



Blachford Lake Lodge
AND CONFERENCE RESORT

ARCTIC
INSPIRATION PRIZE



PRIX INSPIRATION
ARCTIQUE



Public Health
Agency of Canada
Agence de la santé
publique du Canada

FOXY 2019 Peer Leader Retreat

August 12-20, 2019
at Blachford Lake Lodge, NWT

Fostering Open eXpression among Youth (FOXY) is excited to host one FOXY Peer Leader Retreat this year at Blachford Lake Lodge! We are looking forward to another great summer of arts, leadership, and excitement with our FOXY Peer Leaders! In this registration package, you'll find information for young women/female-identifying youth*, their parents/guardians, and teachers about the FOXY Peer Leader Retreats. Send us an email (retreat@arcticfoxy.com) or give Candice Lys (Executive Director) a call (867-444-9108) if you have any questions about the Retreat before you send in your application. *Please note that youth of all gender identities are welcome at our FOXY/SMASH Retreats, and we encourage you to contact Candice to discuss your individual needs if you are gender diverse or non-binary.

All expenses for participants, including travel from their home communities to Yellowknife, is covered through the generous support of the Public Health Agency of Canada, the Arctic Inspiration Prize, and our other sponsors. There is no charge to any participant in the FOXY Peer Leader Program.

Young women/female-identifying youth* aged 13-17 from the NWT/Nunavut/Yukon are invited to join the FOXY team for a week of sexual and mental health education, learning about healthy relationships, the arts, leadership, and self-empowerment. Previous experience with the arts or artistic talent is not required, but we hope you will enjoy expressing yourself through drama, music, digital storytelling, photography, and other arts! While the emphasis will not be on strenuous activity, participants should be prepared to spend time outside and engage in some moderately physical activities like hiking and swimming.

In This Application Package:

- Information for participants, parents/guardians, and teachers about the FOXY Community Project;
- Retreat schedule, packing list, and important things to know;
- Registration Form A: Participant & Contact Information;
- Registration Form B: Participant Health Information;
- Registration Form C: Participant Photo Release Waiver; and
- Registration Form D: Participant Interests.

APPLICATION DEADLINE: SUNDAY, JUNE 2, 2019

Completed applications may be scanned and emailed to retreat@arcticfoxy.com, faxed to 1-888-518-4945, or mailed to: FOXY, 5029 57th Street, Yellowknife, NT X1A 1Y4

Emails will be sent to applicants & their parents/guardians to confirm all applications received.
Contact us before the June 2nd deadline if you did not receive your confirmation!

**SPACE IS LIMITED, SO APPLYING DOES NOT GUARANTEE ACCEPTANCE –
WE WILL CONTACT ALL APPLICANTS WITHIN TWO WEEKS AFTER THE DEADLINE!**

Note to Parents, Guardians, & Teachers helping to complete this application:

Thank you for helping the youth in your life learn about FOXY. We're really excited about the program, but we acknowledge that not every person is comfortable engaging with the arts or expressing themselves in the ways that we do at FOXY (though everyone is welcome to try!). We look forward to hearing from all youth, and ask that you allow them to complete the Section D Participant Interest page of this application as independently as possible. We want to see their handwriting, their personality, and even their spelling mistakes come through in the application!

When discussing the FOXY Peer Leader Retreat with a potential applicant, please make sure to mention the following things. We want all participants to be excited to try new stuff (even if they're nervous!), like:

- Photography, digital storytelling (videos & audio stories)
- Visual arts (like painting, drawing)
- Traditional arts (stuff like drum circles, smudging, beading);
- Sexual and mental health education;
- Community projects that the participant will complete when they return home.

FOXY is thrilled that all NWT participants earn 2 (Grade 10) high school credits for their active participation at the Retreat, and an additional 2 (Grade 11) high school credits for completing their community project! We are working on having these credits available to participants from the Yukon and Nunavut as well (hopefully by 2020).

Blachford Lake Lodge is an internationally acclaimed fishing lodge and we experience all of these arts and activities in a beautiful outdoor environment, but FOXY is not an outdoor adventure camp. Participants who seek on-the-land skills will not find what they're looking for at FOXY (although we welcome everyone who wants to give FOXY a shot and we try to make sure everyone has fun, of course!).

FOXY Peer Leader Community Projects:

All participants will spend time during the Retreat planning a small Community Project that they will deliver, with help from a mentor at their school and FOXY, when they return to their home communities. The FOXY team will provide resources to assist with the planning, and will help connect the Peer Leader with support when they return home, but the Community Project is **participant-directed**. Please discuss this idea with the applicant, and make sure that they are comfortable with doing their best to complete a community project. They won't be working on it alone, but they will be the boss!

