

OUTDOOR ADVENTURE

FISCAL YEAR 2023 OUTCOMES SUMMARY



YES[★]

OUTDOOR ADVENTURE PARTICIPATION

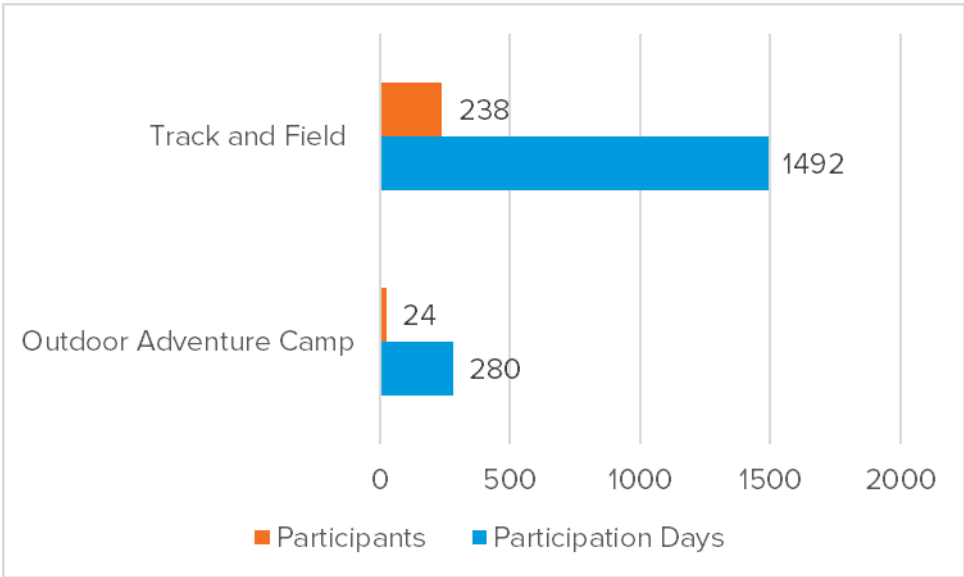


262 participants
1772 participation days

Outdoor Adventure Programs

Track & Field Program: YES hosts a year-round track & field and cross country program for youth ages 5-13. The goal is to educate youth about the benefits and excitement of the sport and develop a lifelong appreciation and respect for healthy activities. There are also opportunities for youth to train and compete in local and regional meets as a team. Summer Track & Field at YES is offered at two locations throughout the city: Moakley Park in South Boston, and English High School in Jamaica Plain.

Outdoor Adventure Camp: YES Outdoor Adventure Summer Camp offers youth opportunities to participate in outdoor activities such as kayaking, canoeing, hiking, swimming, rock climbing, fishing, disc golf, and overnights at YES’s Swann Lodge in the Berkshires. By having new experiences in the outdoors, youth grow in confidence and explore the natural world around them.



FY23 OUTDOOR ADVENTURE HIGHLIGHTS

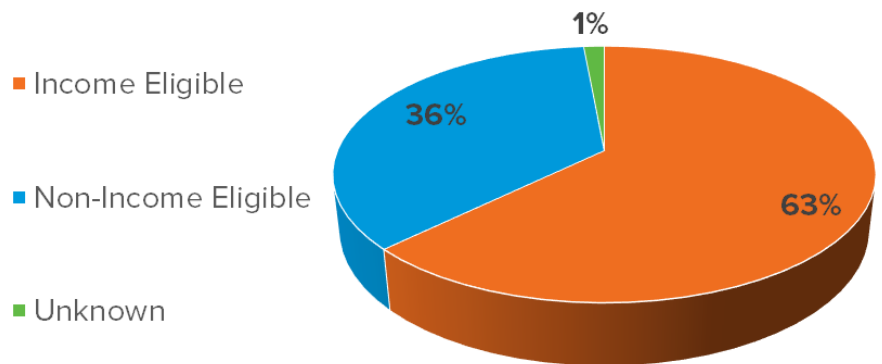
- 95%** of youth would recommend Track and Field to their friends.
- 91%** of Outdoor Adventure youth felt they improved in a new skill.
- 89%** of Track & Field parents reported an increase in their child’s confidence after participating in YES programs this summer.
- 70%** of Outdoor Adventure youth had the opportunity to try something new and be challenged.

