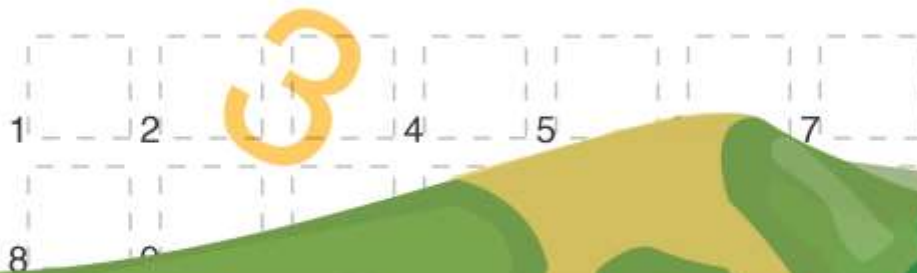




Three-Day Residential

Spring & Fall- Informational Brochure




GANARASKA
FOREST CENTRE


Ganaraska
CONSERVATION

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*** = *Must be returned to GFC prior to visit***

INTRODUCTION

Welcome to the Ganaraska Forest Centre (GFC), an environmentally sensitive, residential outdoor education facility, located in the heart of the majestic Ganaraska Forest. In the weeks that lie ahead, we know that you and your class will be busy preparing for your visit.

Planning a trip can be an exciting experience. This guide has been compiled to assist in planning and organizing the tasks that must be completed prior to your arrival. The information in this guide can be shared with students, staff, and parents. In doing so, many questions can be effectively answered.

Your visit to the Ganaraska Forest Centre will be an extremely rewarding experience for students and visiting teachers as all of our programs provide an unparalleled opportunity to strengthen class dynamics while meeting Ontario curriculum requirements. We encourage you to involve your students as much as possible in the process.

In the coming weeks, please review this guide and feel free to call the Ganaraska Forest Centre at (905) 797-2721 or email us at education@grca.on.ca if you have any questions. We will be in touch by phone prior to your visit to help with the planning process.

Please use this convenient check list to ensure you have completed all of the requirements prior to arrival:

Four easy steps to booking your stay:

- Read through this booklet and choose the desired Outdoor Education Program(s)**
- Complete the booking package forms:**
 - a. **Meal Groups**
 - b. **Activity Groups**
 - c. **Evening Program**
 - d. **Dormitory Groups**
- Copy and send these forms to parents/guardians:**
 - e. **Health form and special dietary restrictions form**
 - f. **School's consent form**
- Mail everything back to GFC at least one month ahead of your visit:**

**Ganaraska Forest Centre
10585 Cold Springs Camp Road
Campbellcroft, Ontario L0A 1B0**

TRIP PREPARATION

When planning your trip, please keep in mind that it is important to include the students in the process and to help give them ownership of their trip. Classroom discussions and participation in the planning process enhance the learning experience for your students and ensure an efficient and enjoyable visit to the Ganaraska Forest Centre.

Some suggestions for pre-visit discussions with your class:

- Independence; being away from home
- Respect for themselves, others, and the environment
- Privacy
- Courtesy, good manners, and etiquette
- Group spirit and teamwork
- Responsibilities (arriving on time to lessons, meal set-up, cleaning)
- Proper self-conduct
- Understanding the consequences for poor behaviour, which will be outlined during the facility orientation

Integration with Curriculum:

In order to maximize the learning opportunities during your visit to the Ganaraska Forest Centre, it is a good idea to introduce the general concepts of the programs selected prior to your visit. Program outlines are available to assist you in pre-visit preparations and our certified teachers are available to guide you through the process and visit your school for a parent information session.

The following pages give an overview of the programs and menu offered at the Ganaraska Forest Centre. You will find a timetable for the visit and we will contact you about four weeks before your arrival, when we ask that you be prepared with your program and meal selections.

Please choose from the selections provided within the planning guide:

- Four day-time programs
- Two breakfasts, two lunches, and two dinners

The first evening program will always be a unique night hike into the Ganaraska Forest. On the second evening of your stay, groups will participate in a fun and memorable campfire program or other program of your choice – please see p. 9 of this guide for further detail.

