



**MEMBER  
HANDBOOK**



YouR Awesome

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

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




**Email:**  
adventureclub@qicreative.com  
or info@qicreative.com

**Call us for more information:**  
(780) 554-8745

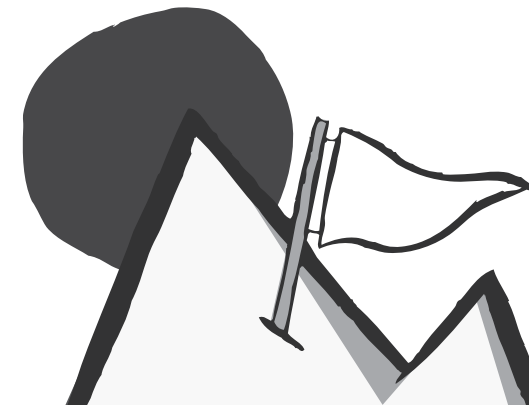
**Learn More:**  
qiac.qicreative.com | qicreative.com

 [@QiAdventureClub](#) and

 [@QiCreativeInc](#)

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 [@QiAdventureClub](#)



**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!



# 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 the skill level of each participant 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 on over to the Qi AC website ([qi.ac.qicreative.com](http://qi.ac.qicreative.com)) and complete the online registration form: Become a Member.
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 having 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 different directions and at all types of speeds. At Qi AC, we are going to be working a lot of those muscles as we learn new skills. Also, did you know that outdoor activity is excellent for your 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—which means, you will get to know a lot of awesome people while we adventure together!

### Emotional Boost

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

from each Qi Adventure Club Odyssey and Quest!



# PROGRAM TYPES

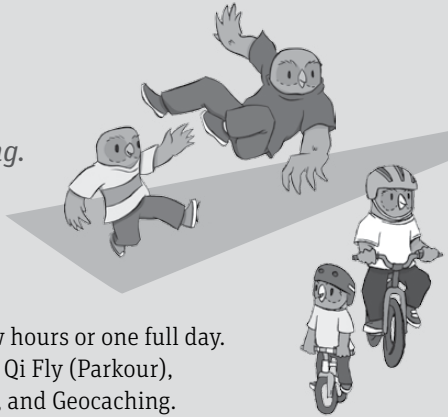
At Qi Adventure Club, we have two types of adventures / activities running throughout the year.

## Qi QUEST

*Quest: An act or instance of seeking.*

 A FEW HOURS  
TO 1 FULL DAY

Qi Quest adventures take place over a few hours or one full day. For instance, some Qi Quest days include Qi Fly (Parkour), Bike Riding in the Ravine, Snow Shoeing, and Geocaching.



## Qi ODYSSEY

*Odyssey: A series of experiences that give knowledge or understanding to someone; a long eventful journey.*

 ONCE PER WEEK  
FOR 4-6 WEEKS

Qi Odyssey adventures are progressive programs that occur once a week for a number of weeks. Odyssey programs are intended for learning more complicated skills that take time to learn and practice. Some Qi Odyssey adventures include Qi Learn to Ski, Qi Learn to Skateboard, Qi Climbing, Qi Capoeira, Qi Rides with You 2, and the Young Master Club (Taekwondo and Yoga).



# WINTER PACKING LISTS

Here are some tips on how to dress for the winter.

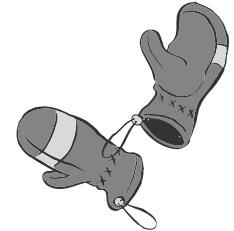
### Head

- » Warm hat (*wool or fleece toque*)
- » Scarf
- » Sunglasses (*if the sun is brightly shining*)



### Body

- » 1 long sleeve shirt (*not cotton*)
- » 1 or 2 warm sweaters (*fleece or wool – not cotton*)
- » Winter jacket or rain jacket
- » Gloves or mittens



### Legs

- » 1 pair of long johns (*not cotton*)
- » 1 pair of sweatpants, or track pants, or jeans (*depends on the activity*)
- » 1 pair of snowpants

### Feet

- » 1-2 pairs of socks (*preferably not all cotton*)
- » Warm winter boots

### Other

- » Water bottle
- » Hand or feet warmers (*can be really helpful if you get cold feet or hands!*)



### Special tip

Dress in layers! That way, if you are cold, you can always put on another sweater. And if all the adventuring warms you up, you can always take off a layer.

# SPRING/SUMMER/FALL PACKING LISTS

Here are some tips on how to dress for the summer.

## Head

- » Sunglasses
- » Hat (baseball hat or full brim Tilley-style hat)

## Body

- » 1 T-shirt (preferably not cotton)
- » 1 sweater (preferably not cotton)
- » Rain jacket or windbreaker

## Legs

- » A pair of shorts
- » Sweatpants, track pants or jeans (depending on the activity)
- » Rain pants (if the weather calls for rain)

## Feet

- » A pair of sport socks
- » Runners (please avoid wearing sandals or flip-flops)

