

Planning Guide

Discover the natural environment, enhance student learning and create memories to last a lifetime

Claremont Nature Centre

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Welcome to Claremont Nature Centre!

In your upcoming two-and-a-half or five-day overnight field trip, there will be an exciting array of activities and programs available to meet the needs of all learners. We will make sure that your group, no matter what age, has an enjoyable visit in the active and unique environment offered at Claremont.

A successful and enjoyable trip comes from planning and preparation. Our staff are here to support you, the group leader, throughout this process. This resource, *Planning Guide: Claremont Nature Centre*, has been carefully designed to provide all of the information and forms you will need for your upcoming trip.





How to use the *Planning Guide*

There are four sections in the *Planning Guide*:

Section 1 Getting Started

- Provides a tool that helps you track the progress of your overall pre-trip planning. This section will also help you get to know the Nature Centre before your visit.

Section 2 Pre-trip Planning

- Contains information about the programming available during your field trip. There are a few ready-to-use forms, including the Participant Medical Condition Summary and the Kitchen Information Sheet, for you to complete and return to us before your group's visit.

Section 3 Forms and Information Sheets

- Contains all the materials you need to photocopy and distribute to your group. This section includes forms and information sheets for participants and parents/guardians, including health and consent forms, safety and courtesy guidelines, as well as a clothing and equipment list.

Section 4 More About Claremont Nature Centre

- Will answer the frequently asked questions about field trips to the Nature Centre. In this section, you can find out more about our food services and Toronto and Region Conservation (TRCA).

What to expect

There will be a planning session scheduled about one month prior to your group's visit. Our staff will meet with you at the Nature Centre or over the phone to discuss planning and to provide further information for your trip. Remember to bring the *Planning Guide* with you when you attend the meeting.

We look forward to meeting you and hope you and your group have a wonderful trip to the Claremont Field Centre!

Contact us

For more information, please visit TRCA's Education's website at www.trca-education.ca. If you have any questions, feel free to contact Customer Service.

Phone: 416-667-6295, select 4
(Monday to Friday, 8:30 a.m.–4:30 p.m.)
email: customerservice@trca.on.ca

Fax: 416-667-6271





Section 1

Getting Started

Group Leader's Planning Checklist

1	Pre-visit planning session at Nature Centre scheduled and completed.	<input type="checkbox"/>
2	Bus arrangements made: (a) Arrival and departure times confirmed with Nature Centre. (b) Drop-off and pick-up times confirmed with bus company.	<input type="checkbox"/> <input type="checkbox"/>
3	Discuss program with the group and make list of expectations and goals.	<input type="checkbox"/>
4	Make arrangements for: (a) Nut-free snacks (b) Additional sports and recreation equipment (optional) (c) Class set of pencils (optional) (d) Free time games and activities (e) Reviewing appropriate clothing with students (f) End-of-the-day shower and snack-time routine (g) One adult leader available for each program group (male and female supervision overnight). Adult supervision should also be in compliance with the school board policy. (h) Other: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
5	Arrange for on-site vehicle.	<input type="checkbox"/>
6	Collect participants' information on health and food concerns: (a) <i>Health and Consent Form (for participants under aged 18)</i> (b) <i>Adult Health and Registration Form</i> (c) <i>Participant Medical Condition Summary</i> (d) <i>Claremont Kitchen Information Sheet</i>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
7	Fax the following forms: <i>Participant Medical Condition Summary</i> , and <i>Claremont Kitchen Information Sheet</i> , to the Nature Centre at least one week before arrival (fax no. below).	<input type="checkbox"/>
8	Assign participants carefully to dorm rooms by completing <i>Dormitory Floor Plan</i> .	<input type="checkbox"/>
9	Divide participants into working groups by completing <i>List of Working Groups</i> .	<input type="checkbox"/>
10	Settle balance of payment (based on expected attendance) to ensure that TRCA receives the money at least one week prior to arrival date (does not apply to school groups).	<input type="checkbox"/>
11	Include TRCA as additional insured in Certificate of Insurance to ensure that TRCA receives the certificate at least one week before arrival date (does not apply to Scout and Guide groups or to Board of Education schools).	<input type="checkbox"/>
12	Forms handed in to Nature Centre staff on arrival: (a) <i>Health and Consent forms</i> (b) <i>Adult Health and Registration forms</i> (c) <i>Participant Medical Condition Summary</i> (d) <i>Claremont Kitchen Information Sheet</i> (e) <i>Dormitory Floor Plan</i> (f) <i>List of Working Groups</i>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Claremont Nature Centre phone number: 905-649-2208

Nature Centre fax number: 905-649-1709



All About Claremont Nature Centre

Location

Claremont Nature Centre is located in Durham Region, just north of Pickering. It occupies a 160-hectare site off Westney Road just north of Concession 7. The beautiful Duffins Creek runs through the property, flanked by valley slopes of mixed woodlands, open meadows, cedar lowlands and reforested coniferous plantations.

The Facility

Opened in 1970, Claremont Nature Centre is a Panabode cedar-log building with a spacious lounge, wood-burning fireplace, dining area and classroom/lab space that accommodates up to 40 participants and four visiting teachers or leaders. Rooms sleep two to six participants in bunk-beds.

Claremont Nature Centre provides a wide variety of activities, including unique programs which offer the opportunity to explore one of the region's healthiest coldwater streams, as well as a chance to look back at our heritage in a restored pioneer log cabin.

Staff

Our team is made up of well-qualified and experienced staff. It consists of the Nature Centre supervisor, OCT certified instructors, a overnight assistant, kitchen service staff, and maintenance and cleaning staff. All Nature Centre staff are trained in Standard First Aid and CPR.

Programs

We offer a wide range of programs for elementary and secondary school groups, Guide and Scout groups, as well as youth and adult groups. Within your two-and-a-half- or five-day stay at the Nature Centre, we can facilitate programs designed to provide participants with hands-on experiences in a safe and supportive outdoor setting. From skiing to stream studies, and from orienteering to group dynamics, we have got you covered.

School programs are designed to meet elementary and secondary level Ontario Curriculum expectations. They are connected to a variety of subject areas, including science and technology, social studies, geography, history, mathematics, health and physical education and the arts. The community living experience helps students to develop responsibility, while gaining invaluable group skills that are easily transferred back to school and everyday life.

Guide and Scout programs are delivered by knowledgeable, enthusiastic and approachable teaching staff who serve as role models in environmental conservation. Programs are designed to meet badge requirements.

There are also many programs suitable for **youth and adult groups**, such as sports associations, music or recreation camps, clubs, faith-based groups, ESL groups, etc. The Nature Centre is also a popular retreat destination.

Our programs are filled with cooperative learning challenges that aid in team-building and leadership development. Our experienced instructors will work with group leaders to tailor programs to meet the needs of visitors with different learning styles and expectations.

You can refer to Section 2 of the *Planning Guide* for a full list of programs available at Claremont Nature Centre.



Walking the Talk: Proud Member of the Ontario EcoCentres Network!

Environmental and outdoor education centres, zoos, museums and other types of learning centres offering field trips and out-of-classroom excursions have a vital role to play in enabling future generations to feel empowered and excited about taking action to mitigate climate change.

The Ontario EcoCentres Network was created to assist learning centres in leading by example and reducing their environmental impact. The EcoCentres certification program provides staff and learners at sites across the province with a framework to address twelve areas of sustainability, including energy and water conservation, the enhancement of biodiversity and the pursuit of carbon neutrality.

By involving all aspects of a learning centre - from the building itself to the people within it - the Ontario EcoCentres Network seeks to support more efficient operations, cultivate deeply engaged learners and promote informed decision-making.

In January 2011, our education facilities were among thirteen pilot sites that became certified Ontario EcoCentres. Achieving this status were Albion Hills, Claremont Nature Centre, Lake St. George Field Centre, Kortright Centre for Conservation and Black Creek Pioneer Village.

For more information about the Network and the certification program, please visit www.ontarioecocentres.org

Supporting Environmental Leadership and EcoSchools

Toronto and Region Conservation is committed to supporting teachers and students as they participate in the EcoSchools program or undertake environmental action at their school.

Need advice on how to kick off a waste-free lunch program? Looking for tools to help launch a lights-off campaign? Want tips for your school ground greening project? Let us know what you are working on and we would be happy to share our resources and insights.

If you want to find out more about the Ontario EcoSchools program or access their resources, please visit

www.ontarioecoschools.org

Section 2

Pre-trip Planning



Your Planning Session

When your booking is confirmed, you will be asked to schedule a planning session about a month prior to your group's visit date. A member of our staff will meet with you in person at the Nature Centre or over the phone to begin the planning process, and to provide further information about the trip. Below is the meeting agenda with key content included.

Before this meeting, please spend some time selecting a theme (or themes) and determining goals and objectives for your trip. A program list and program descriptions are available on the following pages.

Planning Session agenda

1 Programs

- The choice of programs will be made at the meeting based on the themes and topic areas you select.
- There will also be discussion on how to prepare your group for the trip, the special needs of your group members, and support equipment and teaching aids available at the Nature Centre.

2 Information for leaders and

- a) Forms and information for participants and parents/guardians
- Health and Consent Form (for participants under 18 years of age)
 - Adult Health and Registration Form
 - Safety and Courtesy Guidelines
 - Clothing and Equipment List

Tips and reminders:

- i) *Please copy the forms, distribute them to your group mem-*

bers and collect them when completed. We suggest using copy paper in various colours to make further handling of the completed forms easier.