During each program period, your group will be split into two or three activity groups (depending on program selections). When selecting programs, please note that some activities are limited by their nature in the number of students that can participate at once and that many programs are age, or curriculum-specific.



OUTDOOR EDUCATION PROGRAM DESCRIPTIONS

www.ganaraskaforestcentre.ca



Each program offered at the Ganaraska Forest Outdoor Education Centre provides an unparalleled opportunity to strengthen class dynamics while meeting Ontario curriculum requirements.

Visiting teachers may choose from a variety of science, social studies, leadership and outdoor pursuit activities to make their visit meaningful and enjoyable for all students. Our certified teaching staff works with you when planning your programs to create a fun, interactive and hands-on learning experience for any age group.

SCIENCE and NATURE

1. Alternative Energy = Green Energy: Join us in our commitment to find alternative forms of energy that help reduce our carbon footprint. Students harness renewable energy by building and testing wind turbines, a micro-hydro turbine, or a solar oven and learn how one form of energy can be transformed into another. The program ends with a tasty treat cooked by students in the solar oven.

*Half-day Program, Gr. 5 – 8 * May – Early October*

2. Animal Adaptations: Through the examination of natural artifacts, primary and junior students are introduced to behavioural and structural adaptations. Adaptation-themed games are incorporated into a hike through the beautiful forest. Through role-play and hands-on activities, students learn about the complexity of animals.

*Half-day Program, Gr. 2 – 8 * Year-round*

3. Beaver Pond Study: This hands-on program takes place at a natural pond located in the Ganaraska Forest. Students learn how to catch, observe and release invertebrates and amphibians found at the pond. Students explore pond life using provided equipment to discover various species. They learn to identify organisms, discover some of their unique adaptations and how they interact with one another.

*Half-day Program, Gr. JK – 8 * May - Early October*

4. Biodiversity: After learning the Biodiversity basics through an interactive PowerPoint presentation, students head outside for an exciting habitat game teaching about habitat loss. Then the students will have a brief introduction to invasive species before playing the "Garlic Mustard Invasion" game.

*Half-day Program, Gr. 4 – 7 * Year-round*

5. Bug-Eyed: Students learn parts of an insect by participating in role-playing activities. Students explore characteristics of different bugs as well as their place in the ecosystem, their life cycles and adaptations. Hands-on activities allow students to explore the forest and better understand life from a small creature's unique perspective.

*Half-day Program, Gr. JK – 3 * May – October*

6. Eco-Action: Changing Attitudes for a Changing Climate: This exciting program examines some of the environmental challenges facing our planet and highlights the importance of learning about and being part of solutions. Following a climate change primer, students head outside where they embark on the "Amazing Race to Save the Planet" game.

*Half-day Program, Gr. 4 – 8 * Year-round*

7. Eco-Games: This program focuses on conservation and environmental education through active, role-playing games. Designed for primary students, topics include animal adaptations and the impact of humans on the natural environment.

*Half-day Program, Gr. 1 – 3 * Year-round*

8. Green Giants: Learn about the importance of plants and trees for any ecosystem, what plants need in order to survive, how plants and animals rely on each other and the parts of a tree. Students will be involved in several games, hands-on experiments and drama activities to relate to these topics.

*Half-day Program, Gr. 2 – 4 * Mid-April – Mid-October*

9. Pond and Stream Study with Water Analysis Lab: Students complete a written comparative analysis of a lentic (pond) vs. a lotic (stream) environment. A field study of each environment provides students with the opportunity to learn the techniques of specimen collection and tallying using a macro-invertebrate tally chart. Students also complete a hands-on water testing experiment to determine the levels of phosphate and nitrate found in the water as well as the pH levels.

*Full-day Program, Gr. 9 – 12 * Late May – Early October*

10. Sensory Awareness: This program is designed for primary students who are exploring their five senses. Students build awareness of the natural habitat through activities that utilize and emphasize the senses of smell, touch, taste, sight and hearing.

*Half-day Program, Gr. JK – 3 * Year-round*

11. Soil...It's Not Just Dirt: This program focuses on the creation of soil, different soil particles, and the creatures that live in the soil. Students should come prepared to get dirty as they explore the soil. Students will complete several fun and hands-on experiments: creating soil with hammers, digging a soil profile, creating a soil conductivity test and so much more.

