

OUTDOOR ADVENTURE

FISCAL YEAR 2022 OUTCOMES SUMMARY



YES[★]

OUTDOOR ADVENTURE PARTICIPATION



347 participants
1099 participation days

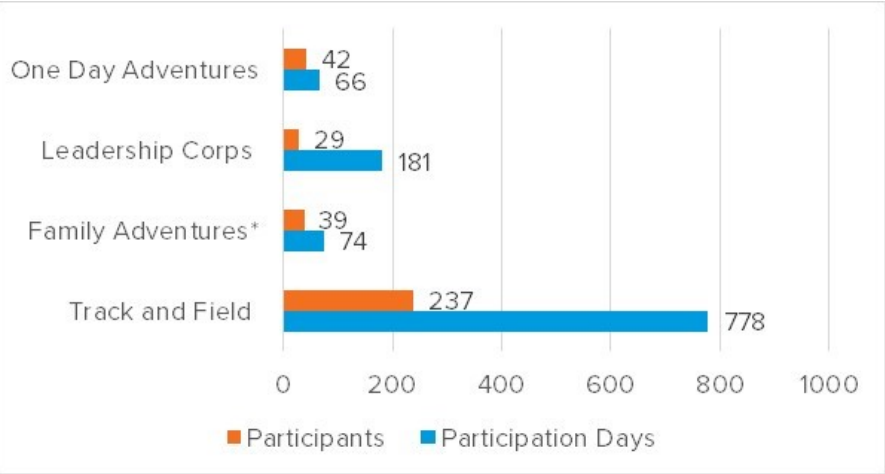
Outdoor Adventure Programs

Track & Field Program: Youth ages 9 - 13 try new activities and challenges while experiencing the complete realm of track and field: running, throwing, and jumping. Consistent small groups are led by adult and teen coaches at Moakley Park’s Saunders Stadium (South Boston) and English High School (Jamaica Plain).

Housing Development Partnership (Biking): Partnered with Mildred C. Hailey and Urban Edge to provide youth with single day adventure experience that provide the opportunity for youth to learn how to ride a bike, and continue to develop their skills exploring their neighborhood and their city.

Family Adventures: Provides youth with single day adventure experiences in biking, stand up paddle boarding, canoeing, kayaking, and indoor rock climbing. This unique program also offers parents the opportunity to join their children in the activity and see, sometimes for the first time, their kids participating in YES activities.

Leadership Corps: Offers teens the opportunity to develop their leadership potential as they participate in and coach outdoor activities. Summer Leadership Corps is designed for youth who are transitioning out of being participants in YES programs to becoming leaders.



*Family Adventures youth only not adults

FY22 OUTDOOR ADVENTURE HIGHLIGHTS

71%
of participants are from low to moderate income households.

68%
of participants identify as youth of color.

45%
of participants are from YES’s targeted neighborhoods of Dorchester, Roxbury, or Mattapan.

SUMMER HIGHLIGHTS

WORDS FROM PARTICIPANTS

"I was able to learn, experience and try new outdoor things that I've never been able to."

-Teen Staff

"Some skills I have learned while participating are kayaking, more self confidence, fishing, and better socializing skills."

- Leadership Corps Teen

"We loved being able to go kayaking on the ocean! It was really fun even though it was so windy. None of my kids or I have gone kayaking before, so it awesome to get to do that."

- YES Family Adventure Parent

"Noah has really enjoyed being able to go biking afterschool and spend time with other kids in his community. Its great what you are doing for this community."

- YES Drop-In Biking Parent



PROGRAM HIGHLIGHTS

- **Track & Field** - Expanded to offer four nights of track. Mondays & Thursdays at Moakley Park in South Boston and Tuesdays & Wednesdays at English High in Jamaica Plain.
- **Housing Development Partnerships (Biking)** - Partnered with Urban Dirt to introduce youth to trail biking and took youth on dirt trails in Franklin Park.. Urban Dirt also helped with maintenance on the YES bike fleet to keep them running smoothly.
- **Family Adventures** - Several participating families were brand new to YES. Parents reported their satisfaction to staff, many were interested in second and third trips after their first.
- **Leadership Corps** - Continued partnerships with Urban Dirt, Brooklyn Boulders, Charles River Conservation, Save the Harbor Save the Bay, Northeastern University, & Friends of the Middlesex Fells to provide youth with amazing outdoor experiences and volunteer opportunities to grow their confidence and leadership potential.

SAFETY STANDARDS

Safety is our number one priority at YES.

Adult and teen staff participate in extensive trainings to ensure youth are physically safe and emotionally supported during their fun, first time experiences.

In addition, a plan of action and safety protocols were established in order to provide programming throughout the COVID-19 pandemic following all MA Department of Public Health guidelines. Programs were modified in order to keep all staff, volunteers, and participants safe and include: reducing groups sizes; eliminating the use of van for transporting youth; providing masks and hand sanitizer; increasing the cleaning and sanitation of the building and equipment.



STAFF CERTIFICATIONS

- Wilderness First Aid and Response
- CPR/First Aid/EpiPen
- Waterfront Lifeguard Certification
- ACA (American Canoe Association) Level 2 Kayak Instructor Certification

TRAININGS

All adult and teen staff are required to complete the following trainings:

- Group Facilitation
- 51A Training (Mandated Reporter Training)
- Heads Up Concussion Training
- Behavior Management
- Safety Policy Review
- Meaningful Reflection
- Kayak Rescue Training
- Bicycle Safety
- Rock Climbing: Belay Training

SUMMER TEEN STAFF

Every year, YES provides meaningful employment to teens in Boston. Teen staff are hired during the summer to help in the YES office, with Outdoor Adventure summer programming, with the summer Leadership Corps program, and with the Track & Field summer season. Youth gain work experience in a supportive environment and earn a paycheck.