Community Projects don't need to be intimidating or huge, and the emphasis is on the leadership process and putting in your best effort. Examples of past projects include:

- Volunteering at a Youth Centre/program leading exercise routines for a group of kids;
- Starting a paper recycling program at an elementary school;
- Organizing a toiletry drive and providing what they receive to the women's/homeless shelter;
- Coordinating a movie night(s) in their community; or,
- Setting up a space in a high school for students to access free resources about sexual health.

If you require further information or have any questions, please see our website at www.arcticfoxy.com, our Facebook at facebook.com/ArcticFoxyNWT or contact Candice Lys (FOXY Executive Director) at retreat@arcticfoxy.com or (867) 444-9108.

FOXY Peer Leader Retreat Schedule (subject to change):

Monday, August 12, 2019 (Day 1) – Tuesday, August 20, 2019 (Day 9)

Day 1

- Participants arrive in Yellowknife from their home communities
- Participants and facilitators spend the night at a team sleepover at the Yellowknife Ski Club

Day 2

- Participants and facilitators leave for Blachford Lake Lodge in the morning via float planes
- Participants arrive at Blachford, get settled and eat lunch before doing an orientation and getting started on Retreat activities!

Day 3 – Day 7

- Participants take part in art projects, outdoor activities, sexual and mental health education and empowerment exercises, enjoying wonderful hospitality from the Blachford Lake Lodge staff, and planning their Community Projects

Day 8

- Participants spend the morning presenting their community project plans to the group
- After lunch, everyone packs and gets ready to leave
- Over supper, we give out our Camp Awards
- In the evening, we get onto the planes and return to Yellowknife
- All participants and facilitators go to Yellowknife Ski Club for a team sleepover

Day 9

- Participants return to their home community. We'll miss you!



IMPORTANT THINGS TO KNOW

- At Blachford, you will be sharing a cabin or room in the lodge with other participants. If you have any concerns about this, or would like to make any special requests, please contact us in advance.
- At the FOXY Peer Leader Retreat, **smoking (cigarettes, vaping, marijuana), drinking, and drugs are strictly prohibited. Please leave these items at home so they don't jeopardize your chance to stay at the Retreat.**
- We will make all attempts to accommodate special medical, nutritional, and personal needs, however due to the nature of our venue, there may only be so much we can do. Please be honest about your needs and we will work with you as much as possible to make sure that you have the best time at the Retreat!
- Please be honest and thorough with your health form. It allows us to prepare for all possibilities while at the Retreat.
- During the two evenings we are spending in Yellowknife, **all participants and facilitators must remain at Yellowknife Ski Club for the duration of the sleepovers as these are team-building activities that are central to the FOXY Peer Leader Retreat. There will be no exceptions made.**
- During our time at Blachford Lake Lodge, participants are not able to leave for any reason outside of an emergency. **If a participant must be removed from the site for disciplinary reasons, the cost of the flight charter will be forwarded on to the participant's family.**
- All successful NWT participants in the FOXY Peer Leader Retreat will receive 2 Grade 10-level credits in the NWT school system. The Peer Leader Community Projects are worth 2 Grade 11-level credits for NWT students when they're completed!
- FOXY strongly discourages you from bringing your phone or device to the Retreat – we don't have cell service anyway, and the limited wireless Internet is exclusively for the use of the Blachford Lake Lodge staff. If you are concerned about your device getting lost or damaged, please leave it at home. **If you choose to bring your phone it will be collected at the Ski Club and put in a lock box for safekeeping for the duration of the Retreat.** We'll be super busy anyway doing fun things, and many participants in previous years found that they enjoyed being free from their electronic devices during the Retreat. FOXY staff will be taking some photos that will be available for you to view after the Retreat, and you are welcome to bring your own digital camera as well if you'd like to capture your memories!



PACKING LIST

*Blachford is a premiere lodge, but some activities will be outside and everything will take place in a rustic environment. Please do NOT bring anything that you will be upset about if it gets damaged/lost!

*This is a suggested packing list, but remember that all of our accommodations will be shared, and you'll be responsible for keeping track of all of your belongings. Most of what you need (such as bedding, pillows, and towels for showering) will be provided while at Blachford.

*Please pack light! Make sure that your baggage is within the weight limit of your flights to Blachford/Yellowknife (no more than 30lbs).

*Even though it will be summertime, please remember that it can get chilly at night!

IF YOU DON'T HAVE EVERYTHING ON THE LIST, DON'T WORRY! CONTACT CANDICE - YOU CAN PROBABLY BORROW SOMETHING FROM FOXY!

