



## Program Theme "Compass"

*"This compass is used as a tool to navigate the journey."*

### Compass Program

This program is based on the adventures of a parent and child and of their circles and expeditions. This program gives members a sense of direction and an inspiration for activities. The four main direction points are the essential components of the Adventure Guides Friends Forever Program.

#### ***Compass Directions***

- The **Family** is True North – the focal point of the program
- **Nature** and the camping experience are an integral part of the program
- The spirit of the program is experienced through belonging to a small **Community** called a circle
- **Fun** is the magic of the program
- The **YMCA core values** provide direction as parents guide children on their journey

The YMCA Core Values make up the other directional points. Along the journey, adults should model, teach and demonstrate these values as well as give children many opportunities to practice and celebrate them. Initially, these four values provide guidance in helping children select activities, make decisions, and choose appropriate courses of action—both in the program and in their lives.

#### ***Core Values***

- **Caring**
- **Honesty**
- **Respect**

- **Responsibility**



## Compass Program”.

- Four Journeys; North, East, South, and West
- Kids will receive a “Base” patch.
- As each Journey is completed they will receive 1 specific quadrant until the circle is completed.

### ***First Journey – North***

1. Know and repeat before the Circle, the names of each child member.
2. Repeat all seven parts of the Y-Adventure Aims before the Circle.
3. Good Conduct at three consecutive meetings.
4. Arrange a night off for Mom. Father and child will plan, purchase, cook, and serve dinner-  
MOTHER WILL NOT BE ALLOWED IN THE KITCHEN. After serving dinner, Father and child will do the dishes. Mother will furnish a statement in writing to be presented to the circle.
5. The Father and Child will do a camping trip for at least one night preparing their own food. This can be done alone or with the Circle.
6. Father and Child will do three home crafts representing
  - a) the theme of the Circle’s name
  - b) the Child’s nickname
  - c) the Father’s nickname

## ***Second Journey – East***

1. Child to plant/grow a vegetable/fruit and present to Circle his/her crop.
2. Take a two mile hike with Dad and turn in a report to the Circle on any interesting sites or events in this trip.
3. Athletics
  - Option A: Dad and Child do the following:
    - a. 2 push ups
    - b. 5 sit-ups
    - c. jog a ¼ mile
  - Option B: Dad and Child do the following:
    - a. swim 25 feet
    - b. Retrieve object that is under-water
    - c. Tread water or float for two minutes
4. Child to present his Family Tree going back at least two generations and present photos, nationalities to the Circle.
5. Child to present 5 endangered species to the local area.
6. Present a photo scrap book of any event that you have attended. Best if the Child takes the pictures. Present to circle.

## ***Third Journey – West***

1. Draw and identify three animal tracks. Tracks must be seen.
2. Child must do a report on one National Park. A park that was visited is recommended but not required.
3. Dad and Child take a special trip (overnight is recommended but not required) and report back to the Circle of special happenings.
4. Geology—Collect, identify and display to the circle a collection of ten rocks, gems, and or minerals.
5. Meteorology—Identify and display three different cloud formations. Explain why each cloud formation occurs and the type of weather each represents.
6. Reverse Role Playing.
  - Option A: Dad and Child to reverse roles for one day (a minimum of 4 hours) and report back to the Circle their fun findings.
  - Option B: Spend part of the day with your Dad at his work and report back to the Circle

## **Fourth Journey – South**

1. Make a pair of stilts with the Child doing the measuring, cutting, sanding and fastening with the supervision from Dad. Bring to Circle meeting for presentation.
2. Knife Safety: demonstrate the proper and safe way to use a knife. Carve/Whittle an object and present to Circle.
3. Knots: Demonstrate to the Circle how to tie the following knots:
 

A) Square	B) Clove Hitch
C) Bowline	D) Two Half-Hitches
E) Taunt-line hitch	F) Fisherman's knot
4. Fire Safety:
  - Step 1: Child to report to Circle how to put out the following fires:
 

