



Education Naturally

Field Trip Preparation Guide for School Staff, Students, and Parent Volunteers

Emergency Contact

If your arrival will be delayed, or if you have any last-minute questions, please call our office at 905-279-5878 or Erin Farrow at 905-279-5878 x 27.

Our Expectations

Groups visiting Riverwood are expected to meet field trip expectations set by The Riverwood Conservancy. Please review these expectations with staff and students prior to your visit:

- Listen to the instructors
- Stay with the group
- Respect wildlife, the environment, and the park (no harassing wildlife)
- Leave nothing behind (no littering)
- Be open to new experiences and ask questions

Groups will be met at the bus drop-off and expectations will be reviewed prior to visiting the trails.

Trail Etiquette

While your group is here, please help us keep Riverwood clean and safe for visitors and wildlife alike:

- Remain on designated park trails
- Hold on to litter and dispose of it in garbage bins
- Observe local wildlife from a safe distance
- Do not place human food in bird feeders
- Leave natural objects as you find them



Measures to Promote Public Health

We have adjusted our programs to keep ourselves and our community safe from communicable illnesses. We are following the guidelines established by Peel Public Health and two school boards, Peel District and Dufferin-Peel Catholic District. Please let us know if you have any questions or concerns. Here are some of the ways we will ensure health and safety.

Washrooms

Washrooms are accessible and located in the Visual Arts Mississauga building and are sanitized daily. There is an infant change table available. There is also a gender-neutral bathroom available in the MacEwan Field Station and Chappell House.

Outdoor Time

Programs will happen both indoors and outdoors. In the event of emergency inclement weather, participants will wait in MacEwan field station, Chappell House, or MacEwan Barn.

Ticks

Ticks have been found at Riverwood. We encourage participants to be aware and prepared to prevent tick bites. Please refer to [Peel Public Health's Lyme disease page](#) for more information, including how to safely remove a tick.

Here are some tips for practicing tick safety when temperatures are above zero degrees:

- Wear closed-toe shoes, long-sleeved shirts, and pants
- Pull your socks over your pant legs to prevent ticks from crawling up your legs
- Wear light-coloured clothes to spot ticks easier
- Do a “full body” check for ticks
- Shower and launder clothes at the end of the day

Poison Ivy

We work to keep participants are healthy and safe from hazardous plants like poison ivy. [Information about poison ivy can be found here.](#)

What to Bring

- Student permission forms and medical forms
- [Map](#) of Riverwood showing the School Bus Drop Off
 - Please share this with your bus driver.
- Lunch
 - Please bring a nut-free, [wasteless lunch](#). Food is not available for purchase at Riverwood.
- Reusable water bottle
- Medications
 - Due to the outdoor, physically active nature of our programs, students, staff and volunteers with prescribed **asthma inhalers** or **EpiPens** should have them on hand for the duration of the field trip.
- BYOD
 - Students, staff, and volunteers are permitted to BYOD (bring your own device) at their own risk. The Riverwood Conservancy is not responsible for lost, damaged, or stolen items. If you do take photos, please consider tagging @yourriverwood in your social posts.



What to Wear

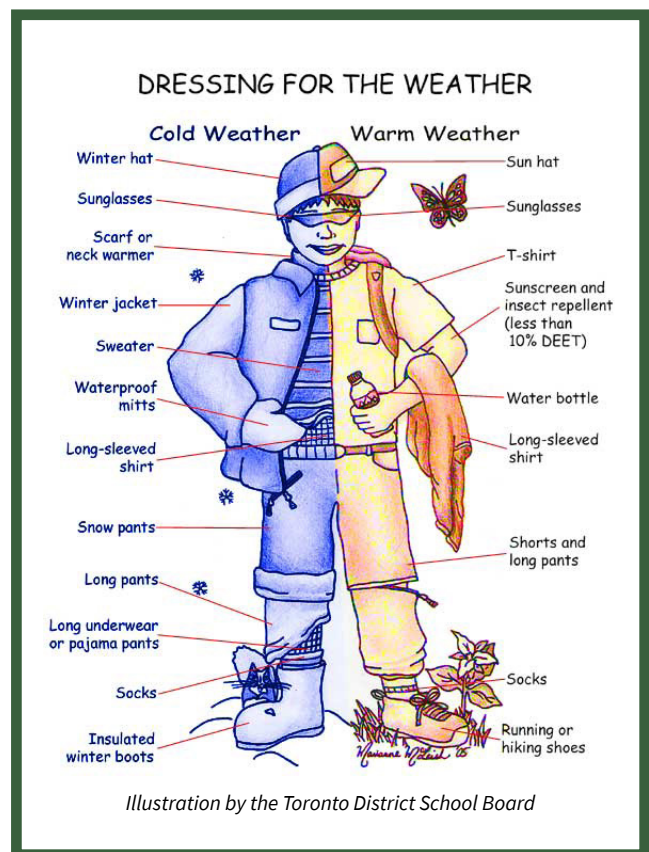
Each lesson will have a physical activity component, usually a hike. Students should come prepared to learn outside. Please review the weather forecast with students to help them dress for the weather.