- ii) *These forms are to be handed in to Nature Centre staff upon arrival at the Nature Centre.*

b) Forms you need to complete prior to your visit

- Participant Medical Condition Summary
- Claremont Kitchen Information Sheet
- Dormitory Floor Plan
- List of Working Groups

Tips and reminders:

- i) *Make sure that the two forms, Participant Medical Condition Summary and Claremont Kitchen Information Sheet, are completed and faxed to the Nature Centre at least one week prior to visit date.*
- ii) *All four forms are to be handed in to Nature Centre staff upon arrival at the Nature Centre.*

3 Roles and policies

- Responsibilities of visiting leaders and Nature Centre staff
- Safety and Courtesy Guidelines
- Nut-sensitive policy – Please let us know at the planning session if any of your group members have anaphylaxis.
- Expectations of student behaviour and consequences of undesirable behaviour
- The Nature Centre as an EcoCentre
- Smoke-free and alcohol-free environment

4 Housekeeping details

a) Arrival and departure times

Arrival

Monday: 9:30–10:30 a.m.

Wednesday: 1:45–2:00 p.m.

Friday: 5:30–7:00 p.m.

Departure

Wednesday: 1–1:30 p.m.

Friday: 1–1:30 p.m.

Sunday: 1–1:30 p.m.

b) Transportation

- Each group is responsible for its own transportation arrangements.
- Weekend groups are encouraged to carpool.
- If a separate vehicle is used for luggage, both vehicles should arrive at the same time.
- Visiting group leaders should have a vehicle on site.

c) Meals

- We offer safe, healthy and delicious home-cooked meals. Our menus, designed according to the Canada Food Guide and the Ontario School Food and Beverage Policy (PPM 150), provide client-friendly food choices. (Refer to Section 4 for more information about our food services.)
- Dietary concerns, including food restrictions and allergies, will be addressed with advance notice. Substitutions will be provided when possible. (Refer to *Claremont Food Services: Provisions for Dietary Needs* in Section 2.)
- Three meals a day are provided, excluding days of arrival and departure.
- All departing groups receive lunch before leaving. Wednesday's arrival group must eat lunch before arrival.
- Weekend meals include Saturday's breakfast, lunch and dinner, as well as Sunday's breakfast and lunch. Weekend groups are responsible for their own dinner on Friday.

d) Snacks

- The Nature Centre provides juice or hot chocolate in the evening.
- Our food services can provide a healthy, nut-sensitive and litterless snack to the group (e.g., home-baked desserts) for a very low price.
- It is important that we keep the Nature Centre nut-free. All snacks brought to the Nature Centre must be checked for nut content by group leaders in advance.

Tips and reminders:

- i) *If a group chooses to bring their own snacks, the group leader will be responsible for them. Group leaders can buy nut-sensitive snacks in bulk themselves or collect snacks from students before their departure from school. (Refer to Nature Centre Food Services in Section 4 for more tips.)*
- e) Dormitory capacity and arrangement
 - Our capacity is 56 participants and 4 staff for a week-day visit and 48 participants and 4 leaders for a weekend visit.
 - All-male or all-female groups can be accommodated.
 - We have flexibility in numbers of males/females; however, at capacity, we must have an even number of each gender group (e.g. 39 boys, 21 girls is not a possibility).
- f) Adult supervision
 - When both male and female students are in residence, we require both male and female adults to also stay in residence.
- g) Free-time activities
 - Bring a class set of pencils (also art supplies if required for free time activities).
 - Have members of your group bring playing cards, board games, guitars, etc. for the evening recreation period and free time.
 - A TV/VCR/DVD player is available for movies only.
- h) What not to bring
 - Participants may bring electronic devices at the discretion of the group leaders. Please note that electronic devices are not permitted in dorm rooms. Devices must stay with group leaders overnight.
 - Knives and axes are not permitted.
 - Do not bring candy or gum.
 - No extra food (other than your group's nut-free snacks) is allowed.
- i) House duties
 - Participants are expected to carry out house duties, including helping to set up for and clean up after meals and keeping their dorms tidy.
- j) Lights out
 - Lights-out times should be established with your group. There is a curfew of 11 p.m.
- k) Phone
 - A pay phone is available for students, if teachers wish to allow its use.
 - The phone accepts exact change. Each local call costs 50 cents. Calls are local to the 416/647 area and some numbers in the 905 area.
 - For long-distance calls, you can use calling cards or make collect calls. Please note that card-reading phones are not available.





Program List

To assist you in planning your visit, the programs currently available at Claremont are listed below. Please note the academic level for which the program is designed, and the time of year during which the program operates. Daytime programs are two and a half hours in length and evening programs are one and a half hours, unless otherwise indicated. A short description of each program can be found on the following pages. During your planning session, we would be pleased to discuss program adaptations, or new programs that would meet your educational needs.

Understanding Healthy Watersheds			Nature Appreciation and Awareness		
Pond Study *	Sp/F	P/J/I/S	Nature Art *	All year	P/J/I/S
Stream Study *	Sp/F	P/J/I/S	Nature Photography **	All year	J/I/S
Watersheds	All year	J/I/S	Evening Programs		
Biodiversity and Greenspaces			Campfire *	All year	P/J/I/S
Animal Detective *	All year	P/J/I	Clue Murder Mystery *	All year	J/I/S
Bird Study *	All year	P/J/I/S	Evening Art *	All year	P/J/I/S
Insect Study *	Sp/Su/F	P/J/I	Eco-Jeopardy *	All year	J/I/S
Instincts for Survival *	All year	P/J/I/S	Environmental Stock Exchange *	All year	J/I/S
Trail Guide	All year	I/S	Evening Hike * **	F/W	P/J/I/S
Tree Identification *	Sp/Su/F	J/I/S	Frog Watch	Su	J/I
Geographic Inquiry and Skills			Owl Prowl *	W	P/J/I/S
26-point Orienteering *	All year	J/I	Scavenger Hunt *	All year	P/J/I/S
Contour Mapping	Sp/F	I/S	Scavenger Hunt – Monster *	All year	P/J/I/S
Geomatics	All year	I	Wide Games/Recreation *	All year	P/J/I/S
Photo Orienteering *	All year	J/I/S			
Score Orienteering *	All year	S			
Treasure Mapping *	All year	P/J/I			
History and Cultural Studies					
Coueurs de Bois	All year	I/S			
Indigenous Studies	All year	J/I			
Pioneer Studies	All year	P/J/I			
Sustainable Communities					
Environmental Impact Studies	All year	S			
Recreation and Active Living Skills					
Cross-country Skiing *	W	J/I/S			
Group Dynamics *	All year	P/J/I/S			
Mini Olympics *	All year	P/J/I/S			
Nature Hike *	All year	P/J/I/S			
Snowshoeing *	W	P/J/I/S			
Wilderness Survival Skills *	All year	J/I/S			



Legend:

* Also offered on weekends

Sp Spring

Su Summer

F Fall

W Winter

Last updated November 2017

** Additional fee applies

P Primary

J Junior

I Intermediate

S Senior



Program Descriptions

Please note: Adaptations can be made to the programs to suit specific group needs.

UNDERSTANDING HEALTHY WATERSHEDS

Pond Study

Take a closer look at our ponds and discover the flourishing biodiversity. Brainstorm and classify invertebrates and vertebrates found in ponds and learn how these animals are adapted to their ecological niche, then dip into the pond and collect organisms. In doing so, students will identify and describe each organism collected according to methods of breathing, locomotion and feeding. Learn the characteristics of a healthy pond ecosystem.

Curriculum connections: Science and Technology: Grade 4 – Habitats and Communities, Grade 6 – Biodiversity, Grade 7 – Interactions in the Environment, Grade 8 – Water Systems; Geography: Grade 7 – Natural Resources, Themes of Geographic Inquiry

Stream Study

Become a scientist and explore Duffins Creek in this hands-on program. Students will examine the stream environment by collecting biological organisms and physical data, as well as running scientific experiments. Evaluation and analysis of the data allows students to hypothesize the viability of the stream to support coldwater fish species—specifically answering the question “Is Duffins Creek trout friendly?”

Curriculum connections: Science and Technology: Grade 4 – Habitats and Communities, Grade 6 – Biodiversity, Grade 7 – Interactions in the Environment, Grade 8 – Water Systems; Geography: Grade 7 – Natural Resources, Themes of Geographic Inquiry

Watersheds

Explore our wonderful watersheds. This program will start with a game simulating the water cycle, followed by an introduction to watersheds and the importance of maintaining their health. Participants can make a groundwater ‘sundae,’ illustrating how water pollution spreads, while enjoying a tasty treat. By touring a portion of the Duffins Creek watershed, students will observe vegetation, land use, and human impact as they relate to changes in water quality and quantity. Then, while peering through safety goggles, students will satisfy their scientific curiosity by conducting water quality tests.

Curriculum connections: Science and Technology: Grade 7 – Interactions in the Environment, Grade 8 – Water Systems; Geography: Grade 7 – Natural Resources, Themes in Geographic Inquiry, Patterns in Physical Geography, Grade 8 – Patterns in Human Geography

UNDERSTANDING BIODIVERSITY AND GREENSPACES

Animal Detective

Follow tracks, search for evidence, and solve mysteries while investigating wildlife in a variety of habitats. Along an explorative nature hike, students will have an opportunity to participate in games and role-playing activities which illustrate the basic concepts of ecology.

Curriculum connections: Science and Technology: Grade 4 – Habitats and Communities, Grade 6 – Biodiversity, Grade 7 – Interactions in the Environment; Geography: Grade 7 – Themes of Geographic Inquiry

Bird Study

Chirp-chirp, tweet-tweet. But who is making those sounds? Become a field investigator and go on a birding expedition around the property using binoculars and bird guides. Participants are introduced to bird adaptations with hands-on research, and will learn the basics of identification, noting that sounds, size, shapes, colours and habitats can all aid in bird classification. Through this activity, students will gain an understanding of and appreciation for the many species of birds that live and migrate through this part of southern Ontario.

