

Dear Parents and Guardians,

Thank you for your registration in Outdoor Adventure Cochrane. We look forward to our upcoming journey together!

We are so excited about the opportunity to connect and play with your kids in nature. We hope to share our passion for sport and physical literacy while having fun and developing confidence in your child's agility, coordination, and navigation skills. Upon arrival participants will be assigned a leader based on age groups and will stay with their assigned leader and group throughout the session as they travel through 3 different activity and learning stations each week.

First session:

Our first session is **Wednesday, September 19**. We will be meeting at Cochrane Ranche Park. Please look for us in the parking lot off highway 1A where the summer Farmers Market is hosted. Here is the address: 663 Bow Valley Trail, Cochrane, AB T4C 1E2 (parking lot off 1A across highway from Alliance Church)

Sign in/sign out:

We will have a table set up for information where parents or caregivers can have questions, answers etc. **before** the session starts. We will have the group coaches waiting for the kids with signs (L1, L2 ...) on colorful bins with the groups name. Please find your group and parents are expected to check in and sign out the participants upon arrival and departure with the coaches.

Volunteering:

Parents are encouraged to assist and play alongside their children, but attendance is not mandatory. If you signed up for volunteering, we will have a volunteer sign-up sheet at the check in table where you can check which day is your shift. Thanks for your help!

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 fall temperature can drop fast. We would like to suggest the following:

What to Bring:

- Water bottle – labelled with name
- Outdoor footwear: athletic shoes with good tread
- A base layer (pants or shorts, long sleeve or t-shirt) that can get muddy! Not time for your Sunday best
- Pack or wear –a waterproof or water-resistant jacket (and splash pants are great for younger participants)
- Weather dependent accessories such as hat or gloves.

We look forward to Wednesday!

Team OAC