



Dear Parents and Guardians,

We are excited that your child will be joining us for a school program this spring!

Who is LPS? The Lake Park Society is a nonprofit society that aims to create wonder and connection through outdoor experiences. We operate the campground facility at Comox Lake as a social enterprise in support of this mission. This enables the highly subsidized outdoor-education programs that we are so excited to share with your child and their class. We are deeply grateful to be facilitating these programs and learning alongside your child(ren) on the unceded traditional territory of the Pentlatch, E'iksan, Sasitla, and Sathloot peoples.

What are our school programs? We are excited to offer two separate options of full-day, nature education programs for SD71 classes: "Forest Friends", and "Water Keepers". Both of these programs involve a full day of fun in the fresh air, and some fun and meaningful ways to engage with our local forest, watershed, and their classmates. They are also aligned with BC's Curriculum, providing a chance for hands-on learning that weaves into what they might be learning in their classroom. In respect and celebration of the traditional keepers of this land, the First Peoples' Principles of Learning are a central guide to our programs.

1. Forest Friends - In this program, classes will explore the mature second-growth forest ecosystem around Comox Lake. Games, activities, and stories will be designed to connect students with our local forests through place-based, experiential learning.

2. Water Keepers - Through both land and water-based activities and games, we will learn about and deepen our connection to our local watershed. This includes exploring Comox Lake in two large Voyageur canoes! These are very large, stable canoes and no prior paddling experience is necessary. Our staff are trained in using these canoes, and all students and staff will be provided with the necessary safety equipment.

What about Weather? While programs run rain or shine, they will be adapted to weather when it presents any concern to safety. Be ready to adapt! The program will be switched to a land based program if the weather creates unsafe conditions for canoeing, with the location dependent on wind-levels. In the event that the weather exceeds safe limits for all program options, the program will be canceled and we will do our best to reschedule to a later date.



What about Safety? LPS maintains safety as a priority. All LPS educators are certified in first aid, and have years of experience in wilderness based programming. LPS educators are also trained and certified in a big canoe paddle program that exceeds Paddle Canada certifications required for such boats. In addition, we lash the two boats together making them incredibly stable; and we only travel in appropriate weather conditions. Properly fitting PFDs are worn and checked prior to boarding the boat and safety information is shared with the participants.

We will be following the same COVID safety measures as the school district, and all of our programming is outside. Students and/or staff may choose to wear a mask if they wish.

Informed Consent: We must get a fully completed consent form / waiver for each participant before the start of the program. **Any students/adults who arrive without consent forms will not be able to take part in the program.** Youth and adult consent forms will have been passed along to you by the teacher of your child's class. After reading these documents, if you and your child decide that they do want to participate, please consider these reminders on how to properly complete the informed consent / waivers:

- print the form **double sided if possible**
- Fill out initials in **ALL** boxes
- have someone **WITNESS** your signature (this can be another parent or a friend)

How to Prepare: Please have students come prepared to spend the full day outside. It is often colder at Cumberland Lake Park than other parts of the Comox Valley. There are limited covered spaces, and no heated spaces. Being well prepared makes a huge impact on the day, opening up more possibilities of activities and fun adventures!

While educators will have safety equipment and group gear, **but ask each student to wear/bring along everything included on the "What to Bring" checklist on the next page.**

Thank you for taking the time to prepare for this fun day! We look forward to the program.



WHAT TO BRING

EACH PARTICIPANT MUST HAVE:

- Fully completed consent form/waiver (please see page 4 for details)
- A comfortable and appropriately-sized **backpack**
- A **rain jacket** (*down jackets are not usually waterproof)
- Rain pants** (*these make a HUGE difference in a wet forest or canoe ride!)
- Comfortable, **closed-toe shoes** that you can hike, run, play, and get wet in. (*Gumboots or waterproof hikers/runners are a must on rainy days.)
- Clothes that can get adventurous** (e.g. playing in the forest or on the beach, paddling)
- Warm layers** (*preferably wool or fleece, cotton gets cold when wet)
- A full, **750+ mL water bottle**.
- A picnic **lunch**. Lunch is not provided and we may eat in the forest or on the shore.
- A **snack**. We stop to eat around 10:30 AM.
- A **warm hat** and **warm gloves** on cold days (even if it is sunny!)
- Sunscreen, sunglasses** and a **hat with a brim** on hot days
- Any **medication** or other personal items (e.g. EpiPen)

PLEASE DON'T BRING:

- Electronic devices such as phones and cameras (except for teachers/adults). They risk getting wet and we aim to enjoy a day without screen time.
- Swimsuit - **we will not be swimming** during LPS school programs.