- T-shirts - plus your FOXY t-shirts or hoodies if you already have them!
- Jeans/outdoor-appropriate pants (yoga pants or other comfy pants are awesome!)
- Shorts
- Pyjamas
- Bathing suit
- Hoodie
- Underwear & bras
- Socks
- Sandals (optional)
- Water shoes (optional, if you want them for swimming)
- Runners or light hiking shoes
- Light waterproof jacket (in case it rains)
- Sunhat/ball cap
- Toiletries
 - Toothbrush & toothpaste
 - Hairbrush and/or comb
 - Deodorant
 - Lip balm
 - Glasses/contacts/contact solution (if needed)
 - Pads/tampons (if needed)
- Sunglasses
- Camera and battery charger (optional)
- Backpack
- Water bottle (reusable and marked with your name!)
- Eye mask (optional – if the midnight sun bothers your eyes when you sleep!)
- Flashlight or headlamp
- A book (optional)
- Towel for swimming (shower towels are provided)
- Sleeping bag, pillow, and a small foamie for the sleepovers in Yellowknife (these will get stored in Yellowknife when we go out to Blachford – so pack them separately from the rest of your gear! If you are coming from a community that is very far away, please discuss this with FOXY staff as you may be able to borrow some of ours instead!)
- Any medications in their original containers (these are to be given to the Retreat First Aider on the first day for safe keeping – they will be given back to you at the end of the Retreat!)

REGISTRATION FORM A – PARTICIPANT & CONTACT INFORMATION

Completed applications may be emailed to retreat@arcticfoxy.com or faxed to 1-888-518-4945

APPLICATION DEADLINE: JUNE 2, 2019

Participant:

First & Last Name (on ID): _____ Name used (if different): _____

Age (on August 12, 2019): ____ Grade (in Sept. 2019): ____ Date of Birth (DD/MM/YY): _____

Current school: _____ School in September 2019: _____

Mailing Address: _____ Community: _____ Postal Code: _____

Phone: (h) _____ (c) _____ Gender: _____

Email: _____ The best way to contact me is: _____

Parent/Guardian (Main contact):

Name: _____ Relation to Participant: _____

Home Address: _____

Phone: (h) _____ (w) _____ (c) _____

Email: _____ ****Email is the main way FOXY will contact you**

Parent/Guardian:

Name: _____ Relation to Participant: _____

Home Address: _____

Phone: (h) _____ (w) _____ (c) _____

Email: _____ ****Email is the main way FOXY will contact you**

Emergency Contact during Peer Leader Retreat (if Parent(s)/Guardian(s) cannot be reached):

Name: _____ Relation to Participant: _____

Home Address: _____

Phone: (h) _____ (w) _____ (c) _____

REGISTRATION FORM B – PARTICIPANT HEALTH FORM

First & Last Name (on ID): _____ **Name used (if different):** _____

Date of Birth (DD/MM/YY): _____ Health Care Number & Territory: _____

The information on this form may be used by and shared with FOXY staff or medical personnel to administer or authorize appropriate first aid, provide medical attention, or additional support to your child/ward during the FOXY Peer Leader Retreat. The participant’s health information is reviewed only by FOXY Retreat staff or medical personnel. It is shared on a need-to-know basis in our effort to best support their participation. If your child/ward has any health issues or disabilities that may require accommodation, disclosing and discussing them with us will help us accommodate their needs. **We will be a 20-minute float plane/helicopter ride from Yellowknife, so it is very important to be as detailed as possible on this form. This form is destroyed at the conclusion of the Retreat.**

Height: _____ Weight: _____ This information helps us in case of an emergency.

Family Doctor & Name of Clinic: _____

Year of most recent tetanus immunization: _____

Does the participant have any physical, cognitive, emotional, or behavioural limitations/challenges that require assistance and/or modifications to the program to enable them to participate fully?

YES _____ NO _____

If yes, please explain (**Answering ‘yes’ and providing details will help us to meet a participant’s needs but will not affect an applicant’s chance to attend the Retreat**)

Does the participant know how to swim and are they comfortable in the water?

YES _____ NO _____

Provide details of previous swimming lessons/certifications (if applicable):

Does the participant have any allergies to medications, insect stings, food, etc.?

YES (provide details below) _____ NO _____

Allergy	Life threatening?	Allergy	Life threatening?
_____	YES NO	_____	YES NO
_____	YES NO	_____	YES NO
_____	YES NO	_____	YES NO

Please explain details of allergies (symptoms, severity, treatment, etc.):

Does your child/ward need to keep with them an allergy medication such as an Epi-pen or asthma inhaler and know how to self-administer in the case of an allergic reaction?

