

CAMP PAH!

August 30 - 31, 2014

A Day camp for deaf & hard of hearing teenagers

Who are we:

Oregon Adaptive Sports (OAS) is a Bend, Oregon nonprofit outdoor organization for people with disabilities and special needs. Since OAS's establishment in 1996 we have been breaking barriers for people with disabilities on the mountain and in the great outdoors. The momentum is still going strong!

In the Winter of 2012-2013, Cara Frank was hired as an Snow Instructor for OAS. Cara Frank is profoundly deaf while she communicates primarily through spoken language, she is extremely passionate about ASL and exposing more people to the great outdoors, particularly those who are similar to her.

Together, this past winter OAS & Cara executed the first of its kind here in the West Coast, an successful Camp for the Deaf and Hard of Hearing (HH) during Presidents Day Weekend. Thanks to the great help of many volunteers who are deaf/HH and an interpreter, everyone had a amazing weekend on the slopes building their snowboard/skiing skills and making new friends while celebrating who we are.

The PAH! vision:

Growing up, Cara wishes she had more deaf role models when she was a kid, thus the inspiration for putting together this program for today's Deaf/HH youth. With this great partnership, OAS and Cara have put together a summer camp that promotes and provides recreation activities and experiential education for Deaf and HH teenagers. The activities offered in these summer and winter camps teach participants new life skills, increase self-esteem, confidence and celebrate who we are.

PAH! is an well known sign in America Sign Language that means success, accomplish, achieve, finally, at last - all words that we think are worthy descriptions of this Camp! We even took it a step further and created an abbreviation for PAH; 'Packing Adventures High-up' which is exactly what we are doing here at camp!

Volunteers:

Camp PAH! is facilitated primarily by OAS staff and deaf and HH adult volunteers along with others who are well exposed to deaf communities. Our volunteers are an crucial aspect to the success of the camp as they take on the job as role models, encouragers, coaches and more. They are with the participants around the clock from the start to the end. If you are interested in volunteering please contact Cara. Also, when you have a chance, please give our volunteers a pat on the back!

Camp PAH! Logistics:

This is currently a day camp created for young teenagers (age 13+) who are deaf and HH. This summer program consists of indoor rock climbing & whitewater rafting (please see next two pages for activity details). The participation fee is \$100/person for the camp which covers staffing, activities and one meal. With this being a day camp, participants will be expected to take care of their personal needs such as accommodations, some food and transportation independently. We have put together some resources to make the planning easy as possible.

Accommodations:

We are unable to provide accommodations but have looked into arranging some hotel rooms at an discounted rate. There are some local families who have also volunteered to "host" for the weekend for small families. If you need help finding accommodations, please contact us and we can help you find something.

Food:

Participants will be responsible for bringing their own snacks and drinks. We will have a water dispenser available for refilling water bottles along with spare sunscreen if anyone forgets. On Sunday, an deli sandwich, fruit and chips will be provided on the day of rafting. We encourage you to bring cash on the day of rafting in case you'd like to buy some ice cream!

Transportation:

In general, participants need to be dropped off at the OAS office to caravan with us or be dropped off at the activity site. Please review the activity pages for details.

Questions? To register:

OAS#: 541.848.9390

Email: lucyoas@gmail.com

Cara Frank's VP#: 541.730.4513

Email: mtnnsnow@gmail.com

We hope to see you with us getting your 'PAH' on!

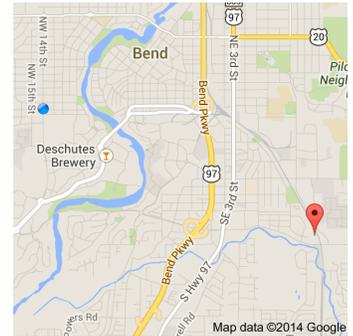
AUGUST

30

INDOOR ROCK CLIMBING

Bend Rock Gym 2 pm - 6 pm

1182 SE Centennial Ct
Bend, OR 97702



Check in:

If participants need a ride, you can come to the OAS office at 1:30 pm to ride with us in our van! Be sure to let us know so we can expect you. Otherwise, participants can meet us at the Bend Rock Gym parking lot. Please come early so all participants can go inside the gym as a crew to get set up with their gear at 2 pm.

What are we going to do?

This beginner-intermediate 4 hour session will focus on learning safety skills and climbing techniques with experienced rock climbing instructors who are fluent in ASL. No experience is needed! We will learn how to boulder, tie knots, effectively read routes and gain an understanding on top rope belaying. This is a great program for participants looking to explore the world of climbing with an instructor on hand to guide the way.

What should I wear?

Comfortable clothing that won't restrict movement but isn't loose enough to get caught on anything. Longer shorts are more comfortable with harnesses. Rock climbing shoes & harness will be provided. Bring socks if you prefer to wear them with your rental shoes (that's a matter of personal preference). We do encourage you to bring an water bottle and a snack if you think you'll get hungry.

Afterwards:

Our climbing session wraps up at 6 pm. Participants can be picked up in the parking lot or can ride with us in the OAS van to dinner. There will be an dinner gathering at the Deschutes Brewery in downtown Bend - keep in mind this is not part of the camp program, simply an optional social for participants and their families. Please let us know in advance if you plan on coming so we can make arrangements!

AUGUST

31

RIVER RAFTING

Sun Country Tours 7:30 am - 6 pm

531 SW 13th Street
Bend, OR 97702



Check in:

Everyone needs to be at the Sun Country Tours Headquarters at 7:30 prompt. From there, we will be shuttled to start our river adventure! There are other pickup locations in Redmond, Madras and Maupin. Please let us know in advance if you want to use a different pickup location.

What are we going to do?

Ride the water roller coaster of the Lower Deschutes River! This all day safe and fun adventure will make you feel like you're on the set of an old western, floating through a rugged rocky canyon. We'll be on the river for 4.5 hours and cover approximately 13 miles on the river (from Maupin to Warm Springs) featuring thrilling class III rapids! There will also be peaceful stretches perfect for taking in incredible high desert scenery. The day will include swimming, grilled lunch, beach volleyball, splashing and of course exciting whitewater rapids! You may want to bring cash if you want to buy ice cream!

What should I wear?

Wear clothing that can get wet and shoes that stay on your feet (like sneakers, sandals or water shoes). NO flip flops. On warm days, swimsuits, T-shirts and shorts are usually enough. On cooler days, wear synthetic fabrics that wick moisture (exercise clothes work well). Do NOT wear cotton. You may chose to bring a change of clothes for the shuttle back from the river as well as beverages and snacks. An hat and sunglasses with straps is always good to bring too.

Afterwards:

Once we arrive at Warm Springs (approx. 4:30 pm), the shuttle will return us back to the Headquarters at 6 pm. If you need to head back north, you can pick up participants at Warm Springs. If you plan on this, let us know in advance so we can plan accordingly.

Optional dinner: if there are enough folks around, we can group up for dinner at 7 pm at an local downtown favorite restaurant; McMenamins. Let us know if you want to join!