1) Wood	2) Clothing	3) Grease
---------	-------------	-----------
  - Step 2: Child light a campfire in front of Circle
5. First Aid: Child to demonstrate how to perform all of the following:
  - 1) what to do when someone is choking
  - 2) what to do when someone can't breathe
  - 3) what to do when someone is bleeding
6. Astronomy – Locate, identify and draw three star formations. Present to circle.
7. Navigation with a compass

***Compass points for each Journey should be accomplished as a Parent/ Child experience as part of the Adventure Guides Program. Though some of the tasks may have already been accomplished in a child's lifetime, the goal is to accomplish them together and strengthen the family bond. Such an example would be that if a child is part of a swim team, they have certainly met the East Journey task to swim 25 feet. Yet, by just checking off the list, the Parent/ Child experience is lost. By choosing a special day and time to visit the pool and accomplish this specific compass point, a memory is created and the child has a stronger sense of accomplishment and comfort of how important their Mom or Dad thinks they are for doing it.***

## ***Compass Program Leadership***

Under direction of the Expedition Navigator, the “Wizard Team” projects an understanding, excitement and a purpose for this very important element of the Adventure Program. The Compass program should be a part of every Expedition Base Camp meeting, every circle meeting and every campout. It reaches the core of why this program exists and will create lasting and lifelong memories for every family that comes into contact with it.

### **Expedition Wizard**

- Sets goals for Expedition Compass activities
- Communicates plan with circle Wizard
- Manages Compass Journey patches and awards at campouts
- Honors Compass Program graduates at year end campout

### **Circle Wizard**

- Coordinates circle goals with those set by the Expedition Wizard
- Recognizes individual accomplishments at circle meetings
- Utilizes enlarged board to have kids place a star next to their name at meetings
- Awards pin for each accomplished task
- Reports journey completions to the Expedition Wizard

<b>Compass Program -Personal Achievement Record</b>	
<b>First Journey - North</b>	<b>Completed</b>
Know and repeat before the circle the Adventures names of each explorer.	
Repeat all seven parts of the Adventure Guide Aims before the Circle.	
Good Conduct at 3 consecutive meetings.	
Arrange a night off for Mom. Dad and Child will plan, purchase, cook and serve dinner - MOTHER WILL NOT BE ALLOWED IN THE KITCHEN. After serving dinner, Dad and Child will do the dishes. Mother will furnish a statement in	
The Dad and Child will do a camping trip for at least one night preparing their own food. This can be done alone or with	
Dad and Child will do three home crafts representing the theme of the Circles name and their names.	
<b>Second Journey - East</b>	
Child will plant/grow a vegetable / fruit and present to Circle their crop.	
Take a 2 mile hike with Dad and turn in a report to the Circle on any interesting sites and / or events in the trip.	
<b>Athletics: Option A: Dad and Child do the following:</b>	
1) 2 Push-ups	
2) 5 Sit-ups	
3) Jog 1/4 mile	
<b>Option B: Dad and Child do the following:</b>	
1) Swim 25 feet	
2) Retrieve an object that is underwater	
3) Tread water or float for 2 minutes	
Child to present their Family Tree going back at least two generations. Child to present photo's, nationalities etc., to the	
Child to show or illustrate 5 endangered species to the Circle.	
Present a photo scrap book on any event that you have attended. Best if the Child takes the pictures, present to the	
<b>Third Journey - West</b>	
Draw and identify three animal tracks. Tracks must be seen.	
Child must do a report on one national park. A park that was visited by the Child is recommended but not required	
Dad's and Child take a special trip (overnight is recommended but not required) and report back to the Circle of any	
Geology - Collect, identify and display to the Circle, a group or collection of 10 rocks, gems or minerals.	
Meteorology - Identify and draw for display, 3 different cloud formations. Explain why each particular cloud formation	
occurs and the type of weather each represents.	
Reverse Role Playing - The Dad and Child to reverse roles for one day (a minimum of 4 hours) and report back to the Circle	
their fun findings. --or-- Spend part of the day with your Dad at his work and report back to the Circle.	
<b>Fourth Journey - South</b>	
Make a pair or stilts with the daughter doing the measuring, cutting, sanding and fastening with the supervision of the	
Dad. Bring to Circle meeting for presentation.	
Knife Safety - Demonstrate the proper and safe way to use a knife. Carve / whittle a project and present to Circle.	
Knots - Demonstrate the following knots: Square, Clove Hitch, Bowline, Two Half-Hitches, Taunt-Line Hitch and how to	
tie a hook to a fishing line (in case Dad can't do it).	
Fire Safety - Child to report to the Circle how to put Wood, Clothing and Grease fires at an event campfire. Also, the	
Child will light a campfire in front of the other daughters with Dad's supervision.	
First Aid - Child to demonstrate how to perform the following:	
1) What to do when someone is choking	
2) What to do when someone can't breathe	
3) What to do when someone is bleeding	
Astronomy - Locate, identify and draw three star formations. Present to circle at a circle meeting.	
Navigation (w/ Compass)	