*Half-day Program, Gr. 3 – 5 * Late April - October*

12. Survival Game: In this active role-playing game, each student takes on the character of a different wildlife species. It is a high-energy program that is exciting for students in both junior and intermediate grade levels. The transfer of energy, consumer levels, and human impacts on wildlife are explored in this program. Students gain a better understanding of the relationship between predator and prey in a forest ecosystem after participating in this exciting program.

*Half-day Program, Gr. 4 – 12 * Year-round*

13. Wolf Prowl Game: This simulation game focuses on such topics as energy flow, consumer levels, and human impacts on forest ecosystems. Its aim is to teach students the relationship an organism has with other species and its environment. It is an active role-playing game, suitable for junior and intermediate students.

*Half-day Program, Gr. 4 – 12 * Year-round*

GROUP DYNAMICS AND LEADERSHIP

14. Cross-Country Skiing: This full-day program is physically active and is a great introduction to cross-country skiing. In the morning, students learn gliding, turning and stopping, as well as how to climb and descend hills. The afternoon is spent in the Ganaraska Forest on groomed trails using quality ski equipment provided by the Ganaraska Forest Centre.

*Full-day Program, Gr. 4 – 12 * January – March*

15. Group Dynamics Part I: This program supports Character Education and Leadership by introducing the four concepts of teamwork: communication, support, inclusion and planning through group initiatives. This program supports these concepts through various challenges and group problem-solving tasks.

*Half-day Program Gr. 4 – 12 * Year-round*

16. Group Dynamics Part II: This program builds upon Group Dynamics Part I and takes place on a low ropes course located in the Ganaraska Forest. Several different elements including the Ice Wall, Nitro, Whale Watch and many more, help students to focus on trust and teamwork. Ideal for intermediate students who may be changing classes or school environments.

*Half-day Program, Gr. 4 – 12 * Year-round*

17. Ice-Breakers and Co-operative Games: This interactive program is designed to build teamwork, develop cooperation skills and enhance communication through a variety of activities and games. This program helps to build comfortable and trusting relationships among classes and helps build group cohesion.

*Half-day Program, Gr. 3 – 8 * Year-round*

18. Outdoor Survival Skills: Students learn the skills necessary to survive in the great outdoors. Hands-on initiatives include fire-building and shelter-building. Different survival scenarios are explored and discussed in this favourite, action-packed program. Ganaraska staff can assist in providing details around planning what to bring for an optional cookout lunch.

*Half-day Program, Gr. 4 – Gr. 12 * Year-round*

19. Snowshoeing: Students spend a half-day learning how to snowshoe using modern, provided equipment. This program demonstrates a unique method of winter travel, is physically active, and is best combined with another half-day program.

*Half-day Program, Gr. 4 – 12 * January – Early April*

20. Treetop Trekking Ganaraska: Students venture through a series of aerial games and activities high up in the Ganaraska Forest canopy. Following a safety orientation, students head out the course to traverse bridges, monkey cables, Tarzan ropes and zip lines. This closely monitored program gives students the opportunity to learn new communications skills, effectively understand their inner strengths and to participate in a high adventure physical activity. **(Special Adventure Rate Applies)** Supervising teachers climb for free!

*3-hour Program, Gr. 4 – 12 * Mid-March to Mid-November (some restrictions may apply)*

SOCIAL STUDIES/GEOGRAPHY

21. Maple Moon: Students are introduced to the process of making maple syrup. Guides dressed in traditional clothing present aboriginal and pioneer methods of making maple syrup. Students take part in hands-on demonstrations and voyageur games and wrap up the day tasting a sweet treat around a cozy, outdoor campfire.

*Half-day Program, Gr. JK – 6 * Mid-March – Early April*

22. Oak Ridges Moraine Program: Students learn about unique land features in Ontario, with a primary focus on the moraine. Students participate in an interpretive hike that includes dialogue on topics such as glacial erratic, watersheds, headwaters and water source protection.

