



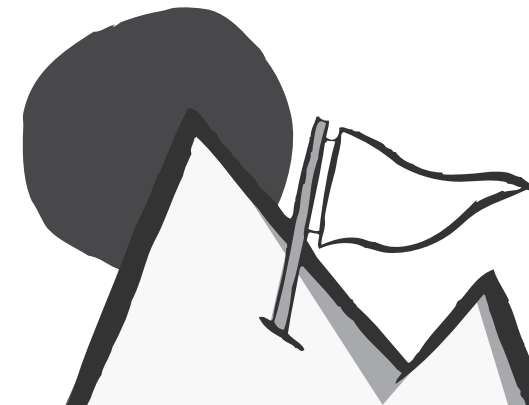
**MEMBER
HANDBOOK**



YouR Awesome

with Qi Adventure Club's inclusive adventures and activity programs.

Qi Adventure Club (Qi AC) offers inclusive, adventure-based programs for people of all abilities and special needs to create their awesome and enjoy activities in and around Edmonton.



**We all face challenges.
They are part of life.**

Sometimes challenges weigh us down, and they are hard to overcome.

Qi Adventure Club is about helping you successfully climb your own mountain, whether that's learning a new skill, meeting new friends, or accepting and loving yourself.

Life is an exciting adventure, and this club is all about going on adventures and celebrating your awesome self!

Email:

adventureclub@qicreative.com
or info@qicreative.com


Call us for more information:


(780) 554-8745

Learn More:

qiadventureclub.com | qicreative.com

 [@QiCreativeInc](https://twitter.com/QiCreativeInc)

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OUTCOMES

Social Connection:

Participants meet new people and make new friends.

Emotional Regulation:

Participants learn to feel more comfortable in new activities and environments.

Personal Growth and Development:

Participants gain confidence to be themselves.

Physical Wellbeing and Fitness:

Participants learn new skills & the importance of fitness for a balanced life.

ADVENTURE THERAPY

Helping individuals learn and grow at their own level and ability.

Adventure therapy involves participating in exciting, and sometimes challenging activities that push participants to experience new opportunities in a meaningful way. The support provided by coaches and volunteers with Qi AC is tailored to insert “each participant’s skill level” each participant’s skill level so that they have the “just-right” challenge to help them learn and grow at their level and ability.

BECOME A MEMBER

To become a member of the Qi Adventure Club:

1. Head to the Qi AC website (qiadventureclub.com) and complete the online registration under Membership.
2. Enjoy access to all of the Qi AC adventure programs!

DO YOU HAVE THE QI TO TRY SOMETHING NEW?

Qi = Energy

Qi also means balance. At Qi Creative, we want you to live a balanced and healthy life.

Part of a balanced life includes taking control of our physical bodies and our emotional, social and spiritual selves. Qi AC offers many benefits in this area:

Physical Strength

Did you know that you have approximately 650 muscles in your body? Muscles allow you to move in many directions and at all speeds. At Qi AC, we will be working many of those muscles as we learn new skills. Also, did you know that outdoor activity is excellent for physical health?

Social Connectedness

Qi AC will provide a place to meet new friends! All of our adventures will be in a group setting. Sometimes, the activities will require teamwork—you will get to know many awesome people while we adventure together!

Emotional Boost

Did you know it is scientifically proven that exercise and spending time outside improves mood? If you don't believe us, join us on an adventure and experience it yourself!

Personal Growth

Some of the activities or skills we will learn may challenge you. At Qi AC, we believe that challenges can actually help us learn and grow in really positive ways. We will always give you the right tools so you can safely and successfully overcome any obstacles you might encounter during an adventure.



COLLECT AN AWESOME BUTTON

for each Qi Adventure Club adventure you participate in!



OUR PROGRAMS



Young Master Club

Taekwondo and yoga classes suitable for children, adolescents, and families of all abilities. Learn valuable life skills at Qi Creative Dojang that you can apply in the classroom, playground, workplace, and home.