Curriculum connections: Science and Technology: Grade 4 – Habitats and Communities, Grade 6 – Biodiversity



Insect Study

Bzzzzz! Discover the fascinating world of insects. While hiking and exploring through fields, forests and wetlands, use field guides and keys to identify and classify insect species. Learn about the life cycles of insects and play hands-on simulation games.

Curriculum connections: *Science and Technology: Grade 4 – Habitats and Communities, Grade 6 – Biodiversity, Grade 7 – Interactions in the Environment*

Instincts for Survival

Simulate real-life predator/prey relationships in this fun and active outdoor food-web game. Assume the role of a specific animal and see if you can survive. Students will gain an understanding of animal ecology, as well as the impact of human activities on wildlife populations.

Curriculum connections: *Science and Technology: Grade 6 – Diversity of Living Things, Grade 7 – Interactions in Ecosystems*

Trail Guide

Students act as park naturalists planning an interpretive trail and self-guided booklet. After a nature hike led by Nature Centre staff, each group produces an illustrated trail guide. (Requires one and a half to two program periods.)

Curriculum connections: *The Arts: Grades 7–8 – Visual Arts; Science and Technology: Grade 6 – Biodiversity, Grade 7 – Interactions in the Environment; Geography: Grade 7 – Natural Resources*

Tree Identification

So many trees around us, but can you name them? Participants will brainstorm the uses of trees by people and the role they play within natural ecosystems. They will discuss characteristics that can be used to identify trees using new and familiar terminology. Then, armed with a map and dichotomous keys, students will go on a self-guided tour and apply their knowledge to identify selected tree species.

Curriculum connections: *Science and Technology: Grade 5 – Conservation of Energy and Resources, Grade 6 – Biodiversity, Grade 7 – Interactions in the Environment; Geography: Grade 7 – Natural Resources, Grade 8 – Economic System*

GEOGRAPHIC INQUIRY AND SKILLS

26-point Orienteering

Upon arrival, participants will have an opportunity to explore the immediate area using this quick exercise. While learning to read a sketch map, students will hunt for 23 markers. Upon finding these markers, students will race against time to unscramble clues for a “prize of unbelievable value.”

Curriculum connections: *Mathematics: Grades 7–8 – Number Sense and Numeration, Data Management, Geometry and Spatial Sense; Geography: Grade 7 – Themes of Geographic Inquiry, Patterns in Physical Geography*

Contour Mapping

Students are introduced to the key features of topographical maps, with an emphasis on interpretation of contour lines. Learners will appreciate the value of contour maps to society through discussion and examples of real-life applications. Measurement of contour lines is demonstrated and will be performed by students in the field with the use of stadia rods and transits. Data obtained will be compiled, interpreted and translated by each group to build a contour map.

Curriculum connections: *Mathematics: Grades 7–8 – Number Sense and Numeration, Data Management, Geometry and Spatial Sense; Geography: Grade 7 – Themes of Geographic Inquiry, Patterns in Physical Geography*

Geomatics

Geography meets environmental science in this full-day program! Students will learn about the history and uses for GPS technology before using the machines to go geocaching. Students will then travel to a variety of locations on the Claremont property. At each location, they will conduct an Environmental Impact Survey by using scientific equipment to record data (e.g. thermometer, pH meter, anemometer...) and assess the site. Students use their collected data along with powers of observation to hypothesize the impact of human activity, compare the different sites, and determine whether or not Claremont is sustainable.

Curriculum connections: *Science and Technology: Grade 9, 11 and 12 – Scientific Investigation Skills/Career Exploration, Sustainable Ecosystems, Population Dynamics; Canadian and World Studies: Grade 9 – Geographic Inquiry and Skill Development, Interactions in the Physical Environment, Grade 11 – Geographic Inquiry and Skill Development, Sustainability and Stewardship, Interactions and Interdependence, Spatial Geography: Concepts and Processes, Using Spatial Technologies to Support Sustainability and Stewardship, Grade 12 – Geographic Inquiry and Skill Development, Sustainability and Stewardship, Spatial Organization, Community Action, Species and Spaces, Ecosystems and Human Activity*

Photo Orienteering

Competitive spirits prevail while students learn compass skills. Using a series of photographs, learners (in partners) will find the exact location of where each photograph was taken. A compass bearing at each site will determine their accuracy and then, it's a race to the scoring table! Tally up the scores to see which team will win a “prize of unbelievable value!”

Curriculum connections: *Geography: Grade 7 – Themes of Geographic Inquiry, Patterns in Physical Geography; Mathematics: Grades 5–8 – Geometry and Spatial Sense; Health and Physical Education: Grades 5–8 – Active Participation*

Score Orienteering

Learners will be challenged in this more advanced program. A brief indoor introduction ensures that students are comfortable with the basics of map interpretation and navigation using a compass. Then, students will travel in pairs to find the orienteering controls on the property.

Curriculum connections: *Geography: Grade 7 – Themes of Geographic Inquiry, Patterns in Physical Geography; Health and Physical Education: Grades 5–8 – Active Participation*

Treasure Mapping

Introduced to the basics of map reading/making. Groups of “pirates” will use compass bearings to hide a treasure in the forest and then create their own treasure map. Maps and clues are traded between groups, and the challenge is on to find the hidden treasure.

Curriculum connections: *Geography: Grade 7 – Themes of Geographic Inquiry, Patterns in Physical Geography, Grade 8 – Patterns in Human Geography; Mathematics: Grades 5–8 – Geometry and Spatial Sense; Health and Physical Education: Grades 5–8 – Active Participation*

HISTORY AND CULTURAL STUDIES

Coueurs de Bois

This program introduces participants to the lifestyle of the “Runners of the Woods,” the early French settlers who traded with the First Nations Peoples for furs. After a brief introduction to their history and a discussion of the importance of the beaver pelt, learners participate in an orienteering and bartering activity that simulates a season as a Coueurs de Bois. Learners’ abilities to use their maps and make good trades will determine their success as a Coueurs de Bois.

Curriculum connections: *Social Science: Grade 6 – First Nations Peoples and European Explorers; Geography: Grade 7 – Themes of Geographic Enquiry; History: Grade 7 – New France; Health and Physical Education: Grades 5–8 – Active Participation*

Indigenous Studies

Join us as we step back in time and explore local Native history. A visual presentation will open a window into some aspects of daily life in southern Ontario before the influx of European settlers. Then, after examining actual artifacts, students will be whisked off to the forest for a “Native shopping trip.” Test your strength as we enjoy some Native games of skill. Finally, relax around a campfire while we roast

bannock, pound corn and learn how to start a matchless fire.

Curriculum connections: *Social Studies: Grade 3 – Early Settlers in Upper Canada, Grade 5 – Early Civilizations, Grade 6 – First Nations Peoples and European Explorers*

Pioneer Studies

Experience the simple yet hard life of a pioneer in Upper Canada. At an authentic pioneer cabin in the woods, students participate in hands-on activities and discuss some of the experiences and hardships of the early settlers.

Curriculum connections: *Social Studies: Grade 3 – Early Settlers in Upper Canada, Grade 5 – Early Civilizations, Grade 6 – First Nations Peoples and European Explorers; History: Grade 7 – New France, Grade 8 – British North America*

SUSTAINABLE COMMUNITIES: ACTION AND UNDERSTANDING

Environmental Impact Studies

This highly academic and integrated program will encourage participants to use their analytical skills and decision-making abilities to successfully determine the effects of urbanization on the natural community. After a brief introduction to the site, participants will use basic mapping skills,

data collection skills, research abilities, and powers of observation to gain sufficient knowledge to determine the impact of human activities. Participants may be required to hypothesize on the effects of road construction, increased home or cottage building, farming impacts or the consequences of golf course maintenance. Presentations (written or oral) are at the discretion of the visiting staff.

Curriculum connections: *Science and Technology: Grade 9 – Sustainable Communities, Grade 10 – Sustainable Ecosystems and Human Activity*

RECREATION AND ACTIVE LIVING SKILLS

Cross-country Skiing

Test your skills in one of the oldest modes of winter travel. Learners will be introduced to the essentials of cross-country skiing. An indoor session touches on the history of the sport, equipment requirements, proper sizing and safety considerations. Skis, boots and poles are then distributed, followed by a group lesson which will present a step-by-step progression of techniques that will allow the learner to enjoy a cross-country ski on the property. Learners are encouraged to incorporate cross-country skiing into



a healthy, active lifestyle. (Two visiting staff may be required.)

Curriculum connections: Health and Physical Education: Grades 4–8 – Fundamental Movement Skills, Active Participation

Group Dynamics

Confront and conquer our challenge course. Team success depends upon a combination of cooperation, communication, and physical and mental efforts from all individuals. Each team's challenge is designed to build a cooperative group spirit and, at the same time, instill self-confidence in the learner, as well as a mutual respect for teammates.

Curriculum connections: Health and Physical Education: Grades 4–8 – Fundamental Movement Skills, Active Participation

Mini Olympics

Team up and get ready to have some fun! In this active program, participants will enjoy taking part in a variety of non-traditional 'Olympic' events. Teams of students may be given a brief time-period to choose a name and create their own team flag. Then, let the games begin! Games focus less on skill and athletic ability, but rather, on creativity while encouraging cooperation and fun.

Curriculum connections: Health and Physical Education: Grades 4–8 – Fundamental Movement Skills, Active Participation

Nature Hike

Experience the touch, taste and smell of each season on a guided hike through the different habitats at Claremont. Students may also participate in games and active simulations taken from the *Project Wild Activity Guide*.

Curriculum connections: Science and Technology: Grade 4 – Habitats and Communities, Grade 6 – Biodiversity, Grade 7 – Interactions in the Environment

Snowshoeing

Get out and enjoy the snow! In this program, the learner is introduced to the basic skills of snowshoeing. The history of the snowshoe is covered, as well as the essential techniques required to participate in a snowshoeing trail walk around the property. This program is dependent upon suitable snow conditions.

