

COASTLINE CHALLENGES

FAQs

Why would I attend a Coastline Challenge program?

Good question! Most youth attend Coastline for a few different reasons:

- A) They have the opportunity to earn time off their probation or have conditions changed or dropped.
- B) They choose to face the challenge of a wilderness program rather than going to juvy.
- C) They want to get in physical shape, and enjoy adventure.
- D) They enjoy being in the wilderness and want to have a new experience unlike other things they have tried before.
- E) To learn new skills such as canoeing, hiking and wilderness survival skills.

Do I have to go for the whole program?

Yes! Youth who attend Coastline are expected to put their best effort in to complete the program. In your lifetime 26 days is actually pretty short. Though this seems like a long time once you are out on trip the time goes by pretty fast.

What do I have to do at Coastline?

Coastline is a wilderness program. You will spend the majority of your time outdoors. Coastline is also a physical program and you will need to participate in physical activities such as swimming, running, canoeing, and daily camp activities such as cooking, fire building, chopping wood etc. Coastline is also designed so participants can have fun.

There are lots of games, challenges and opportunities to do cool things such as check out wildlife, visit beautiful beaches, jump of waterfalls and swim in the ocean. Coastline is also about learning. Attitude is the most important thing at Coastline. We expect youth to try, to be positive and to respect themselves & others.

Youth at Coastline are also asked to take some responsibility. You will be responsible for the gear we lend you, for your participation, your attitude and the amount of fun you have on program. Something you will hear often at Coastline is that the more you put into your experience at Coastline the more you will get out of it.

How do I graduate?

Attitude is the most important thing at Coastline. You will need a good attitude and you will need to put in effort. There are many challenging components of the program and you will need to complete a 3-4 introductory trip, a 15 day canoe expedition, a 5 day hike, a 48 hour solo, a 5 km run, a 10 km run and write a present a graduation speech. You will ALSO be asked to abide by safety rules and expectations, respect others, yourself and the environment. This is often the hardest part of Coastline.

What is a solo?

A solo is a time for reflection and a time to practice the skills you have used throughout program. It happens near the end of program. Each participant is given their own solo area to spend 48 hours in. Participants take care of themselves during this period with instructors close by to check in and support youth.

What if I am not sure I can do it?

Don't worry many other youth have been in your place. If you are willing to try instructors are there to help you out. If you help out your peers they are usually willing to help you out. Although Coastline is not for everyone if you are willing to try you are able to graduate.

What happens if I hurt myself?

There are many safety guidelines in place so that you stay safe on program. If you do hurt yourself instructors are trained in wilderness first aid to provide immediate care. If necessary youth are taken to a doctor, when possible, depending on the urgency.

What do we get to eat?

Food is often a highlight at Coastline. You will get plenty of food. Often there will be some familiar food and some food you have never tried before. We ask you to try all the meals. The food we provide is healthy and abundant. Having the right amount of energy and nutrients is important on program.

Who else will be there?

Coastline groups are made up of 3-10 other youth and three instructors. Two instructors go on all the trips with the group. Everything we ask you to do instructors do also. All the youth are on probation and come from BC. Most groups do not know each other but often know someone else who has been to Coastline. Ask around you probably know someone who came to Coastline. Instructors are wilderness guides and youth workers who have been working at Coastline for many years. Instructors are there to keep you safe, help you learn and help you have the best time you can while on program.

What are some of the things other youth tell us they like about Coastline?

- Good food!
- Having fun. Making new friends.
- Seeing new and beautiful places.
- Seeing wildlife and exploring.
- Learning new skills such as fire building and canoeing.
- Challenging yourself and doing things you never thought you could such as running a 10km or swimming in the freezing ocean and enjoying it.
- Getting in shape.
- Having campfires, telling jokes, having fun.
- Trying new things.
- Staying clean for 26 days.
- Getting away from the frustrations of everyday life.
- Finishing solo.
- Actually graduating!

What are some of the things other youth have found challenging at Coastline?

- Being away from friends and family.
- Staying clean for 26 days.
- Some of the physical challenges such as paddling all day, running.
- Staying positive when you are tired.
- Environmental challenges such as cold or rain.

What happens if I bring things that are not on the list of things to bring?

Coastline is a substance free program. Aside from that if you bring extra clothes or clothing not on the list, you will be asked to leave them behind. If you bring personal items such as a camera or a pocket-knife instructors will hold onto them and make them available for your use. Don't expect us to change these guidelines for you or your favorite hoody!

Youth who graduate Coastline are often **very proud** of what they have accomplished.

They have a unique experience and **completed things they never thought were possible.**

Everyone is capable of graduating a Coastline program **if** they choose to and if they try.

RULES AND EXPECTATIONS

All participants are expected to abide by the following rules.

Failure to abide by the rules can lead to an early exit (and a BREACH):

1. There is NO SMOKING allowed during the program.
2. No physical fighting or violence is allowed in program.
3. No physical or verbal acts of intimidation are allowed in program.
4. No drugs or alcohol are allowed in the program.
5. No knives or weapons are allowed in the program.
6. Participants' belongings may be searched for contraband by camp staff at any time during the program.
7. Respect others and yourself:
 - foul language (swearing/name-calling) is not acceptable.
 - respect the personal space & belongings of yourself and others.
8. Participants are expected to follow all instructions, rules and procedures as outlined by the staff.
9. No cell phones. Participants' use of a telephone will not be allowed except under extenuating circumstances.
10. For safety purposes, instructors will carry all medications, but participants will self-administer approved dosages.
11. No jewellery – rings, watches, necklaces, bracelets, etc. – they can easily go missing or get damaged and are also potentially dangerous (such as in climbing). Please leave them at home.

WHAT TO BRING

You really do not need to bring anything to Coastline so don't sweat it if you are missing something on the list below. If you bring things not on this list don't expect to keep it. Bring ONLY things on the list. Please do not bring anything expensive or important to you. It WILL likely get damaged. Please do not bring watches or jewelry we WILL ask you to leave it behind so it is probably safer at home (yes that includes rings, chains, earrings, etc.). DO NOT bring phones, cameras or IPOD's.

The reason we ask you to not bring cotton is that it dries slowly and is cold. If you only have cotton then bring it though we may change some of your gear for ours. We will provide you with additional clothing and gear you will need throughout program.

So if you own the following, please pack:

- 2 synthetic t-shirts (NOT cotton) if possible (No inappropriate messages or insignia as determined by instructors. If you are not sure don't bring it.)
- 6 pairs of boxers/ underwear
- 4 pairs of socks – preferably wool or polypro
- a swimsuit/ swim shorts
- 2 pairs of shorts
- 1 pair of pants – polyester or synthetic, not cotton
- a hat
- running shoes
- a toothbrush
- any prescription medications you need
- flip-flops or water shoes
- A clean set of clothes for graduation and traveling home. Most youth bring something a little dressier for graduation as there are many parents and professionals attending.

ALL other items will be provided by the program including: sunscreen, cameras/ photos, sunglasses, soap, bug repellent, workbooks, books, outdoor clothing/ gear, hiking boots, sleeping bags, backpacks, canoeing equipment etc. etc.

We suggest that you do not buy new clothing to attend program as it will get dirty and smelly and is un-necessary.