

Hello Red Deer Adventure Families,

We are excited and looking forward to meeting everyone this Tuesday, April 27 Start time 6pm at Barrett Park for our first session. The best access to Barrett is via the Kinex arena parking lot, which is located at

4725 A - 43 Street Behind the Servus Arena <https://goo.gl/maps/mo6wQGD1Jof8gbvb6>

The first night can always be a bit hectic so we thank everyone in advance for their patience. Coaches will meet with their assigned groups in 4 designated areas close to the outdoor gym. Parents are expected to check-in and sign out the participants upon arrival and departure with the coaches.

Participants will stay with their assigned coaches and group throughout the session as they travel through 3 different activity and learning stations each week.

6 /7 YR Coaches Alex and Emily

8/9 YR Coaches Anika and Nyah

10-12 YR Coaches Denise and Karen

10-12 YR Coach Lisa

#### **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).

Please wear your mask during the sign-in time.

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

**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/red-deer.html>**

**Or this [Google form](#)**

#### **Protocols During lessons**

- All coaches and kids wear masks during instruction time, games and low-intensity activities.
- 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:**

Please dress your children for the weather and come prepared for a change in weather as well. Always have top layer (sweater or rain jacket), as the temperature can drop fast. 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 session. Bring a rain jacket and dress warm. If the weather turns unsafe for participation, an email will be sent for cancellation.

One more important thing we need to mention is that due to COVID restrictions and building closures we can not guarantee that we will have access to a bathroom during our sessions.

We are looking forward to our spring session.

Red Deer Team

Lisa, Alex, Emily, Denise, Karen, Nyah , and Anika

Any questions can be directed to:

Email: [lisatough@gmail.com](mailto:lisatough@gmail.com)

Website: [www.orienteeingalberta.ca](http://www.orienteeingalberta.ca)

Cell phone: 403-307-4405

We acknowledge the land on which we adventure on is the traditional territory of the Niisitapi Blackfoot, Siksika, The Piikuni, The Kainai, The Tsuut'ina, Stoney Nakoda, Cree, Saulteaux and Métis peoples. The meeting place of Treaty 7 and Treaty 6 and Métis region 3. We promise to respect and care for the land to ensure wellbeing for the future seven generations.