



Adult Helper Sheet

Thank you for taking time to help out with a outdoor education program at the Cross Conservation Area! We need your help to ensure the students have a fun and engaging visit. Here are some things to keep in mind before and during the program:

PREPARING TO COME:

- **Dress for the weather.** Our programs are full-day outdoor programs and conditions can range from snowy and very cold, to wet and muddy. Please **dress in layers** and be prepared for wind! Do not expect conditions to be the same as they are in your community. Trails are rugged and may be slippery so **sturdy shoes or boots** are required.
- **Bring a lunch and water bottle.** All your garbage must be taken home with you. Consider bringing a conserver lunch with reusable containers.
- **The Area guidelines are listed below. Please model the last three for the children.**
 1. All visitors are asked to register before using this area by calling 403-931-1042.
 2. Horses and Dogs are not allowed on site. This reduces the impact on the land and wildlife.
 3. Bikes and vehicles are not allowed-except in the parking lot.
 4. Camping, fires, hunting, smoking and discharging of firearms are all prohibited.
 5. Please pack litter out with you, as there are no garbage cans on the trails.
 6. Stay on the trails and keep your distance from the wildlife.
 7. Leave everything in place (e.g. do not pick the flowers or plants). Do not take anything away from the area.

ON THE PROGRAM DAY:

Staff or volunteer educators lead our programs. The educator will give you and your group of students props and instructions to participate in fun-filled and engaging activities. The classroom teacher will be responsible for class discipline. You can assist by helping to manage the students in your group.

We ask that you remember the following:

- **Have fun!** We hope you have fun and learn something too!
- **Listen to the instructions.** The students will look to you to clarify instructions and assist them in completing the activities. Don't hesitate to clarify instructions with your educator!
- **Interact with all the students in your group.** Your active participation in the activities increases the enthusiasm and learning opportunities of the students.
- **Be a role model for the students.** Lead by example by showing interest and enthusiasm for the activities (this won't be hard!) and actively demonstrate care and concern for nature by following the Area rules.
- **Let the students do the work.** Give the students the opportunity to solve problems or discuss with other students. Encourage discussion, it's okay if you don't have all the answers! A few guiding questions:
 - *What else did you notice?*
 - *Why do think that would happen?*
 - *Do you remember when the educator talked about...?*

Thanks again! We couldn't do this without you!



Is your child's class visiting the Ann & Sandy Cross Conservation Area? Parent/guardian Information Sheet

Thank you for allowing your child to participate in an outdoor education program at the Ann & Sandy Cross Conservation Area. Our programs are full day curriculum-based programs that involve hiking and hands-on nature exploration to get students excited about the natural world.

The Ann & Sandy Cross Conservation Area (ASCCA) is a 4800 acre day-use nature preserve southwest of Calgary located on 160 St SW off Highway 22X. It offers a mix of aspen forest and grassland habitats and is home to over 565 species of wildlife.. The Area has offered quality conservation education programs for adults, families and children since 1993.

What you need to know:

- ✓ Students should be **dressed for the weather** and be prepared to be outside for up to 5 hours (depending on the program and/or weather). Extra clothes can be left at our education centre for the day. **Do not expect conditions to be the same as they are at home or school.**

They will need:

Sturdy footwear



Backpack



Wind proof jacket



Extra socks, clothes



Warm clothes (hat, mitts, scarf)



Conserver (garbage-free) lunch



Water bottle

Medications



Seasonal:

Sun hat



Rain jacket, snow pants

Sunglasses



Not recommended ☹:

Rubber boots, umbrellas



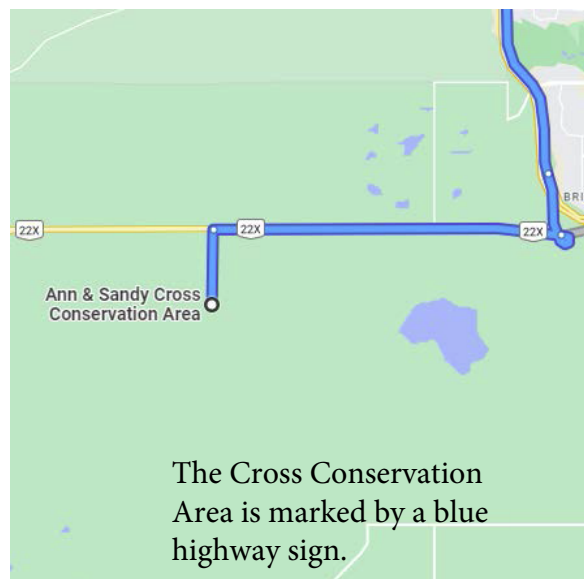
Sun visors



Shorts



- ✓ Students are asked to bring a **conserver (garbage free) lunch**. There are no public garbage cans on the land or in our building. All the garbage they bring must be taken home.
- ✓ Students should be able to hike several kilometers with several moderate hills. Our longest program hike is 3.6 kms.
- ✓ Great care is taken to provide a **safe experience** for your child. Procedures are in place in case of an emergency. You can help us provide a safe experience by making sure your child is properly prepared.
- ✓ For more information on the program or any of the above you are welcome to attend an inservice along with your child's participating teacher or call us with any concerns. We would be happy to speak with you! Contact Area staff at 403-931-1042.



Thanks again! We couldn't do this without you!