Curriculum connections: Health and Physical Education: Grades 4–8 – Fundamental Movement Skills, Active Participation; Social Studies: Grade 6 – First Nations Peoples and European Explorers

Wilderness Survival Skills

Could you survive in the wilderness? Working in a cooperative team situation, students will understand and practice some important aspects of basic survival techniques in the outdoors. Each team will be challenged to construct a small cooking fire using only one match, and prepare tea made from ingredients collected in the forest. Students may also build a shelter from natural materials. Key elements of this lesson stress the safety aspects of preparation and planning for a successful outdoor experience.

Curriculum connections: Health and Physical Education: Grades 4–8 – Active Participation

NATURE APPRECIATION AND AWARENESS

Nature Art

Young artists are encouraged to look at the environment from a different perspective. Learners are introduced to different styles and techniques used to create impressions of nature. A combination of sketching, imprinting, creative writing, water colours and other techniques can be explored. Participants produce unique souvenirs to remember their outdoor experience.

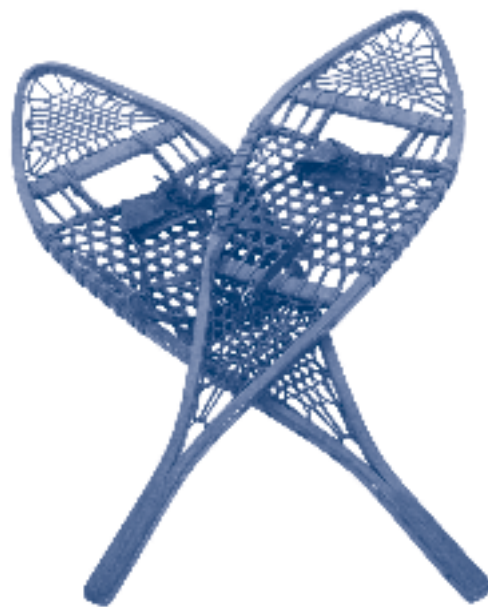
Curriculum connections: The Arts – Visual Arts: Grades 3–8

Nature Photography

Explore some key concepts in photography: lighting, colour, natural framing, the rule of thirds, perspective and people in nature. Next, it's a hands-on approach to a unique and relaxing way to appreciate nature. Small groups will share a camera on a nature hike to take photos incorporating several nature themes. A disc of all photos will be go back to the school to allow for editing, printing and creative follow-up.

(There is an additional fee for film and processing. Cameras will be provided.)

Curriculum connections: The Arts – Visual Arts: Grades 3–8; Science and Technology: Grade 10 – Light and Applications of Optics



EVENING PROGRAMS

Campfire

Many groups enjoy the tradition of ending their visit at the campfire circle. This evening program allows participants to take part in and contribute their own songs, skits, games and stories. They will also have an opportunity to roast marshmallows and reflect on their trip. This activity is offered after evening program and is supervised by the visiting staff. Fire set-up and roasting skewers are provided.

Clue Murder Mystery

Participate in an environmental 'murder mystery' based on the board game "Clue!" Student 'detectives' will work together in small groups to come up with a strategy and use the process of elimination in determining who committed the crime, where the crime was committed and what type of weapon was used.

Evening Art

Relax... and express your day in the great outdoors through art. Students will use a variety of materials such as charcoal, oil pastel and watercolour paints to create art pieces inspired by nature.



Eco-Jeopardy

Test your environmental knowledge in this fun and interactive game modeled after the television game show. Teams will be challenged to answer environmentally themed questions within categories such as water, waste, energy and climate change which are meant to raise awareness of human impacts on the environment.

Environmental Stock Exchange

In this activity, students will become investors in the "Environmental Stock Market," buying and selling stocks based on the changing policies of different companies. Players will need to consider the long-term effects of company decisions on the earth and invest their money wisely.

Evening Hike

Enjoy the outdoors under the cover of darkness on a guided hike. Students will use their senses to develop an appreciation for the specialization of the nocturnal world. This night hike will include a number of activities such as owl and coyote calling, solo walks/sits, moon mints, chalk sketching, colour vision testing, astronomy investigation, evening games, sound/smell recognition and/or storytelling.

By experiencing a variety of safe activities, it is the intention to relieve fears that may be associated with the darkness.

Frog Watch

The evening begins with story-telling as a means of introducing learners to the role that amphibians play as indicators of environmental health. After learning to identify the calls of common Ontario frog species, participants will hike to a wetland and monitor frog populations by collecting data on calls heard there. By submitting this information to the *FrogWatch Ontario* website, participants will also contribute to data on global climate changes. An emphasis is placed on the importance of wetlands, including biodiversity and protection. (Maximum group size – 30)

Owl Prowl

Who's who in the world of owls? Students will be introduced to common owls found throughout Ontario and learn of their adaptations through simulation games and activities. Dissect owl pellets to investigate owl diets and identify the bones of owl prey. Then go outside on a hike in the forest to call some of the owls that may be found on the Claremont property.

Scavenger Hunt

Students work cooperatively in small teams to collect a variety of information and natural items. This activity provides a great opportunity for participants to have fun and be active outdoors while developing co-operative skills.

Scavenger Hunt – Monster

Students will work together as a group to search for and collect a variety of natural items found outdoors. Groups will design and create their own monster using the items they found and then prepare to present their monster to the class. Monsters will be judged in our *Claremont Idol* to see which group will win a "prize of unbelievable value" for their creativity and presentation skills.

Wide Games/Recreation

Participants will have an active and enjoyable set of both indoor and outdoor games and challenges to bring out the best in any group! Centre staff will customize challenges based on the areas of focus identified by the group leader. Activities may span the areas of group/cooperative, athletic/sport, trust, recreational or just plain fun!

Last updated November 2017



Program Samples

The following three schedules are samples of programming for the two- and a half- and five- day field trips offered by the Nature Centre. The actual programming of the trip will be designed to meet the individual needs of the group and the details will be discussed in the planning session.

Sample: Two and a half-day schedule for Monday to Wednesday

Monday	Tuesday	Wednesday
Morning Arrive about 10 a.m. Meet-and-greet Cares and concerns 23-point Orienteering	Morning Half group • Survival Skills The other half group • Treasure Mapping OR • Cross-country Skiing (winter only)	Morning Instincts for Survival
Lunch	Lunch	Lunch
Afternoon Group Dynamics, Challenge Course	Afternoon PM Switch	Afternoon Depart after lunch, about 1:30 p.m.
Dinner	Dinner	
Evening Nature Art	Evening Clue Murder Mystery	

Sample: Two and a half-day schedule for Wednesday to Friday

Wednesday	Thursday	Friday
	Morning Half group • Pond or Stream Study (spring/fall only) The other half group • Survival Skills	Morning Photo Orienteering
	Lunch	Lunch
Afternoon Arrive about 1:45 p.m. Meet-and-greet Cares and Concerns Group Dynamics, Challenge Course	Afternoon PM Switch	Afternoon Depart after lunch, about 1:30 p.m.
Dinner	Dinner	
Evening Evening Hike	Evening Nature Art, Campfire	

Sample: Five-day schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Arrive about 10 a.m. Meet-and-greet Cares and Concerns 23-point Orienteering	Morning Half group <ul style="list-style-type: none"> • Photo Orienteering OR • Pond or Stream Study (spring/autumn only) OR • Cross-country Skiing (Winter only) The other half group <ul style="list-style-type: none"> • Survival Skills 	Morning Half group <ul style="list-style-type: none"> • Pioneer Study The other half group <ul style="list-style-type: none"> • Tree Identification 	Morning Half group <ul style="list-style-type: none"> • Photo Orienteering The other half group <ul style="list-style-type: none"> • Treasure Mapping 	Morning Instincts for Survival
Lunch	Lunch	Lunch	Lunch	Lunch
Afternoon Group Dynamics Challenge Course	Afternoon PM Switch	Afternoon PM Switch	Afternoon PM Switch	Afternoon Depart after lunch, about 1:30 p.m.
Dinner	Dinner	Dinner	Dinner	
Evening Evening Hike	Evening Scavenger Hunt	Evening Nature Art, Campfire	Evening Clue Murder Mystery	

Weekend Programs

Claremont Nature Centre currently offers many weekend programs. Your group can have up to five programs during a weekend trip. The following list includes some of the most popular programs:

- Evening Hike
- Campfire
- Wilderness Survival Skills
- Photo Orienteering
- Group Dynamics
- Instincts for Survival
- Mini Olympics
- Cross-country Skiing (winter only)
- Snowshoeing (winter only)



Daily Schedule

Rise and shine	7:30 a.m.
Dining room set-up	7:45 a.m.
Breakfast	8 a.m.
Clean-up routines	8:30 a.m.
Morning program	9–11:30 a.m.
Dining room set-up	11:45 a.m.
Lunch	noon
Clean-up routines	12:45 p.m.
Afternoon program	1:30–4 p.m.
Free time	4–4:45 p.m.
Dining room set-up	4:45 p.m.
Dinner	5 p.m.
Clean-up routines	6 p.m.
Evening program	6:30–8:00 p.m.
Group's own time*	8:00 p.m.

*Note: The group has time for showers and snacks after the evening program. The lights-out times vary with age.



All Visitors

Please be advised that the Claremont Nature Centre is a **"nut-sensitive"** facility.

For the safety of all visitors, it is very important that any snacks you bring to this facility are **free of nuts, traces of nuts and/or nut products**.

Thank you for your cooperation!



Responsibilities of Visiting Leaders and Nature Centre Staff

To make the whole learning and overnight experience truly positive and enriching, sharing of teaching and supervisory responsibilities between the visiting leaders and the Nature Centre staff is essential.

