



LPS SCHOOL PROGRAMS

PREP PACKAGE



Thank you for registering for an LPS School Program.
We're excited to spend the day with you!

Please take the time to review this prep info carefully, and respond accordingly. It will help us all have a fantastic day together.

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LPS SCHOOL PROGRAMS: OVERVIEW

"What an amazing experience that even the rain couldn't dampen! All Grade 3 students were engaged in learning in spite of the fact that they felt they weren't even at school!"

- Linda Houlgrave, SD71 Elementary Teacher

WHO WE ARE:

The Lake Park Society (LPS) is a not-for-profit community organization that has been serving Cumberland and the Comox Valley since 2015 with the mission of "creating wonder and connection through outdoor experiences." Offering place-based, experiential, inclusive school programs are a core part of our work at the Lake. We operate the campground as a social enterprise, enabling the highly subsidized outdoor education programs that we are excited to share with you and your class. You can learn more about LPS and our programs by visiting us online at www.cumberlandlakepark.ca.

Lake Park Society gratefully acknowledges that all of our programs occur on the unceded traditional territory of the Pentlatch, E'iksan, Sasitla and Sathloot peoples. We endeavour to be good guests who show care, respect, and gratitude to this land and its people in everything we do.

TEACHING APPROACH AND CURRICULAR TIES:

Aligning with the BC Curriculum, we will explore Big Ideas through concept-based and competency-driven stories, games, and awareness activities. Our approach is rooted in experiential, place-based learning, and guided by the First Peoples Principles of Learning. While our programs are designed for curricular ties in both Science and Social Science, our focus is not on specific content. It is our goal that this day of programming can foster deep, transferable learning back into the classroom; and inspire further inquiry, connection, and stewardship.

PROGRAM OPTIONS:

We currently offer two program options for Grade 3 classes: *Forest Friends* and *Water Keepers*. Short descriptions are listed below.

Please note that **LPS staff will make final judgment calls on program** and activity choices, based on safety considerations, weather, group dynamics, and other factors. Also note that **both programs are physically active**. Typical programming involves travel over uneven terrain, and requires that students are aware of their surroundings. *Please let us know in advance if this would create a barrier for any students or staff.*

FOREST FRIENDS PROGRAM:

"I loved the depth of content, the respectful First Nations components, the ties to the land, and environmental stewardship... Thank you for this powerful learning day in our local woods."

- SD71 Primary Teacher

In the forest around the lake, students will engage their senses while exploring the mature second growth forest and lakeshore at Cumberland Lake Park. Lessons and discussion will be woven into stories, games and sensory awareness activities. We will meet some of the local trees, plants, and animals that make their home in this special forest, and observe how they interact with one another. In this way, we will learn about our local forest ecology, interconnectedness, and biodiversity first-hand. The practice of gratitude and respect, place-based learning, and the First People Principles of Learning will be central pillars that guide our day. **Maximum group size is 28 people (including adults).**

WATER KEEPERS PROGRAM:

"A great way to integrate learning about the area, landforms, stories and introducing canoeing skills. This is one of those place-based learning experiences students will remember!"

- SD71 Primary Teacher & Comox Valley PIE Staff

We will be spending the first part of the day on land, building connections with the Comox Lake Watershed and each other. Then we will get ready for the canoes! The two big canoes are lashed together, so the entire class will be paddling as one big group. On the water, we will share stories, discussion, and fun activities; and if weather permits, we will get out of the canoes for a lunch break before paddling back for our closing circle. LPS educators are trained and certified by Paddle Canada to skipper these Big Canoes. Our route will be dependent on weather/winds - be prepared for our plans to adjust accordingly, so we can all have a safe and fun day! Please note that **we will not be swimming** in the lake, but participants' **feet may get a bit wet** upon entering and exiting the canoes. Please choose sturdy and safe footwear - we will be walking/playing on uneven terrain in addition to sitting in the canoes. Due to limited canoe space, **our maximum group size is 26 people (including adults).**

We recommend this great resource for lesson plans, inquiry questions, and curricular ties to the Comox Lake Watershed - it weaves nicely into classroom learning before and/or after our program: [CVRD Connected by Water - Curriculum-Linked Resources for Educators](#)

PLEASE TELL US IF:

- ☐ There are any **medical, behavioral, or mobility concerns** to note among student and/or adult participants. There is some flexibility in choice of forest trails and activities. We will make every effort to include students/adults of diverse ability and mobility.
- ☐ Your **class size or other notable details** have changed since registration
- ☐ You need to **start the day late, be picked up early**, or have other timing needs
- ☐ You are a **distance education program** with mixed grades. We will discuss our capacity for mixed age ranges.

If any of the above apply to you or your class, please tell us by emailing programs@clws.ca as soon as possible. Please also check in with your instructors at the beginning of your program day to ensure that you are all on the same page.

INFORMED CONSENT

We must get a fully completed consent form / waiver for each participant before the start of the program. Any students who arrive without consent forms will not be able to take part in the program. [Youth and adult consent forms](#) are available on our website, under the “Documents and Waivers” page. They must be signed by a witness too. Please reinforce the notes listed below on how to properly complete informed consent/waivers:

- ☐ print the form **double sided if possible**
- ☐ initials in **ALL** boxes
- ☐ have someone **WITNESS** your signature (e.g. another parent or friend)

ESSENTIAL INFORMATION AND FAQs

What time does the program start and end?