Roles for Summer 2021:

Outdoor Adventure Leader - Worked alongside adult trip leaders to support youth in the outdoors by helping teach activities such as rock-climbing, paddleboarding, kayaking, and mountain biking as well as planning and leading games with youth.

Impact Interns - Documented Outdoor Adventure trips and used a publishing software application to create a booklet of their collected material that captures the summer's adventures.

Administrative Interns - Worked in the YES office and supported YES staff with daily operating tasks and online database maintenance.

Track & Field Assistant Coach - Supported the YES Track and Field Program mission to introduce and teach youth about track & field, develop physical stamina and strength, and encourage youth to develop a lifelong appreciation and respect for healthy living.

Track & Field Assistant Coordinator - Provided a variety of support to YES's Track & Field program which introduces youth to track & field. The coordinator was responsible for attending all track practices, leading a team of Track & Field Assistant Coaches, and other collaborating with YES staff members and adults throughout the season.



TEEN STAFF HIGHLIGHTS

- Impact interns had the opportunity to collaborate on a mural for 6 weeks together. It was fun, different, engaging, and something they were proud of.
- For the first time, three Outdoor Adventure Leaders and one Administrative Intern were designated to help with the Leadership Corps program
- Able to volunteer at four different places in Boston (Community Servings, Red Cross, ReVision Urban Farm, Room to Grow)
- Continuing to strengthen professional development and supportive supervision for teen staff through regular trainings, regular meetings, goal setting, and formal evaluation



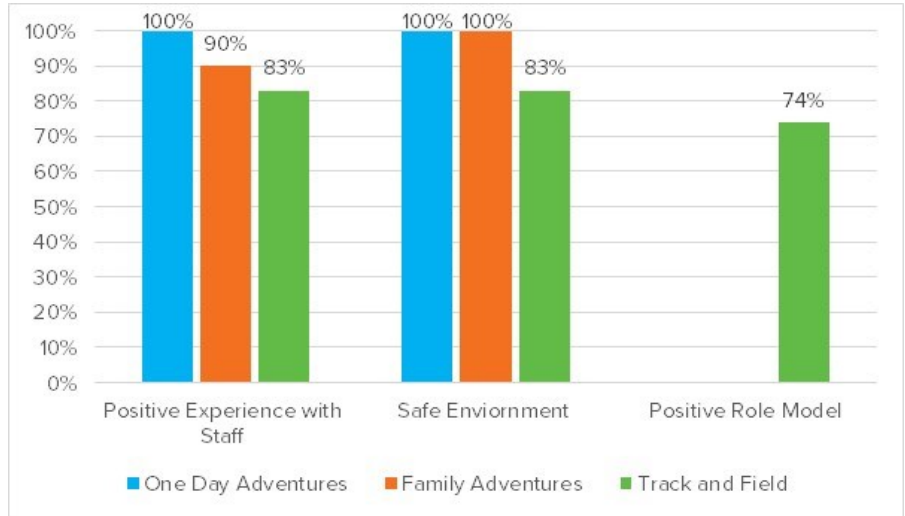
OUTCOMES MEASURES

To ensure program quality, YES measures outcomes across all programming.

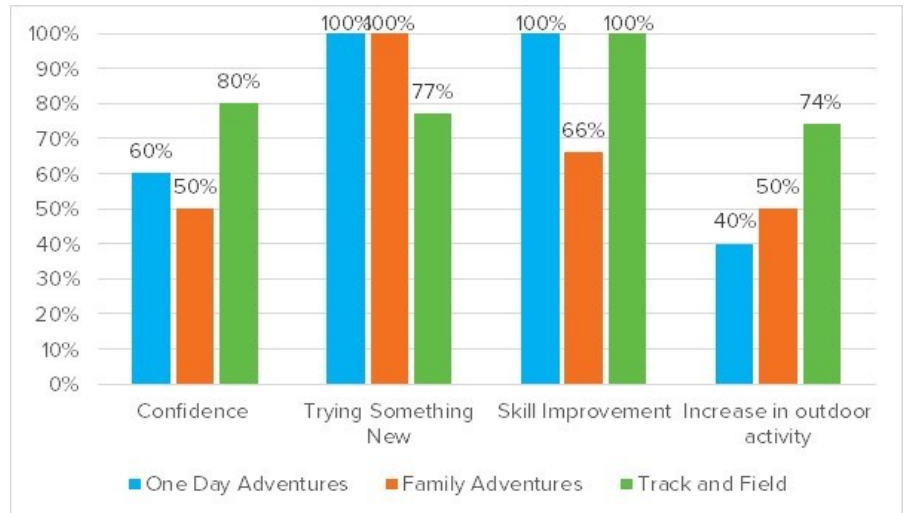
1. Youth expressed to family a positive experience with YES staff and/or volunteers.
2. Youth expressed to family an improvement in their ability.
3. Youth expressed to family they had the opportunity to try something new this season.
4. Youth expressed to family they are willing to try a new sport or activity.
5. Families saw an increase in youth's physical activity.
6. Families reported a decrease in youth's screen time (TV, video games, social media).
7. Families saw an increase in youth's confidence.
8. Families would most likely participate in programming at YES next season.
9. Families would most likely recommend YES programs to other families.

PROGRAM QUALITY MEASUREMENTS

YOUTH EXPRESSED TO FAMILY



FAMILIES REPORTED



FAMILIES WOULD MOST LIKELY