Visiting leaders/teachers	Nature Centre teaching staff
<ul style="list-style-type: none"> • Provide one leader/teacher to accompany each program. 	<ul style="list-style-type: none"> • Provide an overall program orientation.
<ul style="list-style-type: none"> • Provide supervision outside regular program times (see below). 	<ul style="list-style-type: none"> • Deliver all the scheduled programs during the trip.
<ul style="list-style-type: none"> • Assist individual students with their field work. 	<ul style="list-style-type: none"> • Provide all the equipment and materials required for the programs.
<ul style="list-style-type: none"> • Provide appropriate discipline, if necessary. 	

Responsibilities of visiting leaders/teachers outside regular program times

1 Meal time

- Meal time is an integral part of teaching at this Nature Centre. It provides an opportunity to practice life skills, social skills and group skills. During the first meal, the overnight assistant will explain our expectations of the social setting in the dining room and show the participants/students the procedures.
- Each group is responsible for table setting on a rotational basis. One visiting leader will make sure that the participants/students are on time and that the task is carried out properly.
- As an EcoCentre, we care about where our food comes from and where it goes. The participants/students will learn about waste recycling, composting, zero food waste, food miles, etc., through their direct participation.

2 Chore Time

- The leader will make sure that all participants are doing their share of the workload, including helping to set up for and clean up after meals, and keeping their dorms tidy.

3 Free time

- Recreational activities are under the visiting leaders' supervision. Planning your recreational time is as important as planning your instructional time.
- Indoor activities should be of a passive nature while high activity programs should be scheduled out-of-doors.
- We have sports equipment, which is available upon request.

4 Snack time

- Under the leaders' supervision, your group will prepare its nut-sensitive snacks and clean up the snack area and dishes. The overnight assistant will show you where to keep all of your snacks.

5 Shower time

- In the spirit of water conservation, please make sure shower time is limited to three minutes per person.

6 Bed time

- Leaders should ensure that participants get to bed, have the lights out and are settled at the appropriate time for the night. Curfew is to be enforced in consideration of others.

Participant Medical Condition Summary

This form is designed with the health and safety of the participants in mind. It summarizes the information about the participants' medical conditions from the Health and Consent Forms. We will use this summary to alert the Nature Centre staff of any conditions and/or medical needs that members of your group may have.

Please fax the completed form to 905-649-1709 no later than one week prior to your visit. (Please print)

School/group: _____ Date of visit: _____

Group contact, position: _____ Phone: _____

Accompanying adult(s): _____

Total no. of adults: _____ Total no. of participants (below age 18): _____

No.	Name of participant	Medical condition	Meds <input checked="" type="checkbox"/>	H <input checked="" type="checkbox"/>
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Meds = On medication

H = Health and Consent Form

AD = Adult

*This information is collected under the Conservation Authorities Act. It will be held in confidence during your stay and returned after your visit.
Please contact the Nature Centre supervisor if you require more information.*

Participant Medical Condition Summary

Please fax this completed form to 905-649-1709 no later than one week prior to your visit. (Please print)

No.	Name of participant	Medical condition	Meds <input checked="" type="checkbox"/>	H <input checked="" type="checkbox"/>
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				
31				
32				
33				
34				
35				
36				
37				
38				
39				
40				
AD				
AD				
AD				
AD				

Meds = On medication H = Health and Consent Form AD = Adult

List any information found on the Health and Consent Form that is not indicated above.

List any other information (e.g., late arrival/early departure).

Claremont Kitchen Information Sheet

Please fax the completed form to 905-649-1709 no later than one week prior to your visit.

School/Group name:	
Arrival date:	Departure date:
Teacher(s)/Leader(s):	No. of participants:
	Age/Grade:
	Phone no.: Tables to be set (staff use):

PLEASE ONLY COMPLETE FOR PARTICIPANTS WITH SPECIAL DIETARY NEEDS. MARK "X" IN THE TABLE BELOW TO INDICATE FOOD ITEMS THAT **CANNOT** BE CONSUMED.

[illegible]

Birthday(s) this week	
Participant's name:	Date:
Participant's name:	Date:

Please note that Claremont Nature Centre promotes nut-free, litterless snacks. We thank you for your cooperation!

Claremont Food Services: Provisions for Special Dietary Needs

Nut-sensitive policy:

- Any products that contain nuts, traces of nuts, and/or nut products are not purchased.
- If a product specifies that it may have been in contact with nuts during its production process, this item will not be provided to a client who is allergic to nuts.
- Dietary concerns, including food restrictions and allergies, will be addressed with advance notice. Substitutions will be provided when possible.

Substitution examples:

1 Vegetarian:

- No chicken = use tofu/vegetable stir fry; vegetarian chicken products
- No beef = use soy ground round (meatloaf/meatballs); vegetarian burgers/hot dogs, vegetarian deli slices (soya or rice cheese)
- No cheese with rennet = use vegetarian cheese (soya or rice cheese)
- No fish = use mozzarella stick

2 Lactose intolerance:

- No milk = use juice or soy milk
- No cheese = use lactose-free cheese (soya or rice cheese)

3 Common food allergies:

- For example, no onion/mushroom/pepper/garlic/certain spices.
- Prepare the menu item without the particular ingredients (such as spaghetti sauce with no garlic, onion powder and so on).

4 Kosher:

- Provide meals that do not contain dairy and meat together.
- No pork or pork product.

5 Monosodium Glutamate (MSG):

- Recommend that the client brings all items free of MSG.

6 Gluten allergy:

- Recommend that the client brings all items free of gluten.

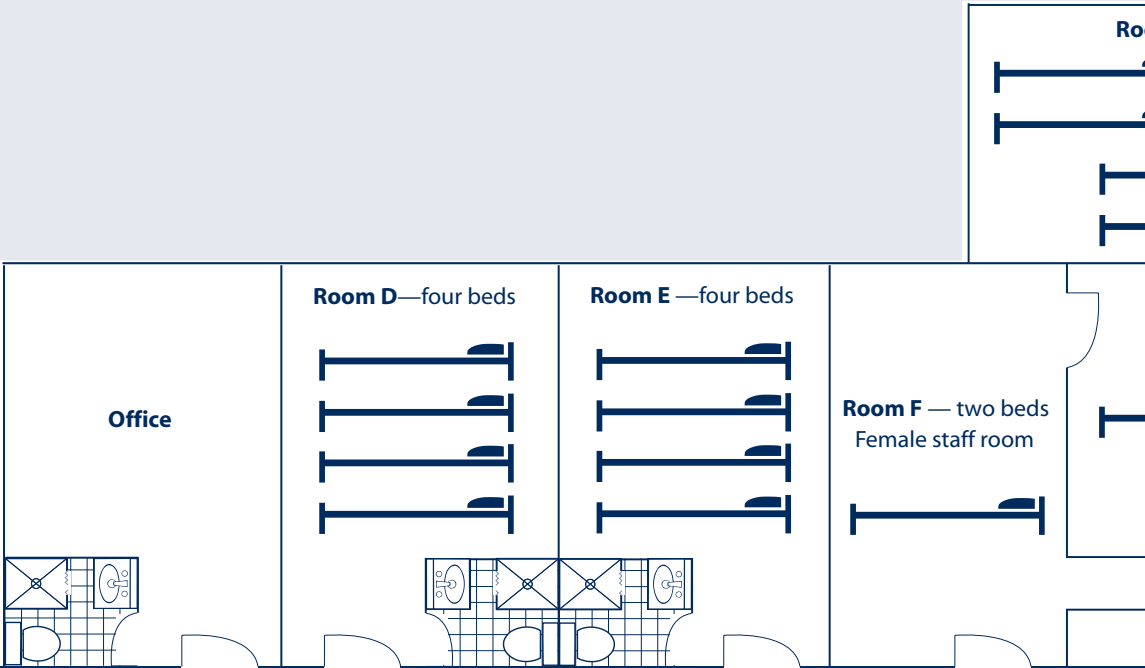
7 Halal:

- Provide the client with Halal chicken as identified.
- Recommend that the client brings all other Halal items.





