



The Ganaraska Forest Centre Day Visit Guide

Thank you for booking a day visit at the Ganaraska Forest Centre. Please read the information outlined below to ensure that you and your class have a successful day trip and rewarding experience.

Step 1:

- Review the enclosed permit
- Sign the permit, keep the white copy and return the yellow copy with your 50% of booking fee, non-refundable deposit within 10 days of receiving your booking package.
- Deposits must be returned with your permit in order for a day visit to be reserved for your class.

Step 2:

- Check with your school administration regarding school board guidelines on field trips (i.e.: permission forms, required adult to student ratios, special needs students, etc.)

Step 3:

- Book your transportation (Check with your school administration regarding transportation options). Call the Ganaraska Forest Centre to find out the fastest way to arrive at our centre as most bus companies do not call us for directions and sometimes take the long way around when travelling to our centre.

Step 4:

- Send permission forms home with students and include a note explaining the purpose, cost of the trip, and what parents or guardians should do to prepare their children for the trip
- Request health information from parents or guardians

Step 5:

- Introduce your class to the topic(s) that you have chosen for your day visit to help connect the outdoor experience with the classroom curriculum
- Prepare name-tags to help us to get to know each student by name (optional)

Step 6:

- Recruit parents, guardians, EA's, or other teachers to accompany your class on their field trip
- We recommend a minimum student to adult ratio of 10:1 for most grades. Smaller ratios are recommended for younger children, maximum 3:1.
- Inform the volunteers about their responsibilities as supervising adults, which includes being responsible for a small group of students during their visit and assisting in program delivery

Note: The remaining steps can also be used as take-home information to inform the parents or guardians of what is needed for the trip.

Step 7:

Lunch

- Our active programs require lots of energy and a hearty lunch will make the day enjoyable for all participants. We require that all visitors to the Ganaraska Forest Centre bring a litterless lunch, which includes re-usable food containers, utensils, and lunch bags, as well as recyclable containers such as cans and bottles. We recycle and compost as part of our commitment to reducing garbage and helping the environment. There are no snack bar facilities at the Ganaraska Forest Centre so include a drink with your lunch. Refillable water bottles are recommended.

Step 8:

Clothing Recommendations

We will be spending most of the day outdoors (rain or shine except severe storms). Therefore it is essential that all participants dress appropriately for the weather. Remember, there's no such thing as bad weather, just improper clothing. Please bring complete change of clothes just in case (underwear, socks, pants, and shirt).

Fall/Spring

Rain coats and boots (umbrellas are not practical for hands on activities)
Rain / splash pants
Shorts are not recommended due to poison ivy in the forest
Insect repellent (spring only) and sunscreen
Full change of clothes – underwear, socks, pants, and shirt

Winter

Snow boots (well insulated, calf height rather than ankle boots)
Snow pants, snow suit, or splash pants
2 pairs of mittens (preferred) or gloves – one pair will get wet!
Hat and scarf
No running shoes
Sunscreen (You can get a sunburn, even in winter!)
Full change of clothes – underwear, socks, pants, and shirt

Step 9:

Health Concerns and Special Needs

- Review student health records
- Call the Ganaraska Forest Centre prior to your visit to inform us of any health conditions or concerns that may affect students during their visit such as diabetes, epilepsy, severe allergies to bees, peanuts, etc., disabilities regarding hearing, sight, mobility, etc. This will enable our staff to plan your program appropriately.
- Students with a diagnosed severe allergy to bees, wasps and nuts, should carry an Epi-pen Auto-injector prescribed by a doctor. (NOTE: We are 20 minutes away from the nearest hospital.)
- Our buildings are equipped with entrance ramps, so students in wheelchairs can be accommodated. Parent helpers or an educational assistant will be required to make the day a rewarding one for your child.

**For more information about the Ganaraska Forest Centre Outdoor Education Program, please contact us at 905-797-2721 or education@grca.on.ca.
Be sure to visit our web site at www.ganaraskaforestcentre.ca**