

Srathcona Wilderness Centre

# Enrichment guide



**Srathcona**  
County

RECREATION, PARKS  
AND CULTURE

[www.strathcona.ab.ca](http://www.strathcona.ab.ca)

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# What information do I need to book?

## How do I book programs?

To ensure you get the time, date and program you prefer, call the Centre at 780-922-3939 today! Bookings for school programs are open YEAR ROUND! The office is open for bookings 9 - 4:30 p.m. Monday – Friday.

Program registration is ongoing and can be booked up to a year in advance. Please be prepared with the following information when you call to book.

- Contact Person
- Grade
- Teacher's names
- Number of students
- School address (include postal code)
- Dates (have 3 dates ready; ensure there are no provincial exams)
- School phone number and fax
- Main contact's e-mail address
- Program(s) of choice

## Upon booking

You will receive a contract, terms and conditions and an information package by fax prior to the date of your program. Within seven days of receiving your package please confirm the details of your program, then sign and return the contract along with the terms and conditions by fax. Please read the information carefully.

Payment options are outlined in the terms and conditions.

If you require a contract package mailed to you please specify.

Return address for mailed contracts is:

Fax: (780) 922-6415  
Mail: 2025 Oak Street  
Strathcona County  
Strathcona Wilderness Centre  
Sherwood Park, Alberta  
T8A 0W9

## What is included in the program?

We supply equipment, facilities and instructor(s), unless otherwise noted. We provide an experience your students won't forget!

## How long is the program?

When do you want to come out? We are flexible! Programs can be scheduled between the hours of 9 a.m. and 9 p.m. any day of the week. Preferred program times are 9:30 a.m. to 11:30 a.m. and/or 12:30 p.m. to 2:30 p.m. Pick a half-day or full-day program!



# Cancellation procedures

Please Note: Programs can run in all weather conditions that do not compromise students' safety. Should we not be able to deliver a specific program due to weather, we will communicate with the teacher regarding alternative programs. Cancellation of a program is left to the teacher's discretion. This can be done in consultation with the Outdoor Recreation Programmer at (780) 922-3939.

In adverse weather conditions, the Centre may cancel a program. Every attempt will be made to reschedule the program at a later date.

For programs delivered at your school, we will cancel the program if the County School busses are not running due to adverse weather or road conditions. We will make every attempt to re-schedule the program at a later date.

## Can I cancel or re-book?

Schools are not required to pay for programs cancelled due to adverse weather, or if written notice of cancellation is received up to 72 hours prior to the program.  
Fax 780-922-6415

Changes to your bookings require 72 hours notice. Changes include class numbers, arrival times and departure times.

If a program is missed or cancelled without 72 hours notice, there will be a charge of 50 percent of the total contract or \$100, whichever is less.

## Ensure you book your transportation!

Once you have signed your terms & conditions please book your transportation. Although all bussing companies provide service to the Strathcona Wilderness Centre we find the following companies offer outstanding customer service.

Red Arrow Express/Diversified Transportation/Southland Transportation  
P.N.K. Services  
Golden Arrow



# Curriculum connections & logistics

## Do these programs meet the school curriculum?

All programs complement Alberta Education Curriculum guidelines.

## How many students can attend a program?

Generally, our programs are designed to accommodate one class of approximately 30 students. If your class has more than 30 students, we will do our best to accommodate you. For most programs there is an additional cost of \$3.00/ student plus GST. To follow our predetermined risk assessments, safety regulations and “Standard of Excellence”, there are limits to how many students can be added to programs. Experience teaches that if two classes take a program together or there are over 30 students in a program, the value of the program is diminished. If you have more than 30 students taking a program, please contact the Outdoor Recreation Programmer at 922-3939 to discuss the best situation for your students.

## What is my role?

Teachers and assisting parents are responsible for enthusiastically participating in the program, and actively maintaining group control while visiting the Strathcona Wilderness Centre.

This includes:

- overall group discipline;
- supervision during the program, lunch and/or free time;
- assisting with the program (equipment distribution, sub-grouping and behavior management),
- taking a “sweep” role during trail tours.

## What role do I play in an emergency?

For incidents that occur while in a program, the staff will take the lead first aid role. Teachers are responsible to supervise the remainder of the group and assist as requested. Teachers are expected to follow the directions given by staff in assisting with the incident. All Centre instructors carry first aid supplies and are certified in a minimum Standard First Aid & CPR. Lead staff hold a 40 hour Wilderness Emergency Care Certificate.

## Do I need additional help?

Extra teacher/parent helpers are welcome to participate! Their enthusiasm and assistance help make the learning experience more positive.

