

# Outdoor Group Program

## City of St. John's- Recreation Division

### Booking Package

The City of St. John's Outdoor Recreation Program is pleased to offer basic instruction in a variety of outdoor pursuits through our highly trained and certified instructors. The Outdoor Team will provide your group with programming space and the equipment necessary to take part in any of the programs offered. **It is the responsibility of each group to provide supervision to the participants taking part in each activity.**

Please take a moment to read through our guidelines and booking information.

#### Activities

Groups may choose 1-3 activities per outing. Activities may be combined to make half day or full day outings. Activities take 1.5- 2 hours to complete.

#### Group Size

The Outdoor Program can accommodate groups up to 60 participants, depending on activity choices. When completing the booking form please provide accurate numbers. Groups whose number differ greatly from the booking form may be responsible for additional charges.

#### Supervision

While the City of St. John's will have instructors in place to lead each activity, the individual groups are responsible for supervising the participants. This includes the administration of any disciplinary actions. Please refer to your organizations policies on supervision. It is recommended to have a minimum of one adult per activity.

#### Special Needs or Allergies

Please indicate any special needs or allergies to allow us to prepare for your programs or activities. Adaptive equipment is available, upon request, to assist persons with disabilities. Equipment includes:

- **Sit ski:** Assists persons with lower body mobility limitations to cross country ski
- **Snow coach:** Accessible snow rider great for cross country ski trails, for use with an attendant.
- **Hippocampe:** An all-terrain wheelchair designed for use in outdoor settings such as trails and parks. The Hippocampe must be confirmed before your group's arrival.



#### Booking Form

Please complete all fields on the booking form, to the best of your ability. Any changes to information should be forwarded to the Outdoor Fieldworkers immediately. Incomplete or inaccurate information may result in a cancellation of booking. No booking is confirmed until completed forms are received.

## **Billing**

Groups will be invoiced following the program date and once group numbers have been confirmed. For billing purposes please include all contact information on the booking form, including a mailing address. Please select if you would like the invoice sent by email or mail. Payments can be made in person or by phone to the Paul Reynolds Community Centre or H.G.R. Mews Community Centre. Payment should only be made after invoice is received.

## **Cost**

The cost of the City of St. John's, Outdoor Group Program is \$6.00 per participant. The minimum charge for any group is \$60.

## **Cancellation Policy**

- **A GROUP'S DECISION TO CANCEL DUE TO INCLEMENT WEATHER MUST BE COMMUNICATED NO LATER THAN TWO HOURS BEFORE THE BOOKING TIME OR A LATE FEE WILL APPLY. CONTACT THE OUTDOOR FIELDWORKER AT 725-4427 OR 682-4928 IN THE EVENT OF A CANCELLATION.**
- **A FEE WILL BE CHARGED IF A BOOKING IS NOT CANCELLED WITHIN 5 WORKING DAYS PRIOR TO THE RESERVATION DATE.**
- **CITY OF ST. JOHN'S RECREATION DIVISION STAFF, ALSO RESERVES THE RIGHT TO CANCEL DUE TO WEATHER OR UNSAFE PROGRAM SITE CONDITIONS.**

## **Outdoor Pursuits**

All Outdoor Programs incorporate environmental awareness and respect, as well as participant safety.

### **Archery**

Participants will learn safety aspects, equipment, and basic techniques for target shooting. The shooting line consists of 4-8 shooters at a time while the rest of the group watch as instructors correct & detect shooter's techniques. Games are introduced as time permits. This program generally takes place outdoors in the spring and fall at Rotary Sunshine Park but can take place indoors year round at sites approved by the Outdoor team.

### **Shelter Building**

Participants of this program will learn how to construct shelters using available natural materials. Also discussed is when, where and why shelters would need to be built. Debris shelters are constructed and the activity takes place during spring and fall at Rotary Sunshine Park. Participants should come prepared to get dirty.

### **Orienteering**

Participants will learn how to read a map as it pertains to their environment, by using landmarks as reference points. They will be expected to orient themselves to the map in order to locate controls in various locations. This program takes place year round at either Rotary Sunshine Park or Pippy Park. Other locations may be available upon request.

## **Geocaching**

This Program introduces participants to game of geocaching. Geocaching is a worldwide game of hide and seek. Groups of participants will take small containers “caches” and place them in the woods around the park. They will then mark the area with a GPS. One completed the groups will come together and switch GPS units with another group. They then head out to find the caches left by their friends. This activity introduces team work and operational use of a GPS unit. This program takes place year round at either Rotary Sunshine Park or Pippy Park. Other locations may be available upon request.