*Half-day program, Gr. 10 – 12 *Late April – October*

23. Mapping for Little Ones: This program is specifically designed for primary students. They learn basic cardinal directions, how to design maps and legends and are introduced to the parts of a compass. Students test their knowledge by completing two orienteering courses.

*Half-day Program, Gr. 1 – 3 * Year-round*

24. Map Reading and Orienteering: This popular program gives students a hands-on opportunity to learn and apply compass and map-reading skills. Students learn to test their skills by completing an orienteering field and forest course.

*Half-day Program, Gr. 4 – 12 * Late April – November*

25. Photo Orienteering: Students learn how to use a birds-eye view map, create and use a map legend and how to follow basic directions. They then participate in an outdoor scavenger hunt around the buildings and surroundings of the Ganaraska Forest Centre.

*Half-day Program, Gr. JK/SK – 1 * Year-round*

26. Trappers and Traders: This engaging program puts student teams against one another in an orienteering challenge that requires teams to creatively barter their European goods for animal pelts. Through the game and the fur trade relics, students will learn about the history and challenges of the fur trade, as well as the differing perspectives of value in the eyes of Ontario's First Nations and earliest Europeans.

*Half-day Program, Gr. 5 – 12 * Year-round*

EVENING PROGRAMS

Night Hike: Together with our instructors, explore the Ganaraska Forest under the cover of darkness while engaging all the senses in a unique appreciation for the nocturnal world. This two hour hike has several fun and educational games, stories and animal interpretive discussions and calls that will be a lasting positive memory for all participants.

(Fall & Winter only)

Campfire Program: Spend an evening around the campfire singing songs, participating in a hilarious skit, tell a traditional aboriginal tale or a spooky ghost story, put on a fashion show, etc, etc. There is just so much fun stuff to do! The education staff will help to plan and develop the campfire program with your group. This is an easy program for a visiting teacher to organize and implement.

Sports Night: An evening of 3 sports: floor hockey, soccer, and Ultimate Frisbee. Your group will be split into 6 teams and rotate through the 3 sporting events and the team with the highest score wins the coveted "Ultimate Sport Champion" award. The visiting teacher/adults will be responsible for running one of the 3 stations.

Survival Game: An exciting adaptation of our day-time program of the same name, in this active role-playing game, each student takes on the character of a different wildlife species to gain a better understanding of the relationship between predator and prey in a forest ecosystem. *(Spring, early fall)*

Ganaraska Jeopardy and Stones Night: During this 2-hour program students will rotate through an hour of each activity. The original Jeopardy game has been adapted into an interactive and active game teaching students about ecology, the history of the centre and some fun group challenges. Then play the game of Stones which is a rendition of the classic game of Capture the Flag with stones (bean bags) that each team tries to steal from the other.

PROGRAM PLAN

School: _____ Phone #: _____
 Date: _____ Teachers: _____
 Supervisors: _____
 Grade: _____ # of Students: _____ (# of girls _____ # of boys _____)

PLEASE NOTE: School groups may only **arrive after 9:30 am** and must **depart** the Centre **by 2:30 pm**

MEAL ROUTINES:	Breakfast	Lunch	Dinner
Table Set-up:	7:45 a.m.	12:00 p.m.	5:00 p.m.
Meal Time:	8:00 a.m.	12:15 p.m.	5:15 p.m.

WAKE-UP IN MORNING: 7:00 a.m. **EVENING SNACK:** 9:00 p.m.

FREE TIME: During free time, students may relax in the gym, outdoors, or the resource room. We ask that visiting adults plan and supervise free time activities.