YES _____ NO (no Epi-Pen/inhaler needed) _____ NOT APPLICABLE (no allergies) _____

NAME OF PARTICIPANT: _____

Does the participant have a history of any of the following:

- Headaches Bed Wetting Ear trouble
Motion sickness Sleepwalking Asthma
Cognitive or Behavioral Challenges Nightmares Mental Health Challenges
Chronic health condition(s) (e.g. arthritis, diabetes, epilepsy) Other – Please specify

If yes, please provide details:

Please provide details of any chronic or recurring illnesses or conditions:

Describe any surgeries or serious injuries (include dates):

Describe any concerns you have related to the participant's emotional health (including, grief, depression, anxiety, panic attacks, etc.):

List any medications (name/dose/time administered/etc.) the participant will bring to the Retreat:

Does the participant wear glasses or contact lenses? YES _____ NO _____

Has the participant started menstruating? YES _____ NO _____ Not applicable _____

If yes, is their menstrual history normal? YES _____ NO _____ Not applicable _____

Do you give permission for the FOXY Executive Director or First Aider to offer non-prescription medications to your child/ward (acetaminophen (Tylenol), Ibuprofen, Imodium, Benadryl, or Gravol), if required & requested by participant? YES _____ NO _____

Special instructions for the FOXY Staff regarding the participant's health care and/or diet:

NAME OF PARTICIPANT: _____

Emergency Medical Contact (if parent/guardian cannot be reached):

Name: _____ Relation to Participant: _____

Phone: (h) _____ (w) _____ (c) _____

Home address: _____

IMPORTANT: Please notify Candice Lys, FOXY Executive Director (867-444-9108) if the participant is exposed to any communicable diseases (such as strep throat, tuberculosis, scabies, lice, mononucleosis, etc.) during the three weeks prior to Peer Leader Retreat attendance.

Medications (prescription and over-the counter) must be given to the First Aider upon arrival at the Peer Leader Retreat. The First Aider or Executive Director will provide the individual's medication to them when requested, according to the instructions provided. Participants must be willing to take their own medication(s) that they bring with them.

FOXY provides limited liability insurance coverage for accidents and for illness incurred while attending the Peer Leader Retreat. It is the responsibility of every participant's parent or legal guardian to provide the participant's own accident and health coverage beyond the limits of the basic coverage from FOXY.

I hereby give permission to and authorize FOXY and its representative(s) to: share information, and provide first aid, and/or obtain medical care and services (e.g. contacting EMS/ambulance) as needed using their best judgment for the health and safety of myself and/or my child/ward during FOXY activities. I agree to accept financial responsibility in excess of the benefits allowed by my provincial/territorial health plan or the FOXY liability insurance plan. In the event I cannot be reached in an emergency, I hereby give permission to the medical provider selected by the FOXY staff member to secure proper treatment for, to order injections and/or anaesthesia and/or surgery for, or to hospitalize the individual named above.

The health history in this 3-page form is correct so far as I know, and the person herein described has permission to engage in all prescribed Peer Leader Retreat activities as noted by myself and the child/ward's examining physician.

Name of Parent/Guardian: _____

Signature: _____

Date: _____

REGISTRATION FORM C – PHOTO AND IMAGE WAIVER



In the course of activities during the Peer Leader Retreat, representatives of FOXY, participants, and staff may take photographs or otherwise record events. Please advise us if you are willing to have your own image and voice and/or your child/ward’s image and voice used for promotional purposes by FOXY, as indicated below:

I, on my own behalf and/or on behalf of my child/ward, give permission to FOXY representatives to photograph and record me and/or my child/ward’s image and voice on still photographs, motion picture film, audio tape, video tape or digital media and to use this material, and/or similar material provided to FOXY by me or third parties involved in Retreat events, in whole or in part, now and in the future, through the media of television, film, Internet, multi-media presentation, radio, audiotape, videotape, in printed form, and display form for the promotion of FOXY. I, on my own behalf and/or on behalf of my child/ward assign and transfer to FOXY any and all proprietary rights, including copyright, and waive all personality rights, which I may have or my child/ward may have in this material.

FOXY is only responsible for official uses of photographs and recordings. Any personal uses by individuals outside of the promotional uses outlined above are not monitored by or the responsibility of FOXY.

I, on my own behalf and/or on behalf of my child/ward give my permission as set out above:

Name of Participant

Signature of Participant

Name of Parent/Guardian

Relationship to Participant

Signature of Parent/Guardian

Date

REGISTRATION FORM D – PARTICIPANT INTERESTS

***Participants should fill out the following section alone, without parental or teacher assistance. There are no right or wrong answers and you cannot “fail” – these will just help us figure out how FOXY can fit into your life! Please attach another page if you need more space.**

Participant Name: _____ **Age:** _____ **Grade (in Sept. 2019):** _____

Have you ever done a FOXY workshop before? YES NO

If yes, where? _____

If no, what have you heard about FOXY?

Why do you want to attend the FOXY Peer Leader Retreat?

What do you think are some issues faced by youth in your community?

FOXY Peer Leaders are expected to complete a Community Project after the Retreat when they return home to their communities. What are some ideas you have to make your community a better place?

How do you feel about taking photos and making videos?

How do you feel about creating art, beading, and acting things out (like charades, or in a role play scenario)?