Cold Weather

- In general, dress in lots of layers
- Warm jacket (weather dependent)
- Warm pants and/or snow pants (yoga pants will not be warm enough)
- Warm winter boots with long warm socks (not ankle socks)
- Hat, mittens/gloves, and scarf are essential in cold and/or snowy weather
- Consider bringing hand/foot warmers if susceptible to the cold

Warm/Hot Weather

- Closed-toe shoes (NO sandals, heels, or flip-flops)
- Long pants to protect from plants and insects, even in hot weather
- Sun and insect protection (hat, sunscreen, insect repellent)
- Raincoat or poncho (weather dependent)
- Rain boots (trails can be muddy)





Weather Preparedness

When visiting Riverwood, students can spend up to two hours outdoors. Students need to be dressed appropriately for the weather. Teachers and households should check the [Environment Canada weather forecast](#) the day before, and again the morning of the scheduled field trip.

Hot Weather Preparedness

Please encourage students and staff to drink water prior to, during, and after the field trip. The program will be modified to reduce activity and/or increase the frequency and length of rest breaks.

Communicate to students the importance of:

- Drink fluids regularly prior to, during and after activity (dehydration is a key factor in heat illness)
- Wear light coloured, loose fitting clothes made of either natural fibers or composite fabrics with high absorption
- Use sun blockers on all exposed body parts
- Where possible to stay out of the sun and in the shade as often and as long as possible
- To cool down, spatter yourself with water before the activity and during breaks
- Do not lay down during breaks or after the activity as this may provoke a collapse
- Risk is increased if you suffer from asthma, inform your teacher/coach accordingly
- Inform teacher/coach immediately (to seek medical help) with shivering, muscle cramps, headache fatigue or collapse
- Drinking fluids prior to, during, and after activity
- Wearing light coloured, loose fitting clothes
- The use of sun screen/blockers
- Avoiding sun exposure when possible
- Cooling down (for example, spatter water on body/ clothing)
- Sitting/standing during breaks and walking after activity to avoid collapse
- Informing teacher/coach immediately if students have: shivers, muscle cramps, headache, and/or fatigue
- Students (people in general) are generally unable to notice their own heat stress related symptoms; their survival depends on the ability of teachers/coaches to recognize symptoms and seek timely first aid and medical help

Warm Fall and Spring Attire

- Sun hat and sunscreen
- T-shirt or long-sleeved shirt
- Long pants (preferred over shorts)
- Closed-toe shoes and socks (no sandals)

Cold Weather Preparedness

Dress warmly by considering these points:

- Dress in layers with a wind resistant outer layer
- Wear a hat (a large portion of body heat is lost from the head), mittens or insulated gloves and something to keep your face warm, such as a scarf
- Wear warm and waterproof footwear with long, warm socks
- When it is very cold or when the wind chill is significant, cover as much exposed skin as possible
- Stay dry - wet clothing chills the body rapidly; remove outer layers of clothing or open coat if sweating
- Keep Active - walking or running will generate body heat

Source: [OPHEA Cold Weather Preparedness Guide](#)

Cold/Wet Fall and Spring Attire

- Raincoat with a hood (no umbrellas)
- Rain pants or wind pants
- Rain or waterproof boots
- Toque and mitts
- Extra pair of socks

Winter Attire

- Dress in layers - make sure that you layer your upper and lower body
- Try to avoid wearing cotton or denim; polar fleece, wool, and synthetics are preferable
- Winter jacket with a hood and snow/slush pants
- Wool socks are best; bring an extra pair
- Winter boots
- Toque or balaclava (no head bands or ear muffs)
- Neck warmer/tube or short scarf
- Warm pair of mitts that are wind and waterproof and an extra pair of lighter mitts or gloves as a back up