DAILY PLAN: A Ganaraska Forest Centre Instructor will customize the following plan with you:

TIME	DAY 1	DAY 2	DAY 3
8:00 a.m. – 9:00 a.m.	N/A	Breakfast & Clean-up Menu Choice:	Breakfast, Clean-up & Packing Menu Choice:
9:30 a.m. – 11:45 a.m.	Arrival Time: GFC Orientation Group Dynamics	Program:	Program:
12:15 p.m. – 1:30 p.m.	Bag Lunch Unpack Free Time	Lunch, Clean-up & Free Time	Lunch, Clean-up & Free Time
1:30 p.m. – 4:30 p.m.	Program:	Program:	Group Photo & Award Load Bus Departure Time:
4:30 p.m. – 7:00 p.m.	Free Time, Dinner & Clean-up	Free Time, Dinner & Clean-up	N/A
7:00 p.m. – 9:00 p.m.	Night Hike Program (GFC Staff)	Campfire Program (Supervised by visiting teacher)	N/A

GANARASKA MENU OPTIONS

- Choose 2 of each meal
- ***Please bring a bag lunch and snacks for the first day***
- Snacks are provided in the evenings
- **Please inform staff of dietary restrictions or food allergies**

STANDARD MENU

	BREAKFAST	LUNCH	DINNER
Option 1	Pancakes with Syrup	Chicken breast or hamburger	Roast beef or pork
	Sausages	on a bun	Potatoes
	Fresh Fruit	Salad and Veggies and dip	Hot vegetable, rolls
	Juice or milk	Dessert	Dessert
		Juice or milk	Juice or milk
Option 2	Assorted Cereals	Macaroni & Cheese	Pasta Dish with Sauce
	Fresh Fruit	Hot vegetable	Caesar Salad
	Toast and jam	Rolls and butter,	Garlic Bread
	Juice or milk	Dessert	Dessert
		Juice or milk	Juice or milk
Option 3	French Toast	Assorted Wraps/sandwiches	Chicken or Pork Souvlaki
	Sliced Ham	Raw Veggies & dip	Greek Salad, rice or potato
	Fresh Fruit	Soup or salad	Garlic Bread
	Juice or milk	Dessert	Dessert
		Juice or milk	Juice or milk
Option 4	Scrambled Eggs	Chicken Quesadillas	Roast chicken
	Bacon	Raw veggies and dip	Potatoes or rice
	Fresh Fruit	Garlic rolls	Hot vegetables, rolls
	Toast or hash browns	Dessert	Dessert
	Juice or milk	Juice or milk	Juice or milk
Option 5	Continental Breakfast	Grilled Cheese	Chicken and Vegetable
	Muffins	Soup or Perogies	Stir Fry
	Fresh fruit	Raw veggies and dip	Rice, rolls
	Yogurt selection	Dessert	Dessert
	Juice or milk	Juice or milk	Juice or milk
Notes			
	Healthy snacks are included every evening.		
	Fresh fruit is available at all times.		

COUNTDOWN UNTIL ARRIVAL

THREE MONTHS BEFORE VISIT:

- Choose and book a date to visit the Ganaraska Forest Centre
- Arrange transportation (arrival & departure)
- Read, sign, and return copy of permit
- Confirm intent to visit by sending second deposit to the Ganaraska Region Conservation Authority office
- Arrange to host a parent information session, led by GFC staff (optional)

ONE-TWO MONTHS BEFORE:

- Complete program plan with Ganaraska Forest Centre Teacher on phone
- Have Health and Parental Consent Forms completed and collected
- Discuss visiting teacher-led program with Ganaraska Forest Centre staff
- Send packing list home with students
- Send package to the Ganaraska Forest Centre consisting of Class Health Forms (one for each student), Activity Group Form, and Meal Group Form

ONE MONTH:

- Exact numbers of students and adults attending the residential
- Confirmed program and meal choices

TWO WEEKS:

- Re-confirm with Ganaraska Forest Centre Teacher:
 - time of arrival
 - health concerns
 - exact numbers of students and adults

DAY BEFORE VISIT:

- Pack bag-lunch for first meal
- Pack games or sports equipment
- GET READY TO HAVE SOME FUN!!!

DAY OF VISIT:

- Board the bus, sing some songs, and prepare for a great time at the Ganaraska Forest Centre!

GUIDELINES & TIPS FOR VISITING TEACHERS & SUPERVISORS

Staffing & Supervision:

Your visit will be led by our certified, Ganaraska Forest Centre Outdoor Education Teachers. The Ganaraska Forest Centre has a suggested adult-to-student ratio 1:10 (not including Ganaraska Forest Centre staff). Please review your school board's policies to ensure that you are meeting the adult-to-student ratio requirements. Ganaraska Forest Centre staff recommends that groups greater than 40 students bring 3 male and 3 female supervisors. Visiting supervisors are responsible for supervision of free time, clean-up of the dining hall and dormitories, as well as supervision during programs and over-night. Some suggestions for volunteer supervisors are: other teachers, student teachers, educational assistants, or parents/grandparents/guardians.