OUTDOOR ADVENTURE PARTICIPATION

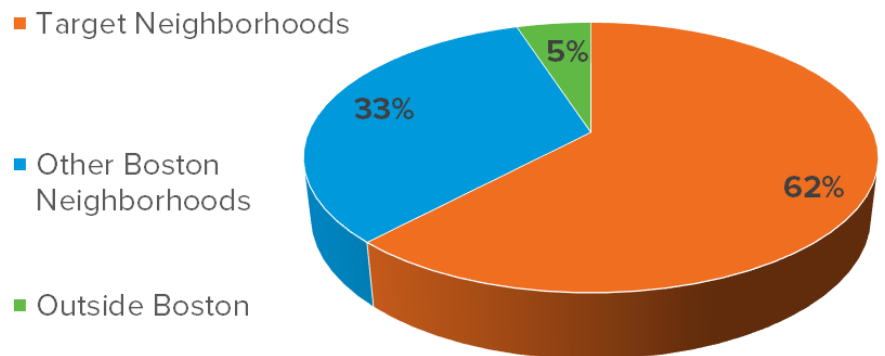


Program Participant Demographics

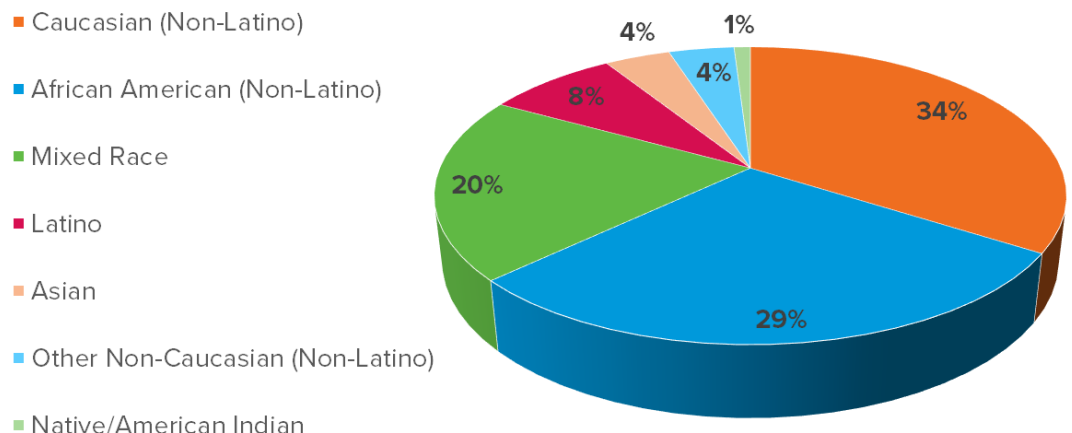
63% of participants are from low to moderate income households.



62% of participants are from YES's targeted neighborhoods of Dorchester, Roxbury, Mattapan, and Jamaica Plain.



66% of participants identify as youth of color.



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, and with the Track & Field summer season. Youth gain work experience in a supportive environment and earn a paycheck.

Roles for Summer 2022:

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. Teen leaders also attended overnight camp at Swann Lodge for either one or both sessions.

Impact Interns - Interns documented Outdoor Adventure trips using pictures, videos, interviews, and surveys to capture 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. Assistant Coaches primarily instructed youth ages 5-13 about track and field basics including running, jumping and throwing.



TEEN STAFF VIDEO PROJECT

Impact Interns worked collaboratively throughout the summer to create a YES impact project that highlights the impact Youth Enrichment Services has had in Boston over the last 54 years.

Teens utilized two GoPro cameras throughout the season to interview 20 current and former staff, alumni, volunteers, board members, and supporters. Teens then used WeVideo to edit the interviews into a 30 minute video highlighting the impact of YES from the beginning in 1968 until now.

This project culminated in an end-of-year video showcase which was well attended by all members of the impact team, other youth staff, volunteers, parents, YES staff, and board members.

SUMMER HIGHLIGHTS

WORDS FROM PARTICIPANTS

“We have been so grateful for all you have done. Hamza & Harir had an amazing summer because of YES, and they will be back for the Fall!”

- YES Track & Field Parent

“Thank you for taking us rock climbing and for helping me conquer my fears.”

- YES Outdoor Adventure Camp Youth

“The most rewarding part of being an impact intern was gaining that experience, meeting new people, becoming great friends with my coworkers, and with the kids as well. I never saw myself as a person who would work well with kids (even though I have siblings) but it was super fun and I would definitely do it again.”

- YES Teen Staff



PROGRAM HIGHLIGHTS

- **Track & Field** - Young runners at YES had the opportunity to participate in four meets through the Boston Running Collaborative in partnership with the Boston Athletic Association. Two meets were held at South Boston's Moakley Park; one at White Stadium in Franklin Park; and one at Roxbury's Madison Park High School Track. More than 150 youth participated in the meets from four Boston youth running clubs including YES's Track & Field Program, Boston United Track & Cross Country Club, Boston Lions Track Club, and the Metro Cobras Track Club.
- **Outdoor Adventure Camp** - This was the first summer since 2019 that YES was able to operate their traditional camp experience and return to Swann Lodge. Adult volunteers had the opportunity to help lead and facilitate summer programming. Volunteers assisted in Disc Golf (which was a new activity this year) and canoeing.
- **Summer Teen Staff** - 77% of the Summer Teen Staff had prior experience at YES as a youth, volunteer, or staff member, while 23% were new to YES. This familiarity with YES and our families allowed for youth staff to be more comfortable and take on more responsibility and leadership roles at YES, in the community, and at Swann Lodge. In addition, the opportunity to work as Teen Staff gives the youth a pathway to leadership development and success through their high school years and beyond.

