

This document contains important information on Quest and how things work the day of Quest. All Guiders attending Quest are asked to read this ENTIRE DOCUMENT to ensure they are aware of how Quest works, the changes for 2022, and other important information.

<b>Information Available</b>	<p>Please visit the <a href="http://girlguides.ns.ca">girlguides.ns.ca</a> web site under Camping -&gt; Quest to find Quest 2022 documents. This includes all the forms and information you need for this event:</p> <ul style="list-style-type: none"> <li>• H1 Health Form <b>** Coming in August **</b></li> <li>• SG1 Parent Information Form <b>** Coming in August **</b></li> <li>• SG2 Parent Permission Form <b>** Coming in August **</b></li> <li>• SG4 Emergency Response Plan <b>** Coming in August **</b></li> <li>• Parent Information and Driving Directions</li> <li>• Participant Kit List</li> <li>• Flag &amp; Team Cheer Information</li> <li>• Schedule</li> <li>• Participant Team Registration Form <b>** Coming in August **</b></li> <li>• Project Registration Form and Information <b>** Coming in August **</b></li> </ul>
<b>Team Size</b>	<p>Quest Participant Teams can include from 3 to 5 girls. Teams generally consist of 4 girls, and this is what we recommend for a team size, as many projects are developed for 4 participants. If there's an extra member, the team may have to sit out a member at project stations, depending on the particular project and how scoring works. If there are fewer members, it is usually worth teaming up with another small group for a full Quest experience (we can help coordinate this), but teams can compete with as few as 3 girls, if needed.</p>
<b>Ratio &amp; Guider Requirements</b>	<p>Yellow activity ratio of 1 Guider to 7 Pathfinders must be followed.</p> <p>Every Team must have a Contact Guider, a First Aider and a Food Safety person. One person can fill more than one role – for example, Mary can be the Contact Guider and Food Safety; with Jane as the First Aider. All Guiders must have a current PRC on file with iMIS to participate in this event, and First Aiders &amp; Food Safety must have qualifications on file with iMIS. Every Guider must bring their own completed Health Form (H2) and keep it on their person at all times during Quest weekend.</p> <p>All adult non-members staying the night must have an A7 and PRC on file with iMIS. A7 and PRC forms must be sent directly to GGC at <a href="mailto:screening@girlguides.ca">screening@girlguides.ca</a> by September 16. First Aid certificates not already in iMIS should be sent to <a href="mailto:brownd@girlguides.ca">brownd@girlguides.ca</a> by September 16.</p>
<b>Team Responsibilities</b>	<p>This is an outdoor event. Units are responsible for their own camping equipment and are expected to provide, prepare, and store their own food for the whole weekend. Each Unit should come completely self-contained for the weekend. On the day of Quest, each Team must carry everything that they will need on their Quest with them (e.g. gear, food, required program kit, etc.).</p>

<p><b>Arrival Time</b></p>	<p>Arrival time for Guiders is any time after 5pm.</p> <p><b>Arrival time for girls is any time between 6:30pm and 8:30pm.</b> Units will determine the best arrival time based on when the Guiders can arrive on site and communicate this to the unit. IT IS IMPORTANT THAT <b>AT LEAST ONE GUIDER ARRIVES BEFORE GIRLS ARRIVE</b> and is at the tenting site. We recommend you allow at least 30 minutes for Guiders to arrive and check in before arrival time for Pathfinders.</p> <p>Make sure your Pathfinders know your unit name (i.e. – 1<sup>st</sup> Halifax Pathfinders) and team number (i.e. - Team #4). Quest Core Crew cannot direct Pathfinders/parents to the correct location without this information.</p>
<p><b>Arrival Process</b></p>	<p>If you have attended Quest in the past, you'll know that arrival can be gridlock. Like last year, we will be trying to speed up the drop-off by allowing cars to drive into the tenting loop. However, we ask all parents and Guiders to:</p> <ul style="list-style-type: none"> <li>• Please be patient with us. There might still be a wait to get to the drop point.</li> <li>• Stay to the right, other cars are leaving while you're coming in.</li> <li>• Ask parents to be VERY quick in dropping Pathfinders(s).</li> <li>• If a Pathfinder arrives before her Guider, parents will need to wait until the Guider arrives. Please make sure parents are aware of this.</li> </ul> <p>Due to the size and nature of the camp, any late arrivals or early departures must be cleared by the RG in advance of camp. The deadline for this is Friday, September 16.</p>
<p><b>Team Number</b></p>	<p>Once your registration is processed, you will receive team number(s) to use to identify teams at check-in, and which will be displayed clearly on team flags.</p>
<p><b>Security</b></p>	<p>Smiley's Provincial Park will be closed to other campers during Quest; however, the public will still use the park for walking and hiking. We anticipate that most members of the public will likely choose to avoid the areas being used by Quest. However, there WILL be members of the public in the park during Quest. Therefore, Pathfinders are required to use the buddy system at all times.</p> <p>Everyone (Guiders, Pathfinders, Rangers, etc.) must wear a nametag at all times. Anyone without a nametag will be stopped by security and escorted to Quest HQ.</p> <p>Guiders are asked to identify their car in case security needs to move vehicles; please stop at Quest HQ to get a number to display on the dash and to provide contact information.</p> <p>Security and Core Crew Staff will circulate throughout the camp and project areas on a regular basis and can be contacted through the team at Quest HQ.</p>

