



The Utah Division of Outdoor Recreation is excited to introduce the **Outdoor Adventure Challenge**. The program is open to **all school-age children and their families**. Each month, participants are encouraged to take on new challenges that promote outdoor recreation, nature exploration, and skill-building, all while fostering a love for the outdoors.

Adaptive Access: We partner with organizations that provide resources for people with disabilities, and the Adventure Challenge Eventbrite pages prompt participants to sign up for specialized equipment. Utah-based organizations like the [National Ability Center](#), [Ogden Valley Adaptive Sports](#), [Wasatch Adaptive Sports](#), and [TRAILS Adaptive](#) offer adaptive equipment and scholarships to ensure that cost is never a barrier to recreation.

Note to Parents/Guardians: Feel free to modify the challenges to match your child's age, interests, and needs. Whether you shorten the time spent on each activity or simplify tasks, the most important thing is spending quality time together and exploring our backyard wonders at your own pace.

Choose Your Own Adventure: Start by picking up your challenge stickers at a [partnering location](#) then choose at least one of the activities listed below. Be sure to have someone take a photo of you while doing the activity then [register here using this survey](#). We will send another survey quarterly to check-in on your progress and to enter you into giveaways.



CURRENT HIGHLIGHT | WATER ADVENTURE CHALLENGE

WATER RECREATION ACTIVITIES

Safety Tip: You must have adult supervision while doing any water activities. You can learn about [how to stay safe on the water and life jacket sizes here](#).

Learn to Paddle a Stand-Up Paddleboard (SUP) – Try paddleboarding on calm water! Learn to balance, paddle, and steer your board. This activity builds strength and confidence while having fun on the water.

Kayaking Adventures – Explore kayaking by starting with basic paddling strokes and practicing steering. As you gain confidence, challenge yourself with longer paddles or explore calm rivers and lakes. Remember to wear a personal flotation device (PFD) for safety!

Canoeing Skills – Learn to paddle a canoe! This challenge focuses on teamwork and coordination as you practice paddling, steering, and working with a partner to explore calm waters.

Rowing a Boat – Try rowing a small boat! Learn to use oars properly, row in sync with a partner, and steer with control. Rowing is a fun way to enjoy the water while building strength and endurance.

Learning to Sail – Experience the basics of sailing! Learn to control a small boat using the wind to guide your sails. Master the techniques of tacking, jibing, and steering while enjoying the thrill of moving with the wind.

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CURRENT EVENTS

Monthly events and event details are being finalized, check back for updates!

ONGOING OPPORTUNITIES



Bring a Friend to Nature
– Choose any activity to participate in and invite a friend to come along.

Fourth graders get a [FREE National Parks Pass](#).



Viewing a physical flyer?
Scan code for all info on your mobile device!



WATER SAFETY AND SURVIVAL SKILLS

Basic Water Safety – Learn how to stay safe in and around water. This includes identifying safe areas for swimming, understanding water hazards, and the importance of wearing a PFD.

Capsize Drills – Practice what to do if you capsize in a kayak, canoe, or paddleboard. Learn how to safely get back on your watercraft in calm conditions.

Emergency Response – Understand basic emergency response skills such as how to call for help, stay calm, and perform simple self-rescue techniques.

Water Navigation with a Map and Compass – Learn how to use a map and compass for water navigation. Practice identifying landmarks and finding your way around local lakes or rivers while building your map reading and navigation skills.

Group Water Relay – Have fun with a water relay race! Organize a race where you paddle, row, or sail through various checkpoints. This team challenge is perfect for practicing water skills and having fun with friends or family.

Fishing from a Watercraft – Try fishing from a kayak, canoe, or paddleboard! Learn the basics of casting and balancing while enjoying a peaceful day on the water. Explore fish habitats and discover different fishing techniques.

SWIMMING AND POOL ACTIVITIES

Take a Swimming Lesson – Check out city and county parks and recreation programs for affordable swimming lessons. It's a great way to get comfortable and prepare for open-water activities.

Visit a Local Swimming Pool – Utah has many public swimming pools, with outdoor pools open during warm months and indoor pools available year-round. City and county parks offer low-cost access to swimming pools.

Tip: Youth ages 0–18 can sign up for a free My County Rec Pass, which gives access to 18 Salt Lake County parks and recreation amenities, including 18 pools!

OFF-WATER ALTERNATIVES

If you're unable to participate in on-water recreation, consider trying one of these alternative activities:

Water Exploration and Protecting Nature – Explore your local stream, pond, or river from the shore to learn about the plants, animals, and ecosystems that thrive there. Identify species of fish, birds, and aquatic plants, and understand their role in maintaining healthy waters. Practice responsible behavior by respecting wildlife, avoiding pollution, and following "Leave No Trace" principles.



While exploring, keep a nature journal: record your observations, sketch plants and animals, and note any environmental changes. Reflect on why it's important to take care of our waterways for the future.

Float or Sink? – Fill up a bucket, kiddie pool, bathtub, or sink with water. Gather some items from the backyard, a nearby park, or around the house, such as rocks, feathers, shells, leaves, flowers, and more. Guess whether each item will sink or float.

Float Challenge for Older Kids – For a more advanced challenge, experiment with creating something that can float and hold a heavy object, like a rock. Use materials like plastic, sticks, or paper to craft a floating object strong enough to support the weight of the rock. Test your creation in water and adjust your design until it works.

Riparian Habitats – Riparian habitats are areas along streams, rivers, or lakes that many species depend on for food and shelter. Can you notice a difference in plant and animal life along a water source compared to drier areas?



Nature Journaling: Document how the land, plants, and animals change near a water source. Write about your observations or draw a picture of a riparian habitat.