- K-3 suggested helper/student ratio is 1:5.
- For grades 4-6 the suggested helper/student ratio is 1:10.
- For grades 7-12 the suggested ratio is 1:15.
- We recommend a maximum of 4 additional teacher/parent helpers in addition to the teacher.



## What do my students need to bring?

To ensure your students enjoy their visit to the Strathcona Wilderness Centre, please read the information package included with your booking contract.

Always dress in layers appropriate to the weather conditions. As a minimum, it is recommended your students bring the following:

- Lunch and/or snacks
- Sunscreen
- Day pack
- Closed-toed shoes suitable for all activity levels (no sandals)
- Extra socks
- Water bottle
- Rain gear
- Sunglasses
- Hats, mittens, gloves and/or boots (weather dependent)

Questions?

Call the Outdoor Recreation Programmer 780-922-3939.

## Can we stay for a picnic?

If your class would like to stay for lunch (winter, spring or fall) please reserve a spot at the time you book. Space is limited and may need to be shared with another school.

## Come with another class!

Benefits include

- Shared busing
- Students interacting with other classes and/or levels.
- Double the FUN!
- Experience nature

Adventures are more fun with friends!

Custom programming is possible. If you have a program idea or request, please call the Outdoor Recreation Programmer at 780-922-3939.



# Programs

## outdoor programs

### Building Fairyhouses

Grades: K – 3

Length: 1.5 hours

Fee: \$120.00 + GST (preferred maximum students is 30)

Time: Year round

We begin by reading the story Fairyhouses by Tracy Kane that introduces the “fairies of the woods”. As we move through the story, students will understand that the fairies are “spirits of the woods” that represent the living species in our forests. Following the story, students move into the woods and work together in groups to create their own fairyhouse with the natural non-living materials they find and collect. The program delivers concepts of diversity, and emphasizes care and respect for the natural environment.

### Lost in the Woods

Grades K – 3

Length: 1.5 hours

Fee: \$120.00 + GST (preferred maximum students is 30)

Time: Year round

Based on the Search and Rescue of British Columbia Children’s Survival Kit, the program teaches students how to avoid getting lost, and what they should do should they ever find themselves lost in the woods. An “equipment list” will be supplied to the teachers in advance that the students should bring with them. Our staff will guide students in learning how to use their “equipment” and allow them to practice what to do should they do if they get lost. This is information all young people should have!

## Nature detective series

### Programs at your school

#### Spring Fever

Grades: K - 2

Length: 1½ hours

Fee: \$135 + GST (preferred maximum number of students 30)

Time: Spring (late April – June)

When Spring Fever hits your classroom – have the Nature Detective visit and cool that fever with a pond! The hands-on indoor presentation and displays gives your students an in-depth look at various bugs and plants and how they survive in nature’s watery basement. During outside activities your students will observe herbivores, omnivores, plants and how they interact.



### Fabulous Fall

Grades: K - 2

Length: 1½ hours

Fee: \$135 + GST (preferred maximum number of students 30)

Time: Fall (September – November)

Busy as a beaver... squirrels are squirreling! Fall is a time of heightened activity in nature. Animals are preparing for the long winter ahead. The Nature Detective teaches your classroom about nature's busy fall time creatures with displays and activities that provide your students with hands-on learning. By using their imaginations and outside activities – they too – become busy creatures of the fall.

### Winter Wonderland

Grades: K - 2

Length: 1½ hours

Fee: \$135 + GST (preferred maximum number of students 30)

Time: Winter (December – March)

How do the birds and animals survive when the season is cold and covered with snow! The Nature Detective will visit your classroom and by using hands-on displays and activities your students discover the wonder of winter survival in Alberta. During the outside activities your students stretch their imaginations and become a bird or animal and learn what they need to do to survive during our cold winter months.

## At the Strathcona Wilderness Centre

### Spring into Nature

Grades: K - 3

Length: 2 hours

Fee: \$120 + GST (preferred maximum number of students 30)

Time: Spring (late April – June)

Welcome to Nature's Home in the spring! It is the season of renewal and rebirth in the natural world. The Nature Detective leads your students through various activities, hunts and hikes while using their senses to explore and discover life in the forest in the spring. Activities are adapted to suit grade level curriculums and student physical needs.

### Fall into Nature

Grades: K - 3

Length: 2 hours

Fee: \$120 + GST (preferred maximum number of students 30)

Time: Fall (September – November)

Welcome to Nature's Home in the fall! It is a season of change, vibrant colors and winter preparation. The Nature Detective will lead your students through various activities, hunts and hikes while using their senses to explore the natural wonders of life in the forest in the fall. Activities are adapted to suit grade level curriculums and student physical needs.