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: requiring all staff and volunteers to be fully vaccinated; proof of a negative test for all overnight trips; 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

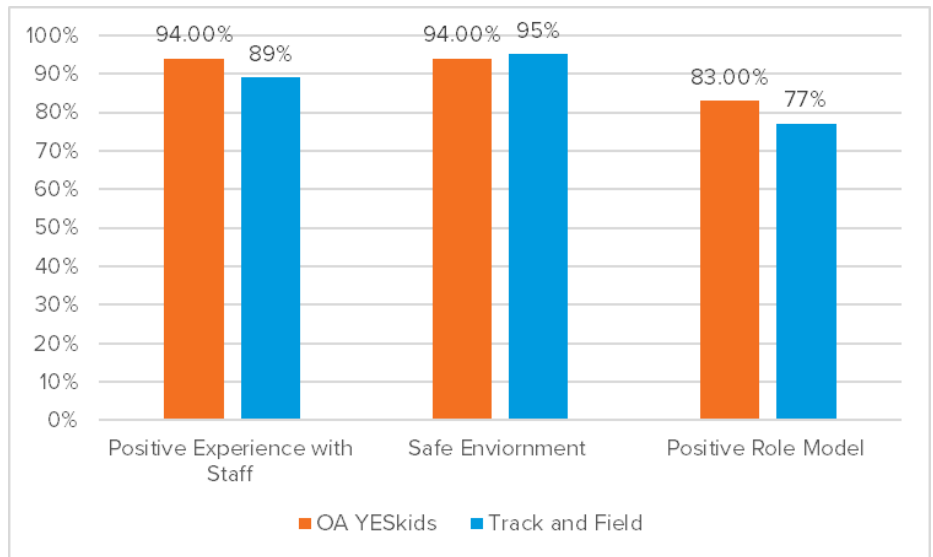
OUTCOMES MEASURES

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

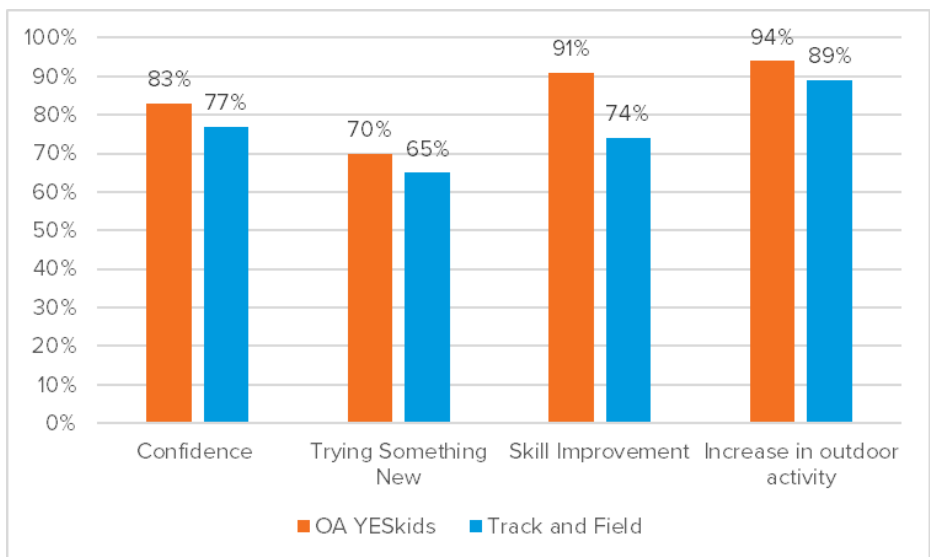
1. Youth reported a positive experience with YES staff and/or volunteers.
2. Youth feel physically and emotionally safe when participating in programs.
3. Youth view staff and volunteers as positive role models.
4. Youth feel confident in their abilities.
5. Youth had the opportunity to try something new and to be challenged.
6. Youth self-report an improvement in skill.
7. Youth self-report a decrease in screen time as a result of outdoor activity participation.
8. Youth would recommend the program to peers.
9. Youth express interest in continued participation in registered program.
10. Based on program experience youth express interest in other YES programs.

PROGRAM QUALITY MEASUREMENTS

SAFE & POSITIVE ENVIRONMENT



SKILL & LIFE QUALITY IMPROVEMENT



PROGRAM ENGAGEMENT

