the Otter Cliff tee is popular), the very popular AMG Nalgene, and we carry a wide selection of climbing specific apparel!

We recommend pre-establishing a per week allowance for purchases made through Alpenglow or for periodic stops at conveniences stores, ice cream parlors, etc. Alpenglow Gift cards can only be used in our Orono & Bar Harbor locations. If your camper is staying for multiple weeks of camp, please send them with an additional \$40 per week of stay over camp so they can buy themselves 1 lunch, 1 dinner, and 1 breakfast. If your camper is flying or riding a bus to or from camp, please send them with enough money to accommodate their needs while travelling. If you would like camp staff to hold any money at headquarters during camp, this can be arranged with the camp director!

DISCOUNTS

All campers receive a lifetime 15% discount on purchases through the store and on-line at AlpenglowGear.com. Upon registration a promo code will be provided in your confirmation email for use when making an on-line purchase to access your 15% lifetime discount! If you don't see what you need on line, give us a call. We have a large selection of climbing and outdoor gear in our store, and a very knowledgeable and friendly staff, eager to help you with your purchase.





ACADIA MOUNTAIN GUIDES CLIMBING SCHOOL

Orono office (home office), open 10 – 5,
Mon – Sat. 207-866-7562.

Bar Harbor office, open 10 – 8 daily, 207-
288-8186. (toll free 888-232-9559), open
May-Nov. Director Jon Tierney – cell
phone: 207-461-4338.

Email:

climb@acadiamountainguides.com