## **Map & Compass**

This program teaches participants how to read and understand various types of maps, focusing on topographic maps, and how to use a compass in conjunction with these maps. Participants will learn and practice skills such as determining elevation, UTM coordinates, taking bearings from map to field and vice versa, route finding and triangulation. This activity requires class time in any location depending on site suitability and can be offered year round.

## **Fire Building**

This program teaches participants how to safely and effectively build and extinguish a fire in survival situations while keeping environmental impact in mind. Instructors demonstrate construction techniques and then participants build their own fires in small groups. The program ends with everyone’s small fires coming together to make one larger campfire. This program takes place year round at either Rotary Sunshine Park or Pippy Park. Other locations may be available upon request.

## **Outdoor Cooking**

Participants are offered the opportunity to work together to cook meals for the backcountry. Meal planning, setting up and operating camp stoves, preparing the ingredients, and cooking the meals will be covered. Environmental impact will also be covered to show the aspects of no trace cooking in the wilderness. This program takes place year round at either Rotary Sunshine Park or Pippy Park. Other locations may be available upon request. Menu options can be provided upon request. **NOTE: Groups are responsible to provide their own food.**

## **Khaos**

This game teaches the participants teamwork while learning about Newfoundland and some of the plants, animals and activities that our province has to offer. This board game incorporates sixty fun facts about our province on cards that are placed around the room or outside on a fence. As the participants roll the dice they have to find the corresponding number on the board with the card placed around. Get it right to move on, but get it wrong and find yourself moving backwards and away from the finish. With up to sixty people able to play, this truly can be Khaos! This program takes place year round at either Rotary Sunshine Park, Pippy Park or any other suitable location.

## **Canoeing**

This program consists of an on land introduction to canoe safety, equipment and techniques followed by time spent on the water practicing strokes and engaging in games that require participants to use their new skills. Instructors are in a canoe and continue to detect & correct participant’s techniques while on the water. Participants should come prepared to get wet. The canoe program takes place exclusively at Rotary Sunshine and is subject to weather. For participants under 12 there must be an adult in the boat. Please note that swimming is **not allowed** during school outings as there is no lifeguard on duty.

## **Kayaking**

This program consists of an on land introduction to kayak safety, equipment and techniques followed by time spent on water practicing strokes and engaging in games that require them to use their new skills. Instructors continue to detect & correct participant's techniques while on the water. Participants should come prepared to get wet. The kayak program takes place exclusively at Rotary Sunshine Park and is subject to weather. Only for ages 12+. Please note that swimming is **not allowed** during school outings as there is no lifeguard on duty.

## **Stand Up Paddleboarding (SUP)**

This program consists of an on land introduction to SUP safety, equipment, and techniques followed by time spent on the water practicing strokes and engaging in games that require participants to use their new skills. Instructors are on a paddle board to detect & correct participant's techniques while on the water. Participants should come prepared to get wet. The SUP program takes place exclusively at Rotary Sunshine and is weather dependent. Due to equipment restrictions we are only able to accommodate 10 participants per session for this program. Only for ages 12+. Please contact Outdoor Program Fieldworkers for information on combining activities to accommodate groups. Please note that swimming is **not allowed** during school outings as there is no lifeguard on duty.

## **Cross-country Skiing**

Participants will learn the basics needed to enjoy a day on the trails. The program begins with demos, then participants are provided with the opportunity to practice their skiing techniques on groomed trails. Instructors will detect and correct participant's technique. This activity is offered throughout the winter months at North Bank Lodge facility in Pippy Park.

## **Snowshoeing**

Participants will learn how to care for their equipment, how to put together an outfit that is appropriate for the winter elements in a high energy sport, safety precautions on an outing and the different skills associated with the techniques of snowshoeing on different terrain. This activity can be combined with orienteering or geocaching upon request. This program is available at Pippy Park or at other suitable sites.

## **Teambuilding and Slackline**

This program includes a wide variety of teambuilding activities that are adapted to the specific group and program location. Slacklining is a balance activity that takes place on a length of flat webbing. Our trained staff will teach you how to balance on the line, walk the line and other more advanced skills depending on progression. Balance assists are provided for this activity.

## **Duke of Edinburgh Adventurous Journey Preliminary Training**

This program can include any of the outdoor training that is required for the Duke Adventurous Journey. Topics include map and compass, leave no trace, cooking, emergency preparedness, equipment knowledge or site selection. **We do not cover first aid.**