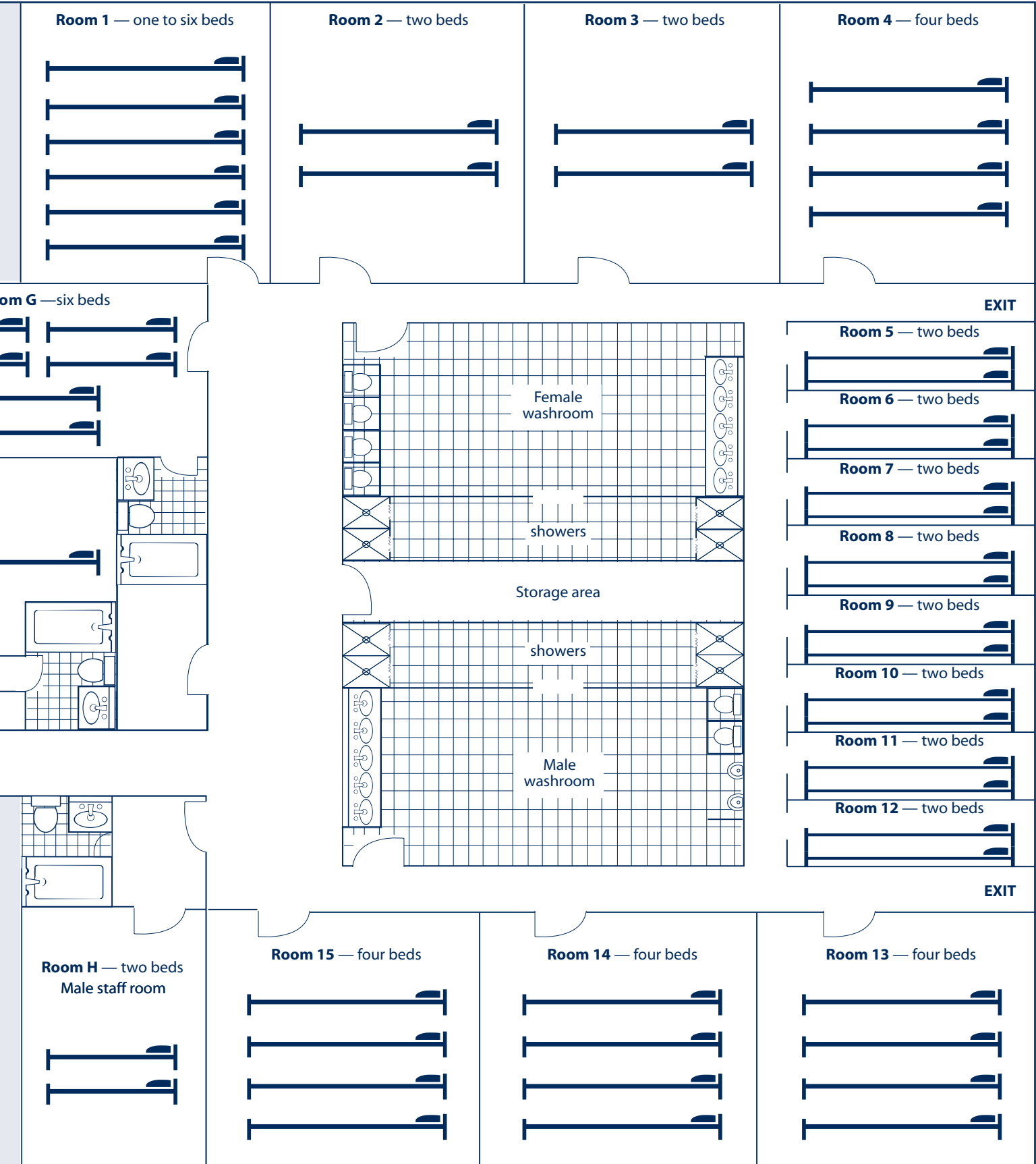
Claremont Dormitory Floor Plan— Wing rooms and Main rooms



Note: Rooms D and E are not available on weekends

School/group name: _____

MAXIMUM CAPACITY
Maximum Capacity is 56 participants and 4 group leaders for a weekday group and 48 participants and 4 group leaders during a weekend group.



List of Working Groups

School/group name: _____ Date of visit: _____

Names of group leaders

1		2	
3		4	

Names of participants

	Group 1		Group 2
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
9		9	
10		10	
11		11	
	Group 3		Group 4
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
9		9	
10		10	
11		11	

Extra planning space

	Group 5		Group 6
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
9		9	
10		10	
11		11	





Section 3

Forms and Information

HEALTH AND CONSENT FORM

(for participants under 18 years of age)

A. PARTICIPANT'S PERSONAL INFORMATION *(please print)*

Surname: _____ Given name: _____ Sex: _____

Age: _____ Birth date (Y-M-D): _____ Health card no. (recommended): _____

Home address: _____

City, postal code: _____ Phone: () _____

B. EMERGENCY CONTACT IN CASE OF ILLNESS

DAY – Name: _____ Relationship: _____ Phone: () _____

NIGHT – Name: _____ Relationship: _____ Phone: () _____

Family doctor's name: _____ Doctor's phone: () _____

C. PERSONAL MEDICAL CONDITIONS AND SPECIAL NEEDS *(attach further information if necessary)*

1. Does the participant have any allergies?* (check ✓ for 'yes')

☐ Insect ☐ Plant ☐ Food ☐ Drug ☐ Other

2. Do any of the following medical conditions apply to the participant? (check ✓ for 'yes')

☐ Diabetes ☐ Rash ☐ Asthma ☐ Epilepsy ☐ Heart condition ☐ Recent illness/operation

☐ Contact lenses ☐ Other

3. If you have checked ✓ any of the boxes in questions 1 and 2 above, please provide details:

4. Will this participant be on medication while at the Nature Centre? (If yes, please describe.)

5. Describe any food restrictions (e.g., religious, vegetarian, etc.).

6. Describe any night-time problems.

***Note: Participants with anaphylactic conditions must be accompanied with two epipens and a copy of the medical response plan.**

D. CONSENT OF PARTICIPATION

I, the parent/guardian of the above participant (participant's full name) _____, give consent for him/her to participate in a field trip at the Claremont Nature Centre from (date) _____ to (date) _____.

In case of emergency, if I cannot be reached, an alternative adult whom I have asked to be on call and who is willing to be temporarily responsible for my child is:

Full name: _____ Phone (day): () _____ Phone (night): () _____

Address: _____ City, postal code: _____

Full name of parent/guardian: _____ Relationship: _____

Signature of parent/guardian: _____ Date: _____

The above information is collected under the Conservation Authorities Act. It will be held in confidence during the stay of the participant and returned after the visit. If you have any questions regarding the collection and use of this information, please contact the Nature Centre supervisor.

ADULT HEALTH AND REGISTRATION FORM

A. PERSONAL INFORMATION *(please print)*

Surname: _____ Given name: _____ Sex: _____

Age: _____ Birth date (Y-M-D): _____ Health card no. (recommended): _____

Home address: _____

City, postal code: _____ Phone: () _____

B. EMERGENCY CONTACT IN CASE OF ILLNESS

Name: _____ Relationship: _____ Phone: () _____

Family doctor's name: _____ Doctor's phone: () _____

C. PERSONAL MEDICAL CONDITIONS AND SPECIAL NEEDS *(attach further information if necessary)*

1. Do you have any allergies? * (check ✓ for 'yes')

☐ Insect ☐ Plant ☐ Food ☐ Drug ☐ Other

If you have checked ✓ any of the above, please provide details:

2. Do any of the following medical conditions apply to you? (check ✓ for 'yes')

☐ Diabetes ☐ Rash ☐ Asthma ☐ Epilepsy ☐ Heart condition ☐ Recent illness/operation
☐ Contact lenses ☐ Other

If you have checked ✓ any of the above, please provide details:

3. Will you be on medication while at the Nature Centre? (If yes, please describe.)

4. Describe any food restrictions that you have (e.g., religious, vegetarian, etc.).

***Note: Participants with anaphylactic conditions must be accompanied with two epipens.**

D. VISITING INFORMATION

Location: Claremont Nature Centre

School/group: _____ Date of visit: _____

Signature: _____ Date: _____

The above information is collected under the Conservation Authorities Act. It will be held in confidence during your stay at the Nature Centre and returned

after the visit. If you have any questions regarding the collection and use of this information, please contact the Nature Centre supervisor.

Safety and Courtesy Guidelines

Respect, Consideration and Cooperation

1 Treat our facilities with care

You are guests, and the Nature Centre is used by many visitors.

2 Trust and co-operation

Be considerate of those living with you.

3 Privacy in the dormitory

Girls on the girls' side and boys on the boys' side, please. The privacy door should be left closed at all times.

4 Nut-sensitive policy

The Nature Centre is a "nut-sensitive" facility. If the group chooses to bring their own evening snacks, the group leaders need to make sure that they are free of nuts and any traces of nuts or nut products.

5 No smoking

Smoking is not permitted in TRCA buildings. Please inquire about designated staff smoking areas, if necessary.

6 Fire protection

If students hear a bell which sounds continuously, they should walk out of the building using the closest fire exit and proceed to the designated meeting area. All fire exit doors are equipped with emergency hardware.

7 Outdoors

- Stay with the group while on excursions. Never travel alone.
- Potential hazards such as thin ice on the creeks, ponds and lakes should be treated with respect.
- Do not cross fences.
- Do not enter the Challenge Course Area, unless accompanied by Nature Centre staff.



Clothing and Equipment List

Remember

- ✓ Participants are outside in all weather. Clothing must be practical and comfortable. Bring clothes and shoes which you can get dirty.
- ✓ You should dress to be warm and dry. Make sure that you bring a sufficient quantity of clothing to cover the time spent at the Nature Centre, whether two and a half days or five days. There are no laundry facilities at the Nature Centre.
- ✓ You need to bring your own pillow and sleeping bag. The Nature Centre does not supply pillows, blankets, linens or sleeping bags.
- ✓ Make sure that all personal belongings are able to fit into either one or two pieces of luggage.
- ✓ It is a good idea to label certain items (e.g., jacket, boots, etc.) with student's name.