## ***Pin Program as Part of Compass Journey***

Pins are awarded for individual task accomplishments at the circle level by the circle Wizard. The pins are proudly displayed on a lanyard that is worn at circle meetings, Campfires and Chapels/Round-Ups.

### **NORTH**

Know and repeat before the circle the Adventure names of each child.

<http://www.lapelpinplanet.com/catalog/item/CC403/>



Repeat all seven parts of the Adventure Guide Aims before the circle



Good Conduct at 3 consecutive meetings.



Arrange a night off for Mom. Father and child will plan, purchase, cook and serve dinner - MOTHER WILL NOT BE ALLOWED IN THE KITCHEN. After serving dinner, Dad and Child will do the dishes.



(Chefs Hat)

The Dad and Child will do a camping trip for at least one night preparing their own food.



Dad and Child will do three home crafts representing 1) the theme of the circle's name; 2) their Child's Adventure name; and 3) the Father's Adventure name.



**EAST**

Child will plant/grow a vegetable / fruit and present to circle his/her crop.



Take a 2 mile hike with Dad and turn in a report to the circle on any interesting sites and / or events in the trip.



Athletics: Option A: Dad and child do the following

2 Push-ups,  
5 Sit-ups,  
Jog 1/4 mile



Option B: Dad and child do the following:

Swim 25 feet,  
Retrieve an object that is underwater,  
Tread water or float for 2 minutes

Child to present his/her Family Tree going back at least two generations. Child to present photo's, nationalities etc., to the circle



Child to show or illustrate 5 endangered species to the circle.



(Panda Bear)

Present a photo scrap book on any event that you have attended.



**WEST**

Child must do a report on one national park. A park that was visited by the Child is recommended but not required



Draw and identify three animal tracks. Tracks must be seen.



Dad's and Child take a special trip (overnight is recommended but not required) and report back to the circle of any special happenings.



Geology - Collect, identify and display to the circle, a group or collection of 10 rocks, gems or minerals.



(T-Rex - Geology )

Meteorology - Identify and draw for display, 3 different cloud formations. Explain why each particular cloud formation occurs and the type of weather each represents.



Reverse Role Playing - The Dad and child to reverse roles for one day (a minimum of 4 hours) and report back to the circle their fun findings. --or-- Spend part of the day with your Dad at his work and report back to the circle.



## SOUTH

Make a pair of stilts with the Child doing the measuring, cutting, sanding and fastening with the supervision of the Dad. Bring to circle meeting for presentation.



(Work glove)

Knife Safety - Demonstrate the proper and safe way to use a knife. Carve / whittle a project and present to circle.



Knots - Demonstrate the following knots: Square, Clove Hitch, Bowline, Two Half-Hitches, Taunt-Line Hitch and how to tie a hook to a fishing line (in case Dad can't do it).



OR



Fire Safety – Child to report to the circle how to put Wood, Clothing and Grease fires at an event campfire.



First Aid – Child to demonstrate how to perform the following:



Astronomy - Locate, identify and draw three star formations.



Navigation (w/ Compass)

