The amount of time we spend indoors, in front of screens and boards, can be detrimental to our physical and mental health. Time spent enjoying the great outdoors is more than just fun, it’s an essential part of life and an essential part of growing up. Incorporating outdoor adventures into your summer program offers youth unique opportunities to excel both academically and socially.

7 Principles of Leave No Trace
- Plan ahead and prepare
  - Consider locations that are accessible by foot, biking, or other alternatives to vehicle travel.
  - Touch base with the natural area prior to your visit to know what’s open.
  - Double check the weather.
- Travel on durable surfaces
  - Stay on trail.
- Dispose of waste properly
  - Pack it in, pack it out.
- Leave what you find
  - Take a picture or make a drawing instead
- Minimize campfire impacts
  - Try campfire alternatives such as a solar oven
- Respect wildlife
  - Do not touch, get close to, feed or pick up wild animals.
- Be considerate to other visitors
  - Practice social distancing and be mindful of your noise-level.

Sanitation
- Be sure to take sanitizer or biodegradable soap and water.
- Sanitize all shared equipment between uses (try and limit the amount being shared among participants).

Staying Safe Outside
- Prioritize play in nature instead of plastic playgrounds. The latter tend to have more hands and therefore more gems.
- Don’t forget your essentials:
  - proper footwear
  - basic first-aid supplies
  - sunscreen
  - hat/sunglasses
  - water and food
  - extra clothing layers

Social Distancing
- Avoid busy trails and outdoor areas.
- Keep youth in the same small group.

utah afterschool.org/fallplanningtools
Field Guide for Camps on Implementation of CDC Guidelines
The American Camp Association (ACA) and the YMCA of the USA (Y-USA) provide educational resources to both day and overnight camps, state and local health departments, and parents/guardians and campers.

North American Association for Environmental Education
COVID-19: Resources, Tips, and Support
https://naaee.org/our-work/programs/covid-19-resources-tips-and-support

Nature Passport App
Utah’s Helping kids, families, and classes play, explore, and learn outdoors. The app uses simple games and lessons to encourage kids to think, move, observe, collaborate, and create in nature.

Connecting Youth with Nature
Spending time in the outdoors, specifically in natural environments, can be associated with positive physical health, mental health, educational, and social-emotional learning outcomes. In addition, children who spend time playing and learning in nature develop a greater love and appreciation for the natural world.
https://naaweb.org/professional-development/item/522-reconnecting-children-with-nature?
highlight=WyJvdXRkb29yIl0=

Utah Society for Environmental Education
The Utah Society for Environmental Education (USEE), has been a statewide leader in promoting high quality environmental education in Utah since 1981. The encourage environmental literacy by teaching Utahans how to think, not what to think, about the environment.
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Found in the Quality Tool
Both the Utah Quality Self Assessment Tool and the Weikart Center’s Program Quality Assessment address outdoor recreation.

Quality Self Assessment Tool
Area I: C-1 #3 "Program utilizes both indoor and outdoor spaces to implement developmentally appropriate programs and activities."

Program Quality Assessment
Area IV. Engagement This Domain includes many great considerations for your outdoor program offerings.