



## FAQs

### Seeds of Stewardship - Summer 2021

#### Who can participate?

This program is for Flagstaff youth in grades 6-8. Participants should be prepared to hike up to 7.5 miles on uneven terrain in varying weather conditions. No prior outdoor experience is necessary!

#### What is the schedule like?

We'll meet once a week on Wednesdays for 6 consecutive weeks, starting June 23 and ending July 28. Drop off and pick up locations will vary. We'll begin outings at 8:30 am and end at varying times, depending on that day's activity. [Check out the calendar with meeting times and locations.](#)

Participants are highly encouraged to attend all 6 outings, but we understand that everyone's lives are very full; please keep us informed if your child can't make it to an outing, so we know not to wait up at the trailhead.

#### What will participants do and learn?

Outings will typically consist of an adventure activity (hiking, mountain biking, or paddling), a snack break and lunch, games/initiatives/mindful moments, and nature-learning opportunities along the trail!

Participants will gain skills and knowledge essential for a lifetime of outdoor adventures, including Leave No Trace principles, local ecology, and survival techniques. We will use the process of learning to travel effectively as a group to

illustrate concepts like planning ahead, self care, self confidence, and being part of a thoughtful community.

For one of our outings, we'll experience the Arizona Trail by thru-biking a segment. Participants should know how to ride a bike in order to have a fun time at this outing; youth do not need to have any mountain biking experience, as we'll be utilizing relatively smooth dirt paths. Please see the packing list on page 3 for details on what gear you'll need. We have extra of all required gear, including bikes, and will gladly lend out anything you need.

The program's capstone experience will tentatively be an out-of-town excursion. The exact location will be determined after we assess participants' comfortability with group transportation.

While we don't have a stewardship project integrated into the summer program, participants will have the opportunity to improve a segment of the Arizona Trail during our open enrollment trail maintenance events. Dates are on the [Seeds of Stewardship calendar](#), and registration will be added to [our website](#) soon. At these events, youth will be taught how to identify trail issues and then fix the problems using tools and teamwork. These service learning outings show participants the importance of public lands volunteerism and how the Arizona Trail is the result of many people working together towards a common goal.

### What will participants need for outings?

We have extra of everything you could need! We're happy to lend out any items; just let us know what you'd like to borrow.

For each outing, please bring...

- A comfortable backpack with space for extra clothing layers, snacks/lunch, & water.
- Wear a mask and bring an extra one just in case.
- Minimum 2.5 liters of water
  - Optional: Through the summer, we'll provide sport drink flavors (MiO) for anyone who brings a full water bottle and would like some! We will not put flavoring in hydration packs.
- Lunch
  - We're excited to be able to provide snacks (bars, chips/pretzels, seeds/nuts, and fruit) this summer like we used to pre-covid! We will accommodate allergies and dietary restrictions. We're not bringing

back our sandwich station quite yet, so please still pack some kind of main item for lunch, such as a wrap or sandwich.

- Comfy weather-appropriate footwear (closed-toed shoes) and clothing (layers) meant for moving
- Rain jacket
- For chilly/rainy weather days, warm gloves and a warm hat
- Sun protection: Sunglasses, sun hat or baseball cap, sunscreen
- Cell phones should stay in backpacks on silent.
- Any youth who require an epi pen, inhaler, or other life saving medications must have those medications available for every outing.
- Optional: binoculars, notebook, colored pencils

Notes on outings requiring special equipment:

- For the biking day: You'll need a mountain bike, a helmet, glasses (sunglasses, bike glasses, or prescription), and bike gloves. We have extra gear, including bikes; please give us a heads up at least 24 hours in advance if you would like to borrow anything.
- For the hike to Lake Mary: Wear/pack clothes or a bathing suit comfortable for swimming in or getting wet while paddling. In addition to the typical hiking gear, please also pack a beach towel. We will provide a picnic style lunch and kayaking/SUP equipment (kayaks, paddle boards, PFDs, and paddles).

### **What if there is inclement weather?**

Please ensure your child is always prepared with weather-appropriate clothing; be sure to check the weather the day before our outing and then pack accordingly. With the proper clothing and attitudes, rain and cold are awesome opportunities to experience the trail in new ways, awaken the senses, and embark on memorable adventures. That being said, our instructors know when to call it off; when inclement weather is forecasted, we'll be in touch to give you a heads up to pack extra items or that we'll be cancelling/postponing that week's outing. Again, if there is any item you need to borrow, we've got you covered!

### **Is there a fee?**

Nope! Our program is funded by grants and private donations. We hope to remove the barriers to entry as much as possible and don't want cost to be an issue. We do however accept donations from anyone who wants to support Seeds of Stewardship; you are welcome to donate here: <http://www.aztrail.org/donate.html>.

## What safety measures are being taken in response to the coronavirus?

The Arizona Trail Association's Seeds of Stewardship (SoS) program is implementing vigilant COVID-19 epidemic protocols. Detailed information about the virus and our safety strategies can be found in our [comprehensive document](#).

SoS participants will be required to:

- Wear a mask at all times unless they are eating, drinking, or are directed that it's safe to remove it.
- Possess and utilize disinfectants (provided by SoS).
- Refrain from sharing any gear, supplies, and food.

We ask that youth kindly refrain from participation if they have COVID-19 symptoms, believe they may have COVID-19, or have had any exposure to someone with a confirmed case of COVID-19 in the past 14 days.

## Who is leading the outings?

Julie Polovitch, Arizona Trail Association's Youth Outreach & Education Coordinator, launched out-of-school Seeds of Stewardship programs in response to challenges that youth, families, and public lands faced through the coronavirus pandemic. Julie, a Flagstaff resident, holds a B.A. in Environmental Education and a Wilderness First Responder certification. She has extensive experience leading groups in wilderness settings, a background in ecology and conservation, and an excitement for enlivening new curiosities for the natural world. A perfect outing in Julie's mind is one that a) excites youth to explore more and ask more questions, b) challenges participants to try something new, and c) leaves a little extra dirt on our shoes, hands, and—yes, sometimes—faces.

Miguel Sotelo, Arizona Trail Association's Outdoor Educator, joined the Seeds of Stewardship team in September 2020 after moving back to Flagstaff from Seattle where he worked as an Environmental Educator and Backpacking/Climbing Guide for middle and high schoolers. Miguel holds a B.S. in Environmental Science and a Wilderness First Aid certification. He has been leading and guiding groups in the outdoors for over 5 years. Miguel uses his education and experience to actively diversify and equify outdoor and conservation spaces. Miguel's goal is to use these outings to a) help participants feel confident in the outdoors, b) challenge participants to better make the outdoors a safe and welcoming place for everyone, and c) give youth the opportunity to be themselves and make new friends.

**Learn more about Seeds of Stewardship online!**

Ed-venture vicariously through our [outing reports](#).

Follow us on [Instagram](#) & [Facebook](#)!

**More questions?**

Please reach out to Julie at [julie@aztrail.org](mailto:julie@aztrail.org).