## Participant Team & Unit Information – Quest 2022

<p><b>Team Registration</b></p>	<p>Registration is held between 7pm – 9pm Friday night, at Quest HQ. <u>All</u> team members and at least one Guider must be present when you register (teams can register as soon as all members have arrived; if you have multiple teams, there is no need to wait for all members of your unit to arrive). At this time, you will receive nametags &amp; registration package.</p>
<p><b>Nametags</b></p>	<p>ALL participants must wear their nametag at all times. Anyone without a nametag will be escorted to Quest HQ to have a new nametag issued.</p> <p>Units will need to return nametag pouches, in good condition and with strings tucked inside, to Quest HQ on Sunday morning to receive their Quest crests. Please choose one person to do this and collect your Quest crests.</p>
<p><b>First Aid</b></p>	<p>A main First Aid station will be set up during the weekend. On Saturday from 10am to 10pm, during the actual Quest, there will be an official First Aid station set up with certified First Aiders and first aid kits. <b>All Incident and First Aid forms</b> completed throughout the weekend (Friday – Sunday) must be returned to either the Quest Responsible Guider or Quest First Aid Coordinator prior to leaving on Sunday.</p> <p>Team First Aiders are responsible for all team medications over the entire weekend; please coordinate times to meet with teams that may have specific medication schedules throughout Saturday. Team First Aiders are also responsible for minor first aid situations outside of the competition times.</p> <p>Team First Aiders should also have copies of all H1's. <b>Girls MUST carry a copy of their H1 form in a waterproof baggie at all times. Guiders must carry their H2 with them at all times.</b></p>
<p><b>Accommodations</b></p>	<p>Tent sites will be in a field, organized by Guiding units (teams will stay together). Participant Teams will be camping on the Elm Loop at Smiley's Provincial Park, with each unit being assigned a tenting site for their unit. FYI – the Quest will take place on Maple Loop &amp; Quest HQ will be the group shelter area near Cherry Loop.</p> <p>There are outhouses throughout the park. Toilet paper will not be supplied – everyone needs to bring a roll. Outhouses are to be kept clean. Please remind everyone of this!</p> <p>There is <i>no waste disposal</i> on site. Units must bring garbage bags and compost bags &amp; remove their trash from the park; do not use garbage cans that are in the park (there is NO waste collection). Remind your teams that they are responsible for ALL waste during Quest; they cannot leave garbage at project sites, on roads, in communal areas or in garbage cans. Any teams found to be littering can lose opportunities to complete projects or be asked to return to their campsite and be not permitted to complete any further projects.</p>