### Winter Wonderland

Grades: K - 2

Length: 2 hours

Fee: \$120 + GST (preferred maximum number of students 30)

Time: Winter (December – March)

How do the birds and animals survive when the season is cold and covered with snow! The Nature Detective will visit your classroom and by using hands-on displays and activities your students discover the wonder of winter survival in Alberta. During the outside activities your students stretch their imaginations and become a bird or animal and learn what they need to do to survive during our cold winter months.

### Discover Wetlands

Grades: 5

(Grade 5 curriculum fit – Wetland Ecosystems)

Length: 2 hours

Fee: \$120 + GST (preferred maximum number of students 30)

Time: Fall (Sept. – mid Oct) & spring (late April – June)

A wetland sustains more life than any other ecosystem; it is an endless flow of producers, consumers and decomposers. The Nature Detective leads your students on an exploration of a wetland using various activities to enhance their awareness of this unique ecosystem. Activities include observing water creatures, participating in adaptations for survival and learning the effects of bioaccumulation. This program acts as a great start to your Grade 5 “Wetland” unit, a hands-on experience during the unit or as a refresher before year-end student exams.

### Discover Forest & Trees

Grades: 6

(Grade 6 curriculum fit – Trees and Forest)

Length: 2 hours

Fee: \$120 + GST (preferred maximum number of students 30)

Time: Fall (Sept. – mid Oct) & spring (late April – June)

A forest is a series of interconnecting ecosystems that help support the entire forest. The Nature Detective leads students through 3 forest areas – an aspen stand, a meadow and a black spruce bog – to enhance their awareness of the diversity of these specific areas. Activities include identification of leaves, effects of habitat loss and tree identification through observation of bark, buds, crown and leaf. This program acts as a great start to your Grade 6 “Trees & Forest” units, a hands-on experience during the unit or as a refresher before year-end student exams.



# Peoples of the Land

The people of the land series may be delivered either at the Strathcona Wilderness Centre or at your school.

Grades: 1 - 5

Length: 2 hours

Fee: At SWC \$120 + GST (preferred maximum number of students 30 max)

At your school \$155.00 +GST

Time: Year round

## Grade 1 & 2 First Families

Canada's first families are studied in this program. Students will learn about their daily lives, their family traditions and their community life. Three different areas of Canada are covered to give the students a look at a variety of customs and lifestyles. Students make a native craft and play native games that help them understand the importance of family life.

## Grade 3 Inuit

In this program, students learn the Inuit way of life in the past. Their hunting skills, homes, clothing, transportation, family life, art and games are covered. Test your students' strength and ability as they build Inukshuks, color some artwork, play games and hear a special story.

## Grade 4 Plains First Nations

Students learn about the way of life of the people of the Plains. Their social organizations, the buffalo hunt, food preparation, clothing, the importance of the horse and their unique homes are discussed. Students play Native games and make a traditional craft. They may also have the opportunity to build a Tipi.

## Grade 5 Woodland First Nations

The people of Canada's deep forests are discovered in this program. Their family lives, their communities, hunting and trapping skills, homes, clothing, their use of birch bark and the canoe are topics covered. Book in the winter and your students may get a chance to go snowshoeing.



# Outdoor programs

## Outdoor skills

Outdoor Skills I and II provide foundational skills for comfortable wilderness living. Additional outdoor programs may be custom designed including nature arts and crafts, plant identification and natural interpretation. Please call the Outdoor Recreation Programmer for more information (780-922-3939)

Grades: 7 - 12

Length: 2 hours

Fee: Cost is \$80 per class plus \$5 per student + GST (preferred maximum number of students 36)

Time: Year round

### Outdoor Skills I: Firelighting

Students will learn and practice various firelighting techniques to enable them to start a fire in any weather. Topics include the difference between tinder and kindling, safe knife use, and how to collect materials responsibly from the environment to build a fire and stay warm and comfortable in the bush. Minimal impact camping concepts will be a guiding theme for the program.

### Outdoor Skills II: Shelter Building

Students will learn knot tying, shelter building and tarp set-up. Concepts of minimal impact camping will be emphasized. The focus of this program is “hands-on” experience, providing students opportunity to construct their own shelters and learn the reasons behind various methods of shelter building. It’s fun, its active.... and it’s lifelong education.

