

Leadership Program Planning Form

School: _____ **Program Date:** _____ **Grade:** _____

To assist us in building a customized schedule for your program, complete the following activity selection and email to office@cheakamuscentre.ca as soon as possible (at the latest, 3 weeks prior to your program). We will do our best to include your preferred choices. We thank you in advance for your understanding that some activities have limited capacity and are dependent on factors such as season, weather and grade level.

Please rank the activities below from 1-6 within each category, 1 being the most preferred. Note that all activity sessions are two hours in length. We will build a schedule with an activity ratio of 2:1 in balancing the Outdoor Recreation with Outdoor Environmental Learning. If you'd prefer a different mix, let us know in the notes and preferences section below. Please refer to the next page for study and activity definitions.

# (1-5)	Outdoor Environmental Learning	# (1-6)	Outdoor Recreation Activity
	Birds & Wildlife Study		Challenge Games or Course <i>(Seasonally)</i>
	Forest Study: Ecology & Sensory Exploration		Archery
	Forest Study: First Nations focus		Shelter Building & Wilderness Survival
	Salmon Study <i>(Activities vary seasonally)</i>		Canoeing <i>(Spring and Fall only; groups must have permission to do water activities)</i>
	Pond Study		Cave Exploration <i>(late Spring and Fall only)</i>
			Bluff Hike <i>(weather dependent)</i>

Choose how to wrap up your experience on your departure morning (check one box):

- Reflective/sensory forest walk**
- Whole group wide game (i.e. Predator Prey)**
- An additional activity rotation**

Notes and Preferences:

Program Enhancement:

Our educational programs are tied to the new BC curriculum, ensuring that time spent outdoors supports learning objectives and core competencies. To enhance your experience, we invite you to share some of your goals and objectives for your students during their Leadership program.

Our leadership programs provide self-directed time in which you can lead leadership activities or workshops. Please briefly describe how you will be using your self-directed time and what kind of spaces you may need for them.

Other fieldtrips taken this year with students:

Study & Activity Descriptions

Outdoor Environmental Learning: We provide students the opportunity for experiential learning in our 165 hectare forest, river and stream habitat. Students are immersed in hands-on activities that supplement their classroom learning and relate to curriculum requirements. *Please Note: Topics discussed in these studies are dependent on season and will vary according to grade level.*

Birds and Wildlife Study (local fauna diversity and adaptations): Observe seasonal and migratory birds and wildlife; explore adaptations, physiology and interactions of wildlife. Adaptations of different animals are compared through the use of binoculars and other tools and technology. First Nations legends and teachings as they relate to the local fauna are shared.

Forest Study (Ecology & Sensory Exploration, or First Nations focus): Investigate the biodiversity and interconnectedness of a temperate rainforest ecosystem using our extensive trail network. Explore forested trails through a sensory/ ecological, or First Nations focus. Students may measure an ancient cedar tree and use their senses to explore a range of forest features. First Nations legends and teachings that relate to the traditional knowledge of the area may be shared and discussed.

Pond Study (aquatic biodiversity and ecosystems): Sample and examine the organisms that live in an aquatic ecosystem using dip nets, microscopes, viewing trays and other tools. Students will explore the different features of active pond systems. After sampling the pond, organisms are identified and examined for adaptations and how they contribute to the health and diversity of the pond ecosystem.

Salmon Study (salmon life cycle and habitat): Explore the extraordinary life cycle of salmon in extensive onsite spawning and rearing habitat, including our own teaching hatchery. Depending on the season, students may catch and release salmon fry from streams, examine different life stages of salmon and their habitat, or assist with salmon hatchery work. Students also may investigate the dynamics of salmon streams and spawning channels.

Outdoor Recreation Activity: Seasonally-dependent recreational activities offer a chance for participants to try their hand at an outdoor skill or can be used specifically as community building activities. *Please Note: Activity selections may be limited due to weather, season and grade level. In addition, depending on the group schedule, it may not be possible to have all students participate in all of the outdoor activities during your visit.*

Archery: Put your hand-to-eye coordination to the test in this fun, safe environment. Step by step instruction and supervision is offered in a covered archery range, making this an enjoyable year-round activity.

Canoeing: Take a paddle in our canoe pond and show off your strokes during a game of ball tag, or raft up in star formation. Program includes pfd fitting, basic paddle strokes, safety orientation and guided activities.

Cave Exploration: This safe, guided experience is a great introduction to caving. Our small, naturally occurring caves build confidence and allow for self-discovery and growth.

Challenge Course: Build teamwork, communication and problem-solving skills while students work together to encourage and support each other through a series of course elements.

Shelter Building & Wilderness Survival: This cooperative activity introduces students to some of the key elements of wilderness survival and trip preparation. Experiential elements include constructing shelters and learning what to do if lost.

Bluff Hike: A guided hike with big payoff. Be sure to wear proper footwear for the steep climb. Soak in the views from a sunny rock face overlooking Paradise Valley before descending into a lush fern grotto, and back down through a moss-covered forest.