<p><b>Quest Day (Saturday)</b></p>	<p>On Saturday, September 28 at 9:30am all teams will meet for a brief Opening Ceremony at which time teams will be provided with their starting project number. <b>Teams are to bring their flag to opening ceremony</b> and afterward, place it beside the road to the “project loop”. All teams will depart to the project loop in sufficient time to arrive at their starting project and be able to begin their “Quest” at 10am. Teams will spend the next twelve hours participating in various projects that will challenge their abilities in reasoning, leadership, teamwork and endurance.</p> <p>Remember a Team can decide to finish challenges at any time but once they make this decision, they cannot return to complete more challenges. Once they decide as a Team to return, they pick up their flag, check in at Quest HQ and return to their camp site. At this point, they are not permitted to re-enter the Project Area. Guiders facilitating projects need to discuss, in advance with their participant teams, strategies for the girls’ return to their camp sites.</p>
<p><b>Quest Rules</b></p>	<p>Quest is a completion, and there are rules for team participation.</p> <ul style="list-style-type: none"> <li>- Teams may not receive assistance from Guiders or other adults at any time.</li> <li>- Teams will be scored at each project that they participate in and the team with the highest overall score will be the winner.</li> <li>- Teams act as a group at all times. <b>All decisions are group decisions.</b></li> <li>- Teams must be together at all times during competition.</li> <li>- Teams may not change members throughout the day.</li> <li>- Teams choose the order in which they complete projects. Teams will be assigned a starting project. Projects do not need to be completed in numerical order.</li> <li>- Teams may not return to the tenting area during the Quest.</li> <li>- Teams may not use a stove to prepare food during the Quest (as this would require assistance from your Guider). Hot water will be available at some project stations.</li> <li>- PLEASE REMEMBER: BE PREPARED! (warm clothes/rain gear etc.)</li> </ul>
<p><b>Guiders During Quest</b></p>	<p>Guiders can circulate through the loop to ensure the girls are coping well and having fun but they may not in any way and at any time, assist the girls with their Quest. Teams who receive assistance with meals from Guiders during Quest (from 10am to completion) will be disqualified.</p> <p>Guiders who are also running projects may encourage their teams to check in with them during the day. Please do not bring walkie-talkies or cell phones to Quest - using walkie-talkies and/or cell phones between Guiders and teams provides a perceived advantage. Guiders that chose to bring cell phones should make an effort to use them privately and for essential calls only.</p> <p>*** Why not volunteer for a few hours to pass the time? Email <a href="mailto:ns-questchampton@girlguides.ca">ns-questchampton@girlguides.ca</a> for more info or to sign up for Projects, Security, First Aid, or something else. ***</p>
<p><b>Safe Guide Forms</b></p>	<p>From arrival time to departure time at camp, the Quest Core Crew is responsible for all forms (SG1, SG2, SG3, etc.) for this event. Please contact us at <a href="mailto:ns-questchampton@girlguides.ca">ns-questchampton@girlguides.ca</a> if you require a copy of the SG3 form prior to attending this weekend.</p>
<p><b>Image Statement</b></p>	<p>Photographs and/or video may be taken at Quest. As you can appreciate with an event of this size, Girl Guides of Canada and/or the Quest organizing team cannot assume responsibility in the event that your picture may be recorded. We ask that all participants who do not wish their picture recorded take responsibility for managing this on their own.</p>

### Unit Kit List and Site Information

This is a suggested list of items that units should bring to accommodate cooking & shelter for their teams.

You will likely want to add to this list, but it is a starting point for units/Guiders who are new to Quest!

#### CAMPSITE

- Each unit will be assigned a campsite (or adjacent campsites, if necessary, based on the number of participants).
- These campsites will be Elm Loop, sites 50 to 80. They are grassy with some trees.
- Units will need tents for all team members & Guiders.
- It is recommended that units have a shelter, or tarps/poles to construct a shelter.
- Extra tarps and ropes are recommended.
- If you have adjacent sites, picnic tables may be moved but must be put back on Sunday.
- Small campfires (2-3 logs) will be permitted – a Guider must be on site while the campfire is burning; you must have a bucket of water at the fire pit; and fires may only be used from **8:30pm to 10:30pm**.
- Do not count on a campfire for cooking, as burn regulations may not permit use of fire pits.
- There is **PARKING FOR ONE VEHICLE** per site on campsites to allow for food / gear storage. Other Guiders can unload and then must move their vehicle to the designated parking area. There is to be absolutely no movement of vehicles outside of arrival/departure times.

#### COOKING

- Each unit needs camp stoves, propane, pots, pans, utensils, dishes, dishpans, soap, bleach, etc.
- There will be running water, however it is not guaranteed to be potable (can be used for dishwashing). Units must bring water for drinking/cooking.
- Each site comes with a picnic table and fire pit. We recommend bringing an extra table or camp kitchen, if possible.
- Food must be secured at night in a vehicle; there is wildlife in the park.

#### OTHER ITEMS

- Lantern or other method of lighting for your camping area.
- Garbage, compost and recycling bags.
- Camp chairs / tables.
- First Aid Kit – units deal with small first aid issues on their own.
- Unit H1 forms – Unit Guiders need a copy of H1 forms for your unit.