## Other

- » Water bottle
- » Sunscreen
- » Mosquito Repellent

## Please Remember:

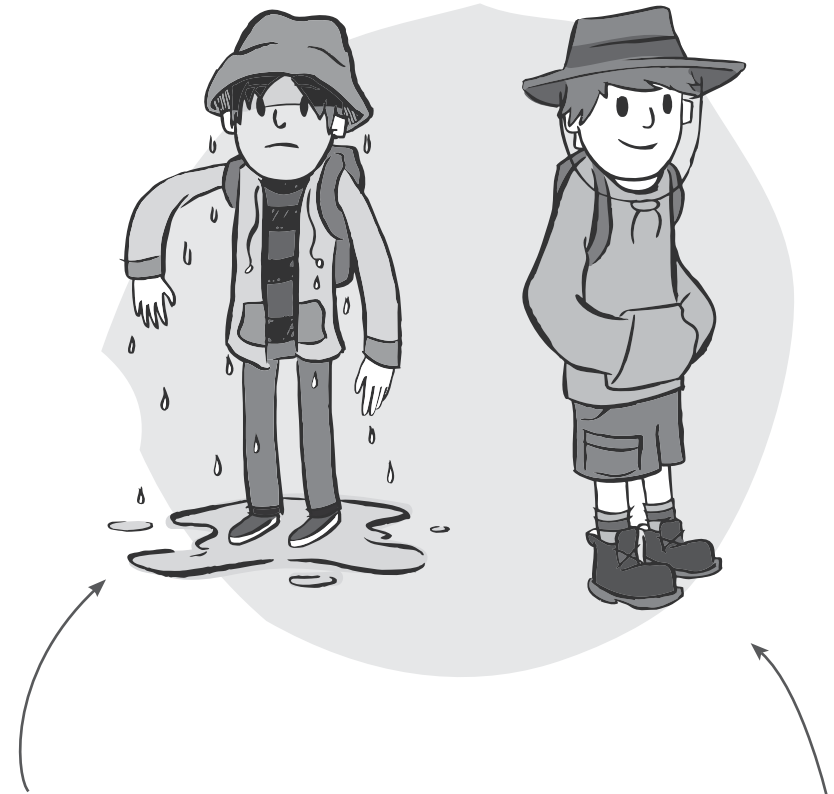
- » Clothes and shoes are most likely to get dirty while adventuring, so please bring older items!
- » If you are coming for a longer program, you may want to bring a snack or a lunch (You will be reminded of this in the confirmation email).

## Special Tip:

We want to make sure we take good care of ourselves and feel comfortable outside. When it is super hot out, we are going to make sure we apply sunscreen regularly to take care of our skin. Another way we can take care of ourselves is by drinking lots of water. This will give us lots of energy to explore!



## WHY SHOULD I AVOID WEARING COTTON?



### Cotton:

When wet, cotton will **NOT** keep you warm because it does not insulate your body heat.

Cotton takes **FOREVER** to dry.

A cold camper is never a happy camper.

### Natural or Synthetic Fibers:

When wet, natural fibers (such as wool, hemp) and synthetic fibers will magically transfer water from skin to outer layers of clothing (called wicking), which will keep you warmer.

These fabrics dry quickly.

Wearing natural or synthetic fibers will keep you smiling in all weather conditions.



# 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 that may need extra support

## Respect the Environment

**Qi Adventure Club expects that you will:**

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

*These rules are in place for 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 on an individual basis to ensure the safety, and enjoyment of the club.*



RESPONSIBLE  
EMPOWERED  
SECURE  
POSITIVE  
EQUAL  
CHOICE  
TRUE



# FREQUENTLY ASKED QUESTIONS

## What if I need to cancel? Will I get a refund?

We require 48 hours of notice in order to offer a refund, as each space is carefully accounted for.

## How many participants get to join each activity?

This depends on the adventure. On average, we will have between 8-10 participants per session. We will accept a maximum of 12 participants and a minimum of 4. Depending on the needs of the participants, we will always make sure the ratio between participants and volunteers is an adequate amount.

## Is there an age restriction?

There is no age restriction. We believe a wide age range will bring more diversity and fun to our program. So, whether you're 5 or 95, feel free to join!

## What if I have a physical barrier for doing a specific activity?

We want everyone to be able to join the adventure, regardless of any physical limitation(s). Let us know beforehand and we will make sure the activity is accessible and enjoyable for everyone.

## What if I do not have the proper equipment?

We assume you have the proper winter clothes to keep you warm while outside, however, we do not expect you to have any extra sports equipment, such as snowshoes or skis. The programs requiring equipment will have rentals readily available, which we will communicate to you through an email.

## Does my daughter/son need to bring an aide? Will the aide also 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 that we can work out details.

## Are there any family events?

Yes, we look forward to offering family adventures, too. Part of Qi Adventure Club involves creating meaningful memories with families. Events open to families will be explained in detail in the monthly email, which will also include an outline of activities.

## Can I use my respite hours towards this program?

Respite is intended to give a parent a temporary break from the care and supervision of their child. If the participant's parent sees Qi Adventure Club as providing them with respite, then we encourage you to claim respite hours to help create an affordable program.

If you do not have respite hours to claim, you may be able to claim the cost as taxable benefit.

## How do I sign up for the program?

Visit the Qi Adventure Club website at [qiadventureclub.com](http://qiadventureclub.com) and [Become a Member](#).

If you have any questions about the adventure programs, you can send an email to [adventureclub@qicreative.com](mailto:adventureclub@qicreative.com).

## SUGGEST AN ADVENTURE OR ACTIVITY!

Is there a certain activity you want to do on a Qi Adventure? List some of your ideas here and give it to a leader on your next adventure!

1

2

3





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**Learn More:**

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