Medication:

Student medication (even Tylenol) should be stored with the classroom teacher to prevent any improper use. Please inform Ganaraska Forest Centre staff prior to arrival of any medical concerns (e.g. bee sting reactions, peanut and shellfish allergies, diabetes, etc.).

Telephone & Emergencies:

In case of an emergency there is a phone available in the visiting teachers' suites. Personal calls can be made using calling cards or by calling collect. Our number at the Forest Centre is (905) 797-2721; this number may be given to the parents to use for emergencies only. Explain to parents that there should be no personal calls to visiting students unless there is an emergency. In addition to disrupting scheduled programming, calls from home can cause students to become homesick and want to leave the Centre. In case of parental emergency, the teachers' suites have two extensions to reach supervisors after 4:30 p.m.; north wing teachers' suite extension is 5263 & south wing teachers' suite extension is 4283.

If, while at the Centre, you need to call an ambulance the directions to give to the dispatcher are in the "Emergency Binder" located in each of the teachers' suites. Forest Centre staff will go through this with you upon arrival. This binder contains directions to the Centre, maps to the hospitals in Cobourg and Bowmanville, the class health forms, and contact phone numbers for Ganaraska Forest Centre staff.

Damages and Losses:

Please report losses of any personal items to the Ganaraska Forest Centre staff so that we can help to locate them before you leave. We ask that students do not bring electronics or valuables (i-pods, video games, cell phones, etc.) to the Centre. Visitors are responsible for taking care of personal items.

Showers:

Students can shower in the evening after snack or prior to breakfast *only*. It is the responsibility of the visiting teacher to ensure that students take at least one shower during their visit and that showers are limited to five minutes.

RATE SCHEDULE

- \$4,260.00 minimum charge + HST = \$4,813.80 - covers up to 30 students
- \$142.00 per additional student to a maximum of 80 students + HST = \$160.46//student
- 1 adult per 10 students included free of charge (additional supervisors, teachers and adult chaperones will be charged \$160.46, and will sleep in one of the dorm rooms)
- Payment Terms:
 - \$2,406.90 non-refundable deposit paid with returned signed permit
 - The remainder of your payment (\$2,406.90 + additional student rate) is **due two weeks prior to your visit.**
- Please make cheques (quoting permit #) payable to:

Ganaraska Region Conservation Authority
2216 County Road 28
Port Hope, ON
L1A 3V8

PACKING LIST FOR THE GANARASKA FOREST CENTRE

Students will spend the majority of their time outdoors (each program is approximately three hours long). It is important that they dress warmly, comfortably, and according to the season.

ESSENTIALS:

SPRING & FALL:

- packed lunch and snacks for day 1
- sleeping bag or sheets & blankets
- pillow & pillowcase
- 2 pairs pants
- 1 wool/fleece sweater
- 2 shirts
- 1 jacket
- 4 pairs socks
- 3 pairs underwear
- 1 pair gloves/mitts
- 1 sun hat
- 1 pair running shoes for indoors only
- 1 pair outdoor hiking/walking shoes
- rain gear (hat, coat, pants, rubber boots)
- 1 pair slippers
- 1 pair pyjamas
- personal toiletries: toothbrush, toothpaste, soap, shampoo, deodorant, bath towel, face towel
- sunscreen
- refillable water bottle
- insect repellent

DIRECTIONS TO THE FOREST CENTRE

Traveling East from Toronto (approximately 1 hour from the east end):

- Travel east on 401 past Bowmanville
- Exit at 35/115 Highway North
- Travel approximately 16km north to Kirby
- Turn right (east) at Kirby onto County or Durham Road 9
- Travel approximately 10km to the first “S” bend in the road (Ganaraska Forest Centre sign on the south side)
- Turn north (left) onto Cold Springs Camp Road and proceed 4km to the Forest Centre – 10585 Cold Spring Camp Road

