

Hello Red Deer Adventure Families,

We are excited and looking forward to meeting everyone Tuesday, 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 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.

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.

Any questions can be directed to:

Email: lisatough@gmail.com

Website: www.orienteeingalberta.ca

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.