All seasons	Summer needs – add:	Winter needs – add:
<ul style="list-style-type: none"> ✓ Three pairs of long pants ✓ Three shirts ✓ One warm jacket, sweater or sweat shirt ✓ One pair of outdoor shoes/boots ✓ One pair of indoor footwear: slippers or running shoes ✓ At least one pair of socks per day ✓ Change of underwear for each day ✓ One pair of pyjamas and/or a track suit for evening wear ✓ One waterproof jacket or raincoat ✓ Rubber boots 	<ul style="list-style-type: none"> ✓ Wide-brimmed hat ✓ Sunscreen (SPF 15 or greater) ✓ Insect repellent: non-aerosol, no sprays, no disposable wipes ✓ Reusable water bottle 	<ul style="list-style-type: none"> ✓ One heavy winter-weight coat ✓ Two pairs of winter-weight mitts ✓ One wool or fleece ski hat ✓ Turtleneck or scarf ✓ Two pairs of heavy wool socks ✓ One pair of warm winter boots ✓ Long underwear (or track pants) ✓ Snowpants
Sleeping equipment	Toilet kit	Optional extras
<ul style="list-style-type: none"> ✓ Pillow and pillow case ✓ Sleeping bag 	<ul style="list-style-type: none"> ✓ Toothbrush ✓ Toothpaste ✓ Comb ✓ Soap ✓ Facecloth ✓ Bath towel ✓ Lip balm ✓ Hair dryer (optional) 	<ul style="list-style-type: none"> ✓ Pen ✓ Spiral notebook ✓ Art supplies ✓ Camera ✓ Board games ✓ Watch ✓ Guitar ✓ Binoculars

Do Not Bring:

- ✓ Any kind of spray products or aerosol cans
- ✓ Any food/candy/gum/beverages
- ✓ Knives or hand axes
- ✓ Curling iron
- ✓ Flashlight (unless requested)

How to Dress for Weather

Warm Weather

Cold Weather

hat with brim

hat or toque to cover ears

T-shirt

turtleneck or scarf

winter jacket

sweater

long sleeved shirt

T-shirt

long-sleeved shirt (if buggy)
(light jacket for cool days)

mitts

shorts
(long pants if cool,
buggy or wet)

comfortable pants

socks

long underwear, track pants,
pajama bottoms or leotards

socks

running shoes
and rubber boots (if wet)

comfortably fitting, preferably
waterproof boots

For Discussion:

- Why are many loose layers better than one bulky garment?
- Why are mitts warmer than gloves?
- Why do you need a hat in each season?

Section 4

More about Claremont Nature Centre

Nature Centre Food Services

Our mission

We are committed to providing safe, healthy and tasty meals in a 'nut-sensitive' environment.

What we offer

Food

- Menus that follow the Canada Food Guide and the Ontario School Food and Beverage Policy (PPM 150).
- Client-friendly food choices.
- Nut-sensitive meals.
- Adjustment of meals according to clients' needs regarding food restrictions or allergies, if possible (see the section **Policy** below).
- Juice or hot chocolate for each evening snack.

Additional snacks

We offer healthy, nut-sensitive and litterless snacks (such as home-baked desserts) at a reasonable price. Our staff at the Nature Centre can provide further information about additional snacks at the planning session.

Water

Claremont Nature Centre draws water from an on-site well. Water is treated and tested in accordance with provincial clean water regulations to ensure a safe water supply. **Please bring refillable water bottles only.**

People

All staff in our food services team have completed their PROTON Food Handlers Certification, recognized by the Public Health Department.

Facilities

Kitchen facilities are inspected regularly by regional health inspectors and meet all provincial and regional food service regulations.

Policy

- From purchasing to daily operations, we practice the three Rs and one C—reduce, reuse, recycle and compost.
- Visitors are asked to bring only snacks that are free of nuts, traces of nuts and/or nut products.
- Group leaders who have a participant that is or may be allergic to nuts or other allergens are asked to ensure that Nature Centre staff are made aware so that appropriate precautions can be taken.

Tips for healthy, nut-sensitive and litterless snacks

We offer delicious, safe and healthy snacks at a competitive price at the Nature Centre. However, should you choose to bring your own snacks, here are a few tips:

- Buy food with minimum packaging.
- Always check the ingredients to learn about the nutritional value and to make sure that the snack is nut-free.
- Include fruits, such as apples, oranges and bananas.
- Some other suggestions for snacks include veggies and dip, cheese and crackers, bulk popcorn or chips, nachos and salsa, store-bought baked goods, etc.



Frequently Asked Questions

...about field trips to Claremont Nature Centre

Capacity and group size

1 What is your maximum capacity at the Nature Centre?

The maximum weekday capacity is 60 (56 participants and 4 leaders) and the maximum weekend capacity is 56 (48 participants and 4 leaders). We have flexibility in numbers of males/females; however, at capacity, we must have an even number of each gender group.

2 What are my choices if my group doesn't have a minimum of 30 participants?

Please consider increasing your number by joining with other groups of similar age, and sharing the cost of the trip. Otherwise, please note the cost per participant will increase in order to reach the minimum fees.

Payment and cancellation

1 When should we pay a deposit? Is it refundable?

For weekday groups:

A deposit will be required no later than eight weeks prior to confirm the trip. The deposit will be refundable only up to eight weeks prior to your visit date. In other words, your deposit will be forfeited if you notify us of your cancellation less than eight weeks prior to your visit date.

For weekend groups:

A deposit will be required upon booking. The deposit will be refundable only up to eight weeks prior to your visit date. In other words, your deposit will be forfeited if you notify us of your cancellation less than eight weeks prior to your visit date.

2 To whom should I make my cheque payable to? Where should I send my payment?

Please make your cheque payable to Toronto and Region Conservation. Payments must be sent by mail to arrive prior to your deadline. Please send payment to: Toronto and Region Conservation, 5 Shoreham Drive, Toronto, ON, M3N 1S4, to the attention of Customer Service. Include in the memo the booking number or visit dates and venue.

3 How can I obtain a copy of my payment receipt?

As soon as your payment is received, Customer Service will issue a receipt. Please indicate to us how you would prefer to receive the copy for your records.

4 What is your cancellation policy?

There is no penalty if notification is received more than eight weeks before your visit date. Your deposit is non-refundable if the trip is cancelled after eight weeks prior. The full fee will be charged if you notify us of your cancellation seven or fewer days prior to your visit date.

Programming

1 Can I do my preplan over the phone?

Yes, preplan sessions can be completed by phone. Please contact Customer Service at 416-667-6295 to schedule a phone appointment with our staff. However, we recommend that teachers visiting for the first time tour the facilities in advance.

2 Can I re-schedule a trip due to an emergency in my group?

If your group has an emergency, please contact us immediately. During the week, please call 416-667-6295, and select 4. In some cases, deposits might be transferred to another available date, but the situation will be assessed on a case-by-case basis. Please note that rescheduled visits will be considered on a one-time basis only.

3 What programs are suitable for my group?

You can refer to the program list in Section 1 of the *Planning Guide* for a full listing of current programs offered by the Nature Centre. In Program Descriptions, you can find the outline of each program and its curriculum connections. Alternatively, you can also visit TRCA Education's website at www.trca-education.ca for program information. Further information is available during the planning session with the Nature Centre staff, scheduled about a month prior to your visit.

4 How many programs should I choose for my group? How is the trip structured?

Depending on the day of arrival, your group can have one to three programs per day. There are a couple of program samples in Section 2 to give you some ideas about choosing programs for your trip.

5 If I want to make changes to my programs or menus, who should I call?

In order to plan for your trip, Customer Service will contact your group a month prior to your visit to schedule a planning meeting at the Nature Centre. If you need to make any changes after your planning meeting, please contact Customer Service at 416-667-6295, and we will assist you in making contact with the site supervisor or food manager.

6 How should I organize my group members in each dorm room?

The maximum weekday capacity is 60 (56 participants and 4 group leaders). The maximum weekend capacity is 52 (48 participants and 4 group leaders). The sleeping facilities are a combination of two-bed, four-bed and six-bed rooms. Please refer to the dormitory plan for details.

7 Can we bring our own snacks?

The Nature Centre Food Service provides juice or hot chocolate after each evening meal. Additionally we offer healthy, nut-sensitive and litterless snacks (such as home-baked desserts) at a very low price. Should the group leaders choose to bring their own snacks for the group, they are asked to bring only snacks that are free of nuts, traces of nuts, and/or nut products. It is important that we keep the Nature Centre nut free. All snacks brought to the Nature Centre must be checked for nut content by group leaders in advance.

8 Can we bring and cook our own food?

For your own safety and security, food service is provided to visiting groups by TRCA staff only. The food preparation area and kitchen is to be used/operated by trained TRCA food service staff only. Menus and special food allergies will be discussed during your pre-trip planning meeting with the Nature Centre staff.

Accommodations for special needs

1 What are your accommodations for special needs?

Our facilities are almost fully wheelchair accessible. Dietary concerns including food restrictions and allergies will be addressed with advance notice. Substitutions will be provided when possible (refer to *Claremont Food Services: Provisions for Special Dietary Needs* in Section 2). Please let us know the special needs of your group when booking your trip.

2 Are your facilities wheelchair accessible?

Yes, our facilities are almost fully wheelchair accessible. Please let us know the special needs of your group when booking your trip.

Nearest hospital and emergency

1 What is the nearest hospital to the Claremont Nature Centre? What is their emergency response time?

The nearest hospital is Rouge Valley Ajax-Pickering Hospital, located at 580 Harwood Avenue, Ajax. The phone number is 905-683-2320. Their emergency response time is 10–15 minutes.

2 In case of an emergency, who should the parent/guardian contact?

The leader in charge of the group should make sure that parents/guardians have his or her phone number. In case of an emergency, the group leader or the school principal should be contacted.

Toronto and Region Conservation

Moving Toward *The Living City*

Toronto and Region Conservation's (TRCA's) area of jurisdiction includes 3,467 square kilometres: 2,506 on land and 961 water-based. This area is comprised of nine watersheds*. Starting from the west there are Etobicoke Creek, Mimico Creek, Humber River, Don River, Highland Creek, Rouge River, Petticoat Creek, Duffins Creek and finally Carruthers Creek in the east. There are over 15,200 hectares (38,000 acres) of conservation and hazard land in TRCA ownership. Toronto and Region Conservation has six participating or member municipalities: the City of Toronto, the regional municipalities of Durham, Peel and York, the Township of Adjala-Tosorontio and the Town of Mono. The population within TRCA's jurisdiction is approximately 3,250,000.

Since its formation in 1957, TRCA has prepared and delivered programs for the management of the renewable natural resources within its watersheds. Toronto and Region Conservation and its predecessors have a long history of developing sustainable practices. We manage human impact on water resources, and acquire, protect and restore conservation lands, all

within the holistic context of watershed management.