### Predator Prey Survival Game

Grades: 4 - 12

Length: 2 hours

Fee: 20 – 39 students \$120 + GST

40 – 75 students \$200 + GST

Time: Fall September – November

Spring April – June

Summer July – August

Immerse your students in the natural world and experience the chase and cunning needed to survive as a herbivore, omnivore or carnivore. This game reinforces the concepts of food chains and pyramids, predator/prey dynamics and ecological interrelationships.



## Canoeing

Our canoeing programs now occur at Islet Lake in the Blackfoot-Cooking Lake reserve (East on Wye Road to RR 200; North on RR 200 3 km to the parking lot).

### Canoeing I: A Skill for Life

Grades: 4 - 12

Length: 2 hours

Fee: 1 – 8 students \$160. + GST

9 – 16 students \$240 + GST

17 – 30 students \$300+ GST

Time: Fall September – mid October (weather dependent)

Spring May – June

Summer July – August

Students learn small craft safety procedures, parts of a canoe and basic canoe strokes with our Paddle Canada certified instructors. Related activities will be used as a means of practicing skills while having fun. This program is based on achieving basic skill development to allow students to maneuver their canoe safely and efficiently. Games and a paddle along the shores of scenic Islet Lake enable your students to practice their new skills. **Please note:** for groups larger than 20, we will need to put three students per canoe.

Windy condition back up activities may be initiated if the instructor deems conditions unsafe for paddling on Islet Lake. Senior staff at offsite locations hold a minimum 40 hour Wilderness First Aid Certificate.

## Orienteering

### Orienteering: Level I – Map Skills

Grades: 4 - 12

Length: 2 hours

Fee: \$120 + GST (preferred maximum number of students 30)

Time: Fall September until the snow flies

Spring April – June

Summer July – August

Get your students involved in this active sport designed to introduce proper map reading skills and the art of finding your way in the great outdoors. Your students' master the skills to orient a map, use map symbols and legends recognize landmarks; and learn different strategies. Students will practice their new skills on challenging outdoor orienteering courses.

### Orienteering: Level II – Compass Skills

Grades: 4 - 12

Length: 2 hours

Fee: \$140 + GST (preferred maximum number of students 30)

Time: Fall September – November

Spring April – June

Summer July – August

This course introduces the use of a compass, taking bearings and pacing. Students engage in activities where they practice their new skills, including participation in a challenging outdoor game.



## Biking

### Trail Biking **\*\*New offsite program\*\***

Grades: 9 - 12

Program Location: Waskahegan Staging Area (Approximately 5 km South of Baseline Road {Twp 530} on RR 210)

Maximum number: 15 students

Fee: \$150 + \$15/student bike rental (+ GST)

This program begins with a fun introduction to the foundation skills of trail biking including balance, changing gears, braking and managing hills. Once the students are comfortable with these basic skills, our qualified guides will lead the group on a fun ride through the trails of the Blackfoot-Cooking Lake reserve.

Note: We can also arrange to come to your school if you have biking trails in your area. Please call for further information.

## Campfire

### Campfire Program

Grades: 4 - 12

Length: 2 hours

Fee: \$120 + GST (preferred maximum number of students 30)

Time: Year round

Our instructor extraordinaire will lead your class in wild songs, crazy skits and super stories. We may even teach you to race camels and count coup! This is a very active campfire program and full participation is mandatory.

## Social studies program

Give your students an experiential history lesson.

### Voyage into History

Grades: 4 - 6

Length: 2 hours

Fee: \$120 + GST (preferred maximum number of students 30)

Time: Fall September – November

Spring May – June

Take your class a “step back into time”. Join our voyageurs on this journey back in time and become immersed in Canada’s exciting fur trade. Your students become apprentice Voyageurs by portaging canoes and gear. Students discover how the fur traders relied on the native people’s skills for their survival and why the fur industry became such an important part of Alberta’s history during an active trapping game.



### Voyageur Orienteering

Grades: 4 - 6

Length: 2 hours

Fee: \$120 + GST (preferred maximum number of students 30)

Time: Fall September – November

Spring May - June

Immerse your class into the life of David Thompson, master mapmaker and explorer. Book this program in conjunction with the Voyage into History program to reinforce this important part of Canada's history. In this program, your students will use orienteering skills to find their way around "Beaver Hills", answer questions on the fur trade, collect tokens for correct answers and then trade at the North West Company Fort for the items they will need to survive the upcoming winter.

Book Voyage into History in conjunction with Voyageur Orienteering to create a full day of programs.

## Team building and new games

*Develop leadership abilities that last a lifetime*

### Games, Games, Games!

Grades: 4 - 12

Length: 2 hours

Fee: \$120 + GST (preferred maximum number of students 30)

Time: Year round

Students spend time playing games of wide proportions. The instructor explains the rules, provides the equipment and coordinates the games. Fill your visit to the Strathcona Wilderness Centre with fun and energetic activities. Most games played are based on cooperation. This program is adapted to each grade.