Your program will start at **9:15 AM** and end at **2:00 PM**. Unfortunately, we cannot facilitate your class prior to or after these hours. If your class is being dropped off early or picked up late, please have a plan for supervision and class management outside of program hours.

Where do we meet?

Drop off and pick up is at **“The Gathering Place”**, the grassy field across the parking lot from the Campground Office. The Site Map provided in this document can help guide you.

What if we need to start late, or leave early (e.g. for bus drop-off/pick-up)?

If this is the case, please let us know upon registration, and again at the beginning of your program day. This will help us plan out timing and route for the day.

What if someone needs to meet us or leave part way through the day?

It will be difficult for any one to meet us part-way through the day without prior arrangements. During the day, we will be moving through the forest and/or on the lake. If it is absolutely necessary for your group, please give LPS advance notice to see if it can be arranged.

When do we hand in our informed consent forms/waivers?

Fully completed informed consent forms/waivers for every participant (adults included) need to be handed in on the morning of the program. Please follow the guidelines listed in this document.

What should we bring?

Please pack all of the items listed under “What To Bring” on Page 6. Preparedness for weather and/or activities will have a big impact on our program choices - please take this seriously!

What if the weather seems daunting or unsafe?

Do everything possible to prepare you and your class for weather - rain or shine! Having said that, LPS staff will be keeping a close eye on the forecast, and if it seems unsafe, your program will be rescheduled. Please see **“Cancellations and/or Rescheduling” on page 7**.

What if I have to cancel our program (e.g. transportation not possible)?

Please let us know ASAP, to try to reschedule if possible, and give time for another class to fill your spot. See **“Cancellations and/or Rescheduling” on page 7** for more important details.

Can we bring parent volunteers?

Between teachers, EAs, ISWs and LPS educators, we typically have more than enough adults. That said, at the teachers' discretion, 1-2 parent volunteers may join us - particularly those who will be engaged, helpful with behavior management and/or group dynamics. The total number of participants must remain below our maximum group size. Parent volunteers must arrive prepared for the day, and complete a waiver prior to the start of program. ‘

WHAT TO BRING

Please have students come prepared to spend the full day outside rain or shine. It is often colder at Cumberland Lake Park than other parts of the Comox Valley. There are limited covered spaces, and no heated spaces. While LPS educators will have safety equipment and group gear, we rely on each participant to arrive prepared - it will ensure a fun day together!

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 school programs. If you wish to swim with your class, this must be arranged *after* LPS program hours, under your own responsibility, and following SD71 protocols for risk management/safety.

CANCELLATIONS AND/OR RESCHEDULING

WEATHER:

Programs will run rain or shine; however, if weather conditions create a safety concern, programs will be adjusted or rescheduled accordingly. If necessary, your Water Keepers program will be switched to a Forest Friends program. In the case of an extreme weather forecast (e.g. Wind Warning), you will be contacted by one of our educators the evening before the program to cancel. We will give as much notice as possible, but in some circumstances, this may happen last minute - the forecast is dynamic, and does always align with actual conditions.

Please ensure that you are available to be contacted the evening before and morning of your scheduled program in case cancellation is necessary. We will do our best to reschedule your class for another day.

REFUND POLICY:

Cancellations made less than 3 weeks before your program date will not receive a refund of registration fee (\$110). This excludes programs cancelled by LPS due to unsafe weather conditions. Programs are all highly subsidized by LPS (by \$350 per program day), and it is very difficult for another class to fill a spot without sufficient notice. Two educators have also booked their day to work the program. The \$110 fee *helps* to cover costs of last minute cancellations. Note that the majority of cancellations outside of LPS control are due to transportation. Please do your best to arrange and confirm transportation plans early (we know it is a challenge!).

SAFETY

LPS maintains safety as a priority. All LPS educators are certified in first aid, and have years of experience in wilderness based programming. Educators are also trained and certified in a Big Canoe paddle program that exceeds Paddle Canada certifications required for such canoes. 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, and safety information is shared with the participants.

In the event of an incident requiring first aid, our staff will act as first responders on site. In the case of an incident that needs further treatment (but no ambulance), it will be the responsibility of the teacher to take students off site to seek further treatment.

COMMUNICABLE DISEASE PREVENTION

The health and safety of our participants and staff remains our top priority. LPS has adopted a Communicable Disease Prevention Plan to manage health and safety and will continue to monitor and follow public health guidance. While this is continually revised, below is a brief summary:

- All of our programs take place outside
- All staff and participants will wash hands (or sanitize) prior to snack time and lunchtime.
- All staff and participants are welcome to wear masks if they wish.
- Please stay home if you are sick with a communicable disease or have been directed to self-isolate and follow public health guidance.

FURTHER QUESTIONS

Thank you for taking the time to read this info, prepare your class, and organize this field trip! We look forward to welcoming you and your class, and sharing a fun day together outside.

Please contact programs@clws.ca with any further questions. Note that the School Programs Coordinator works part-time hours, so reply may not be immediate.

If you have an urgent need to reach us, please contact the **Campground Office:** **(250) 702-8833**, 1100 Comox Lake Rd, Cumberland (open May 1st - Oct 30th)

SITE MAP

Find us at Cumberland Lake Park, marked by the gold star below!