Within the traditional mandate and our current strategic orientation toward *The Living City*®, we have acted as a partner to all levels of government, working especially closely with our member municipalities to provide:

- Protection, enhancement and regeneration of natural resources on a watershed basis.
- Sound environmental information and advice to promote good land management practices.
- Community action on environmental projects.
- Outdoor recreation opportunities on some of our 15,000 hectares of open space, forest lands and conservation areas, while re-establishing regional biodiversity on these lands.
- Conservation education and heritage programs through our overnight and day-use outdoor education centres and Black Creek Pioneer Village. (In June 2010, our five TRCA outdoor educational facilities were once again certified as Ontario EcoCentres. They are

Albion Hills, Claremont, and Lake St. George Nature Centres, Black Creek Pioneer Village and Kortright Centre for Conservation).

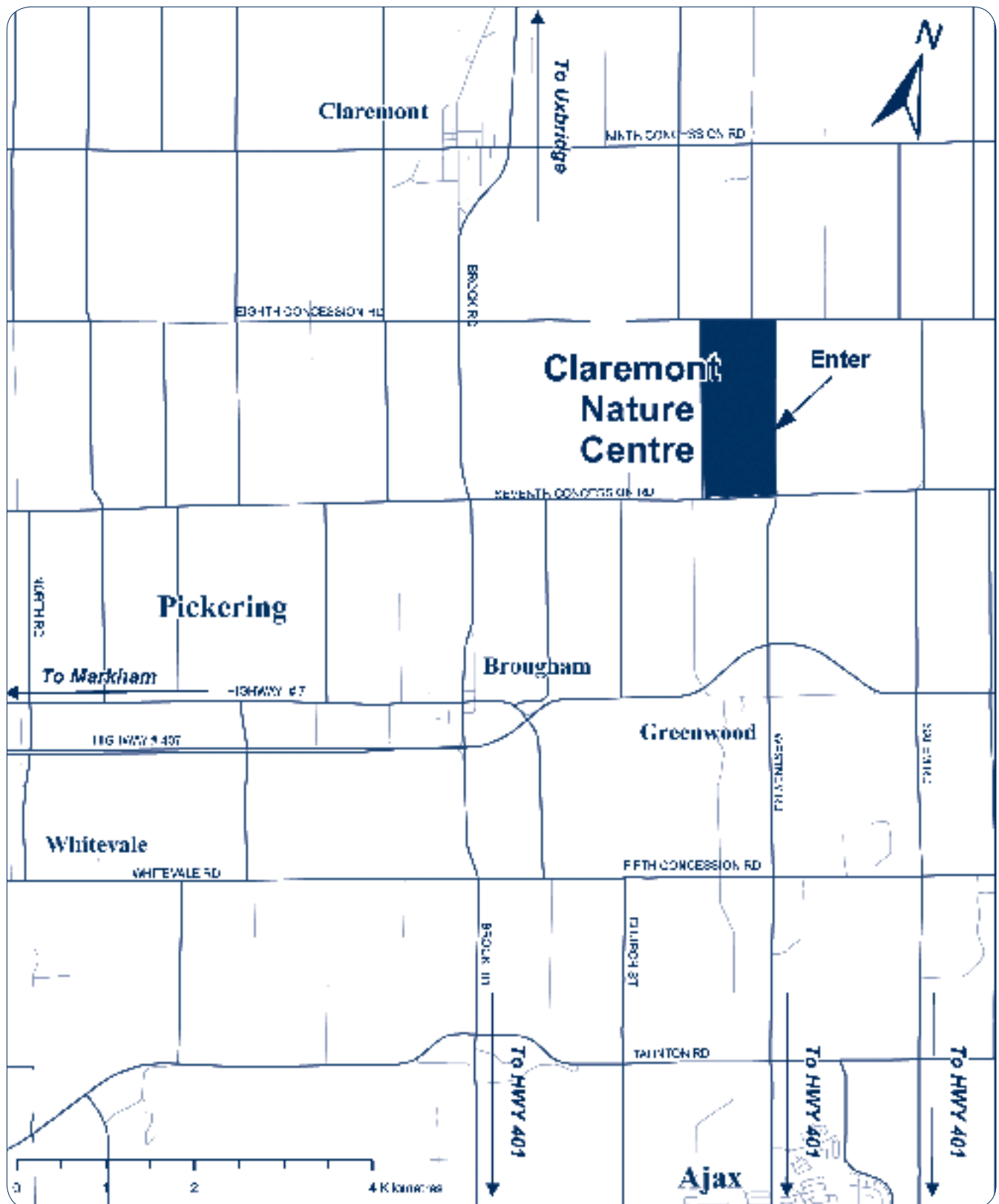
- Education and resources in the areas of energy conservation, biomimicry, resource recovery and design of green buildings.

Toronto and Region Conservation is proud to be a leader in watershed management in Ontario. Our tremendous successes over the past 50 years are due to the dedication and commitment of our staff and members, The Conservation Foundation of Greater Toronto and the support of our many partners.

* A watershed is the land area drained by a river system. Watersheds are separated from each other by higher land, called a divide. The watershed boundaries are defined by geographical landscape, which is different from the political boundaries of cities and municipalities.



Directions to Claremont Nature Centre

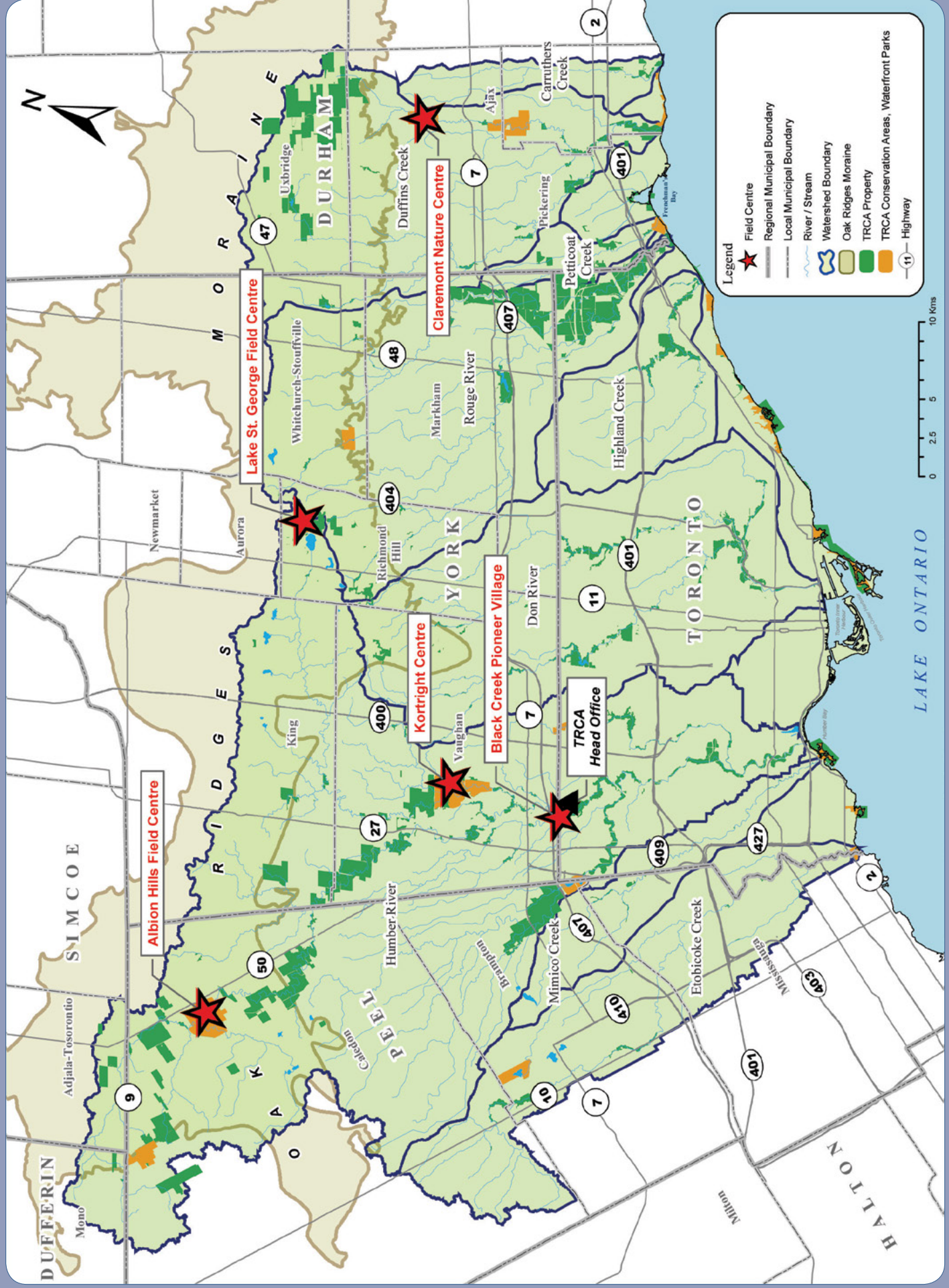


The Claremont Nature Centre is located in Durham Region, just north of Pickering. It is about 2 km north of Hwy 7 and 15 km north of Hwy 401. The Nature Centre entrance is located on the west side of Westney Road and just north of Concession #7. To get here from Hwy 401, exit north on Westney Road. You can also get here from Hwy 407. At its end, take Hwy 7 east to Westney Road and travel north until you reach Concession #7.

Notes:

Notes:

Toronto and Region Conservation Jurisdiction Map



With over 60 years of experience, Toronto and Region Conservation (TRCA) helps people understand, enjoy and look after the natural environment. Our vision is for *The Living City*TM—a cleaner, greener and healthier place to live, for you today and for your children tomorrow. For more information, call 416-661-6600 or visit us at www.trca.on.ca



www.trca-education.ca