



## 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”.**

- Upon entry into a circle the Parent and Guide should receive the Compass Program base patch.
- The Guide should also receive a green lanyard.
  - The lanyard is used for display of the pins that are earned.
- The Parent’s/Guide’s names should be added to the Circle’s Compass Program Achievement Board.
- As the Parent/Guide team complete the individual “Steps” within each of the four “Journeys”, they will receive the appropriate pin that corresponds to that “Step” at the Circle meeting.
- When a Parent/Guide team complete all the “Steps” within a “Journey” they will receive a rocker (the patch that encircles the base patch) at an Expedition Chapel.
- The Parent/Guide team’s progress will be tracked by the Circle Wizard on the Circle’s Compass Program Achievement Board.



4. Arrange a night off for Mom. The Parent/Guide team will plan, purchase, cook, and serve dinner- MOTHER WILL NOT BE ALLOWED IN THE KITCHEN. After serving dinner, the Parent/Guide team will do the dishes. Mother will furnish a statement in writing to be presented to the Circle.
5. The Parent/Guide team will do a camping trip for at least one night preparing their own food. This can be done alone or with the circle.
6. The Parent/Guide team will do three home crafts representing
  - a) the theme of the Circle's name
  - b) the Guide's Adventure name
  - c) the Parent's Adventure name

### ***Second Journey – East***

1. The Parent/Guide team will plant/grow a vegetable/fruit and present the crop to the Circle
2. The Parent/Guide team will take a two mile hike and turn in a report to the Circle on any interesting sites or events in this trip.
3. Athletics
  - Option A: The Parent/Guide team will do the following:
    - a. 2 push ups
    - b. 5 sit-ups
    - c. jog a  $\frac{1}{4}$  mile
  - Option B: The Parent/Guide team will do the following:
    - a. swim 25 feet
    - b. Retrieve object that is under-water
    - c. Tread water or float for two minutes
4. The Parent/Guide team will present a Family Tree going back at least two generations. Present any photo's, nationalities, etc. to the circle.
5. The Parent/Guide team will present 5 endangered species indigenous to the local area.
6. The Parent/Guide team will present a photo scrap book of any event that they have attended. Best if the Guide takes the pictures. Present to circle.

### ***Third Journey – South***

1. The Parent/Guide team will do a report on one National Park. A Park that was visited is recommended but not required.
2. The Parent/Guide team will draw and identify three animal tracks. Tracks must be seen.
3. The Parent/Guide team will take a special trip (overnight is recommended but not required) and report back to the Circle of special happenings.
5. The Parent/Guide team will collect, identify and display to the circle a collection of ten rocks, gems, and or minerals.
6. The Parent/Guide team will identify and display three different cloud formations. Explain why each cloud formation occurs and the type of weather each represents.
7. Reverse Role Playing.
  - Option A: The Parent/Guide team will reverse roles for one day (a minimum of 4 hours) and report back to the Circle their fun findings.
  - Option B: The Guide will spend part of the day with the Parent at work and report back to the Circle

### ***Fourth Journey – West***

1. The Parent/Guide team will make a pair of stilts with the Guide doing the measuring, cutting, sanding and fastening under the supervision from the Parent. Bring to Circle meeting for presentation.
2. The Parent/Guide team will demonstrate the proper and safe way to use a knife. Carve/Whittle an object and present to Circle.
3. The Parent/Guide will 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: The Parent/Guide team will report to Circle how to put out the following fires:
    - 1) Wood
    - 2) Clothing
    - 3) Grease
  - Step 2: The Parent/Guide team will demonstrate how to light a campfire in front of Circle

5. The Parent/Guide team will demonstrate the proper first-aid response to all of the following situations:
  - 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. The Parent/Guide team will locate, identify and draw three star formations and demonstrate to the Circle.
7. The Parent Guide team will demonstrate the ability to navigate using a compass.

***Compass points for each Journey should be accomplished as a Parent/ Guide experience as part of the Adventure Program. Though some of the tasks may have already been accomplished in a Guide's lifetime, the goal is to accomplish them together and strengthen the family bond. Such an example would be that if a Guide 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/Guide 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

## Compass Program Handbook

- 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 princess.	
Repeat all seven parts of the Y-Adventure Princess Aims before the Circle.	
Good Conduct at 3 consecutive meetings.	
Arrange a night off for Mom. Father and daughter will plan, purchase, cook and serve dinner - MOTHER WILL NOT BE ALLOWED IN THE KITCHEN. After serving dinner, Dad and daughter will do the dishes. Mother will furnish a statement in writing to be presente	
The Dad and daughter will do a camping trip for at least one night preparing their own food. This can be done alone or with the Circle.	
Dad and daughter will do three home crafts representing the theme of the Circles name and their daughter's and dad's name.	
<b>Second Journey - East</b>	
Daughter will plant/grow a vegetable / fruit and present to Circle 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.	
<b>Athletics: Option A: Dad and daughter do the following:</b>	
1) 2 Push-ups	
2) 5 Sit-ups	
3) Jog 1/4 mile	
<b>Option B: Dad and daughter do the following:</b>	
1) Swim 25 feet	
2) Retrieve an object that is underwater	
3) Tread water or float for 2 minutes	
Daughter to present her Family Tree going back at least two generations. Daughter to present photo's, nationalities etc., to the Circle	
Daughter 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 daughter takes the pictures, present to the Circle.	
<b>Third Journey - West</b>	
Draw and identify three animal tracks. Tracks must be seen.	
Daughter must do a report on one national park. A park that was visited by the daughter is recommended but not required	
Report on seven fish/animals/birds native to Southern California. Paste pictures and tell information about each one.	
Dad's and daughter(s) 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.	
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 daughter 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 - Daughter to report to the Circle how to put Wood, Clothing and Grease fires at an event campfire. Also, the daughter will light a campfire in front of the other daughters with Dad's supervision.	
First Aid - Daughter 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 tribe at a pow-wow.	
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 are worn at Circle meetings, Campfires and Chapels/Round-Ups.

### **NORTH**

Step 1: Know the names



Step 2: Seven Aims



Step 3: Good conduct



Step 3: Mom's night off



Step 4: Parent/Guide camping trip



Step 5: Three arts & crafts



**EAST**

Step 1: Grow, grow, grow!



Step 2: Two-mile hike



Step 3: Athletics



Step 4: Family tree



Step 5: Endangered species



Step 6: Photo-scrapbook



**WEST**

Step 1: National park



Step 2: Animal tracks



Step 3: Parent/Guide special trip



Step 4: Geology



Step 5: Meteorology



Step 6: Reverse role-play



## **SOUTH**

Step 1: Make a pair of stilts



Step 2: Knife Safety



Step 3: Knots



OR



Step 4: Fire Safety



Step 5: First Aid



Step 6: Astronomy



Step 7: Compass navigation

