

## FAQ Aspen Creek Outdoor School (ACOS)

### What time of year do students attend ACOS?

ACOS programs run throughout the school year. The students come mid-week to attend an in-depth 3-day program. Teachers and students arrive at Chapel Rock where Aspen Creek Outdoor School (ACOS) leaders take over!

### Where do the students come from?

Students come from all over Arizona. We work with local schools, right around the corner, and lots of schools from Phoenix and Tucson. We are located a quick hour and a half from the Phoenix area.

### What grade are the students in?

Our ACOS program is aligned with 5<sup>th</sup> and 6<sup>th</sup> grade science standards.

Our Leadership Camp is designed for 7<sup>th</sup> and 8<sup>th</sup> graders and focuses on team building, communication, goal setting, compromise and leadership. Students get to explore these real-life skills while paddling in kayaks, participating in small group activities, tackling the low ropes course, and flying high on the high ropes course.

### What size are the groups?

Day group sizes are 10 – 14 students to one ACOS Staff member. Cabin groups are a maximum of 7 students to one chaperone; (per American Camp Association standards.) With small group sizes we maintain a high standard of teaching in an intimate setting.

### Where do we sleep?

Students spend their evenings in bunk-style cabins (check out our [buildings](#) page to see more). Each room holds between 8 and 10 beds. All student buildings are separated by gender, have a common meeting space, and private bathrooms and showers. Teachers get to enjoy their time in Harte Lodge, centrally located in camp. Harte has two meeting spaces and a great fireplace to share photos around at the end of the day.

### Where do we eat?

Kid friendly and nutritious meals, served in a central dining hall, are the norm at Chapel Rock. Our professional cooking staff has built a reputation of providing tasty and healthy meals. Our menu varies, but we can accommodate vegetarian and special dietary needs when you let us know in advance. See more about our [Meals](#) here.

### What if my child has special dietary needs?

Every effort within reason will be made to accommodate students and adults with special dietary needs or restrictions. Please provide details as soon as possible.

### Please tell me more about the ACOS staff.

ACOS staff members have a passion for teaching and love exploring the natural world. We invest a lot of time and money hiring and training staff members that have what it takes to help children have amazing and safe camping experiences. Staff members must have a background in education (a teaching certificate is highly recommended!) and a background in physical sciences. Visit our [staff](#) page to meet our great team.

### What do the lessons look like?

Students touch different aspects of the natural world through a scientific lens. Students get to: understand the flow of energy through the food chain; discover how energy is used to provide food; learn how human action impacts the cycle of air, water and soil; use their senses to experience the natural world; develop skills in exploration and discovery via trekking; and learn how GPS works and then hunt for geo cache treasures, just to name a few. Our lessons are hands-on and take place mostly outdoors. There are times allotted for bathroom breaks and chances for plenty of hydration. Read our [lesson descriptions](#) for more information.

### How does a typical day look like?

Students arrive mid-morning on the first day. They partake in a group orientation before moving into cabins. Lunch is served at 11:30, followed by program rotations in the afternoon. Dinner and a high energy game night typically round out the first day. The second day begins with breakfast at 7:30am and program rotations the rest of the day with a break at 11:30 for a hot lunch. Dinner is served at 5:00 followed by a campfire with s'mores! The final day at camp begins with breakfast followed by cleaning out the cabins before getting back on the buses to head home. Check out the sample [schedule](#).

### Is the local flora and fauna like my backyard?

Unless you live in the Central Highlands you can expect to see predominantly Ponderosa and Alligator Juniper Pine trees, Manzanita and cactus. Twice a year, our wildflowers bloom and we have a spectacular floral garden.

### What should I bring with me?

- Sleeping bag and pillow
- Toiletries: Towel, wash cloth, soap, shampoo, toothbrush, toothpaste, comb, Chapstick and sunscreen
- Clothes: Rugged play clothes, socks, underwear, jacket or sweatshirt, poncho, closed toe shoes.
- Flashlight with batteries
- Water bottle
- Camera

Download our [packing list](#).

### What should I leave at home?

Electronic devices – check with school first.  
Firearms, knives, or other weapons, fireworks.  
Alcohol or other drugs, cigarettes or food.

Does Chapel Rock provide a nurse?

Chapel Rock will not provide any major medical service or medication administration for participants in attendance at Aspen Creek programs. Our instructors will have First Aid training but will not treat any first aid issues beyond soap and water and band aids unless it is an emergency. School chaperones or school staff will be responsible for administering medication students bring from home and minor first aid issues.

What if there is an emergency?

Schools should bring at least one cell phone to be used in case of emergency. On out of town cell phones, dialing 1-928-445-6811 will connect you with Prescott emergency services. The local hospital is Yavapai Regional Medical Center. There will always be a Chapel Rock staff member to help emergency services on site.

How can I get more information?

E-Mail Sarah Vincent [svincent@chapelrock.net](mailto:svincent@chapelrock.net)

Put “ACOS information” in the subject line

Call Toll Free 1-928-445-3499