### Cooperative Games

Grades: 4 - 6

Length: 2 hours

Fee: \$120 + GST (preferred maximum number of students 30)

Time: Year round

Students experience many games and activities that shift the focus from "me" to "us".

### New Games and Challenges

Grades: 7 - 9

Length: 2 hours

Fee: 1 - 16 students \$120 + GST

11 - 20 students \$180 + GST

21 - 30 students \$240+ GST (preferred maximum number of students 30)

Time: Year round

Our New Games and Challenges program is fun and active. Move from large to small group activities, initiative tasks and team challenges as your students learn more about cooperation, themselves and others.



### Team Building

Grades: 9 – 12

Length: 2 hours

Fee: 1 - 10 students \$120 + GST

11 – 20 students \$180 + GST

21 – 30 students \$240+ GST (preferred maximum number of students 30)

Designed to enhance group interactions, this teambuilding program provides students the opportunity to work together in a variety of exciting initiative tasks and cooperative challenges.

The program can be designed specifically to meet your group development objectives.

## Winter programs

### Snowshoeing For the Fun of It

Grades: K - 12

Length: 2 hours

Fee: Cost is \$85 per class +

\$5 per student + GST (preferred maximum number of students 30)

Time: Winter November 30 – March (Until the snow melts.)

Your students will discover the fun of snowshoeing as it leads them into the magical world of winter. Students will learn how to use snowshoes and also learn a little about the history and types of snowshoes. From there they will begin to explore “winter at the Strathcona Wilderness Centre.”

### Cross Country Skiing: An Introduction Classic Level I

Ensure your students are properly dressed in order to enjoy their program of cross country skiing.

Grades: 4 - 12

Length: 2 hours

Fee: \$15.00/student + GST Minimum fee: \$150.00, (preferred maximum number of students 30)

Time: Winter November 30 – March (until the snow melts)

Learn the basics in cross country skiing. Start off with active games to accustom students to being on skis. Move to a tracked grid to learn the diagonal stride and how to ski safely uphill and downhill. The new skills are used to tour the Centre’s groomed trails and learn about trail etiquette while enjoying the winter wonderland.

### Cross Country Skiing Level II

Grades: 7 - 12

Length: 2 hours

Fee: \$15.00/student + GST: Minimum fee \$150.00 (preferred maximum number of students 30)

Time: Winter November 30 – March (until the snow melts)

Level II allows students to advance their ski skills learned in Level I. Students refine their diagonal stride, and are introduced to double poling, step turns, one-step, poling and snowplow turns.



## Introduction to Skate-Skiing

Grades: 10 – 12

Length: 2 hours

Fee: \$15.00/student + GST (minimum fee: \$160.00)

Maximum number of students: 12

Time: Winter November 30 – March (until the snow melts)

Introduce your senior high class to the joys of skate skiing. This two hour session will provide foundational skills of weight shift and free skate and will introduce the poling action. It's fun, it's fast and is a perfect way to encourage fitness for life.

We are a public ski area, please inform your students of the need to be courteous to other skiers on the trails.

## Please note

Equipment rentals are for your program time only. If you wish to rent the equipment for a longer period of time, please ask to speak with the Outdoor Programmer upon booking. 780-922-3939. Trail tours without an instructional program must be approved by the Outdoor Recreation Programmer.

## What should I wear for these programs?

You should select clothing that is warm, breathable, water resistant and comfortable. (no jeans please!)

- Warmth - In recent years manufacturers have started using new materials to create thin, insulated clothing; Thinsulate, Thermolite, Holofil and wool are just a few examples of these materials.
- Breathability - Breathable materials on the market include the polypropylene used in underwear, the lycra used in one-piece ski suits and the Gore-Tex, Thintech, and Entrant used in outerwear such as jackets, pants and gloves.
- Water Resistance - Gore-Tex, Thintech, Entrant and Sympatex are all water-resistant. However, even with these new hi-tech materials available, outerwear is still usually something of a compromise between breathability and water resistance.
- Comfort - The more a material can stretch the more comfortable it is. Lycra and other four-way stretch materials are very popular in ski clothing.

Questions?

780-922-3939



## Getting here... it's so easy!

Take Highway 16, Baseline Road (Twp 230) or Wye Road.

Follow one of these from Sherwood Park for approximately 20 minutes. Then follow the "Strathcona Wilderness Centre" signs.