

Dear Parents and Guardians,

Thank you for joining the Outdoor Adventure Airdrie program. We look forward to our upcoming journey together. The participants will be assigned a leader based on age groups and will stay in that group throughout the sessions as they travel through 3 different activity and learning stations each week.

First session:

Our first session is on **Monday, April 26**, 2021. We will be meeting at Nose Creek Regional Park (by the washrooms) at 6:00 pm. [Location](#)

Sign in/sign out:

We will have the group coaches waiting for the kids in 4 groups.

Level 1= 6-year-old (Coach Denis)

Level 2=7-8-year-old (Coach Megane & Noah)

Level 3= 8–9-year-old (Coach Sofi)

Level 4= 10-year-old and older (Coach Bogi)

L1 will be closest to the washroom building L4 will be the farthest (east) group.

Please find your group and parents are expected to check-in and sign out the participants upon arrival and departure with the coaches. Please wear your mask during the sign-in time.

Covid protocols:

We must adhere to all the AHS guidelines/ protocols during this activity. It is vital to our program that we follow guidelines. (The maximum group size is 10 with coaches).

If you or your child have any symptoms of Covid19 or have been in contact with a sick person stay home.

1. **Everyone must sign the Declaration of Health on the day of the activity before each session!**

The form can be found on our website: <https://www.orienteingalberta.ca/airdrie.html>

During lessons

- All coaches and kids wear masks during instruction time, games.
- Mask can be taken off or slid under nose during individual high-intensity activities (like during running and map activities only if 2 m distance is guaranteed between participants).
- We will remind participants to stay 2 meters apart (unless from the same household).
- No touching equipment (unless it's part of the lesson, then everything will be sanitized before and after use).
- We will ask the kids to sanitize their hand if they touch anything.

What to wear and bring:

Please dress your children for the weather and come prepared for a change in weather as well. We would like to suggest the following:

- Outdoor footwear: athletic shoes with good tread
- A base layer (long pants, long sleeve) that can get muddy.
- Pack or wear –a waterproof or water-resistant jacket. Weather dependent accessories such as hat or gloves.
- Water bottle – labelled with name.

What if it rains or snows?

Experiencing the outdoor elements is part of our program. If it is raining (and it is not a downpour or lightning), we will still go ahead with the sessions. Bring a rain jacket and dress warm. If the weather turns unsafe for participation, an email will be sent for cancellation.

We are looking forward to starting our spring adventure.

Airdrie Team (Bogi, Denis, Sofi, Megane & Noah)

For any questions please contact:

Bogi Gyorfi
Alberta Orienteering Association
Executive Director

Box 1576

Cochrane, AB T4C 1B5

Email: info@orienteeringalberta.ca

Website: www.orienteeringalberta.ca

Cell phone: 403-614-3790