 WEEKLY ADVENTURE • OCTOBER THROUGH MAY



Qi Role Playing Games

Embark on an epic adventure, conquer challenges, and unleash your imagination while playing a Tabletop Role-Playing Game with a skilled Game Master and a small group of fellow adventurers.

 BIWEEKLY ADVENTURE • 4 SESSIONS



Qi Climbing

Reach new heights and conquer new challenges with coaching and volunteer support adapted to each child as they learn to scale the rock climbing walls at Vertically Inclined Rock Gym!

 WEEKLY ADVENTURE • 6 SESSIONS



Qi Rides with You 2

Join us for a 6-week adventure where your child will learn to ride a two-wheeled bike with the support of coaches and volunteers from You Can Ride 2. Each weekly session will build upon the skills learned, ensuring progress and success!

 WEEKLY ADVENTURE • 6 SESSIONS

FREQUENTLY ASKED QUESTIONS

What if I need to cancel?

We require 48 hours of notice to offer a refund, as each space is carefully accounted for. Many of our programs are small groups, and late cancellations prevent others from accessing and enjoying our adventures.

How many participants get to join each activity?

This depends on the adventure. Some adventures have as few as 4 participants, and some have over 12 (not including caregivers). Depending on participant needs, we will always have an adequate ratio between participants and volunteers.

Is there an age restriction?

Most adventures have no age restriction. Some specifically call for an age cohort (pre-teen, teen, adults only), and others are all-ages. A wide age range for all-ages adventures will bring more diversity and fun. So whether you're 5 or 95, feel free to join!

What about proper equipment?

We will email participants whether or not equipment is rented or if you must provide your own.

What if I have a physical barrier to doing a specific activity?

We want everyone to be able to join the adventure, regardless of physical limitation(s). Let us know support needs as soon as possible to ensure adequate time to collect specialized equipment.

Does my child need to bring an aide?

Will the aide need to pay?

Participants requiring 1:1 support at all times may want to bring an aide or an extra support person. Please contact us if an aide plans to attend so we can discuss details. Siblings are allowed to support participants. If siblings would like to participate fully, they must be full members of Qi AC and pay the same registration fees.

Are there any family events?

We look forward to offering family adventures! Events open to families will be communicated in advance.

Are financial supports available?

Adventure Club activities do not count for FSCD funding, so they cannot be reimbursed as a specialized therapeutic intervention, behavioural support, or respite services. However, you may seek reimbursement through personal health insurance programs or by applying for sport-based charities such as KidSport.

How do I sign up for the program?

Visit the Qi Adventure Club website at qiadventureclub.com and click on Membership.

If you have any questions about the adventure programs, you can send an email to adventureclub@qicreative.com.



PARTICIPANT CODE OF CONDUCT: RESPECT!

“ Remember:

Treat others as you would like to be treated.

Respect Yourself

Qi Adventure Club expects that you are able to:

- » Use the washroom without assistance
- » Perform proper hygiene
- » Eat on your own

If the participant is unable to perform one or more of the self-care points above, they must require a support worker or aide to join the program.

Qi Adventure Club expects that as a participant you will:

- » Arrive on time
- » Be willing to challenge yourself to try new activities that may be outside of your comfort zone
- » Understand that you have the right to sit out of any activity you do not feel comfortable participating in

Respect Others

Qi Adventure Club expects that you will treat each participant, volunteer and coach with respect by:

- » Giving others their personal space
- » Listening when someone else is talking
- » Using positive and uplifting language
- » Helping and encouraging those who may need extra support

Respect the Environment

Qi Adventure Club expects that you will:

- » Practice the *Leave No Trace Principle*, which means that when we are outside, you will take everything you bring on the program back home with you (including garbage)
- » Respecting living animals, plants and insects while on the program by not disturbing them in their natural habitat
- » Take care and use the rental equipment appropriately

These rules are in place to ensure the enjoyment and inclusivity of Qi Adventure Club. If any of the above rules are broken while on a Qi Adventure, appropriate measures will be taken individually to ensure the club's safety and enjoyment.



RESPONSIBLE
EMPOWERED
SECURE
POSITIVE
EQUAL
CHOICE
TRUE



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