

Dear Parents and Guardians,

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, 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 different activity and learning stations each week.

**First session:**

Our first session 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 with signs. Please find your group and parents are expected to check in and sign out the participants upon arrival and departure with the coaches.

**Covid19 Guidelines:**

Everyone must fill out the Covid Health Declaration before each session on the day of the activity. Link is on our website. The activities are planned with 2 m Physical Distancing rules in place. Maximum group size is 10 with leaders included. The kids will be reminded by the coaches often about distancing rules but if you want to feel more comfortable, we suggest wearing mask before and after activities.

Hand sanitizers will be provided for the participants. Please visit our [Participants Safety webpage](#) for details on Covid19 and other safety recommendations.

**Volunteering:**

We usually encourage volunteering at our programs but with the covid guidelines we would need at least 4-week commitment to be able to schedule in volunteers. Volunteers will not have contact with the groups rather help with the area supervision.

Volunteering has its perks. You can receive discounted entry for your kids. Email us at [Info@orienteeringalberta.ca](mailto:Info@orienteeringalberta.ca) if you are interested helping.

**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 this time around.

**What to Bring:**

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

**What if it rains?**

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 meeting you.

Outdoor Adventure Program leaders