Traveling South from points Northeast (approximately 1 hour from Peterborough):

- Travel to Peterborough
- Take County Road 28 south
- Travel approximately 30km south to Ganaraska Road 9 (just south of Bewdley) and turn west (right)
- Travel approximately 16km to just before Region of Durham sign (past Elizabethville)
- There is a Ganaraska Forest Centre sign on the south side of the road
- Turn north (right) onto Cold Spring Camp Road and proceed 4km to the Forest Centre – 10585 Cold Spring Camp Road

Traveling West from points East (approximately 25 minutes for Port Hope):

- Travel west on Highway 401 to Port Hope
- Exit on County Road 28 north
- Proceed approximately 20km north to Ganaraska Road 9
- Turn left (west) on County or Regional Road 9
- Travel approximately 16km to just before Region of Durham sign (past Elizabethville)
- There is a Ganaraska Forest Centre sign on the south side of the road
- Turn north (right) onto Cold Spring Camp Road and proceed 4km to the Forest Centre – 10585 Cold Spring Camp Road

Traveling South from points Northwest (approximately 1 hour from Lindsay):

- Travel to Lindsay
- Take Highway 35 south to Kirby at Durham Road 9
- Turn east at Kirby onto Durham Road 9
- Proceed 10km east to the first “S” bend in the road
- There is a Ganaraska Forest Centre sign on the south side of the road
- Turn north (left) onto Cold Spring Camp Road and proceed 4km to the Forest Centre – 10585 Cold Spring Camp Road

FORMS TO BE COMPLETED AND RETURNED TO THE GANARASKA FOREST CENTRE

The following pages are forms to be completed and returned to the Ganaraska Forest Centre at least one month before your arrival. The forms include:

1. **Ganaraska Forest Centre Meal Groups:** Please divide students equally into four meal groups. These groups eat and complete kitchen duties together. Please put the first name and last initial of each student.
2. **Ganaraska Forest Centre Activity Groups:** For classes averaging in size between 30-60 students, they will be divided into two activity groups and for classes averaging over 60 students, they will be divided into three activity groups. Please split the class into two and/or three groups that you feel will work well together.
3. **Ganaraska Forest Centre Dormitory Groups:** Please divide your class into sleeping quarter groups. A maximum of 4 students can be accommodated in each room. Please note that there are separate boys' and girls' dormitory forms. The dormitory map with the room numbers is included with this package. Anyone with medical/behavioural concerns should be placed in the rooms closest to your sleeping quarters/teachers' suites.
4. **Ganaraska Forest Centre Health Form:** This is to be photocopied and sent home with students, completed by parents and returned to you. **Check to make sure the form is completed in full with health card number.**

When you have completed and collected all these forms, please mail them to:

**Ganaraska Forest Centre
10585 Cold Springs Road
Campbellcroft, Ontario
L0A 1B0
Attn: Outdoor Education Teacher**

GANARASKA FOREST CENTRE MEAL GROUPS

Orion	
1.	11.
2.	12.
3.	13.
4.	14.
5.	15.
6.	16.
7.	17.
8.	18.
9.	19.
10.	20.

Scorpio	
1.	11.
2.	12.
3.	13.
4.	14.
5.	15.
6.	16.
7.	17.
8.	18.
9.	19.
10.	20.

GANARASKA FOREST CENTRE MEAL GROUPS (continued...)

Andromeda	
1.	11.
2.	12.
3.	13.
4.	14.
5.	15.
6.	16.
7.	17.
8.	18.
9.	19.
10.	20.

Polaris	
1.	11.
2.	12.
3.	13.
4.	14.
5.	15.
6.	16.
7.	17.
8.	18.
9.	19.
10.	20.

GANARASKA FOREST CENTRE DAY ACTIVITY GROUPS

(NOTE: Please divide your class into equal groups – not required if choosing Low Ropes Course activity)

Group 1	Group 2	Group 3
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.
7.	7.	7.
8.	8.	8.
9.	9.	9.
10	10	10
11.	11.	11.
12.	12.	12.
13.	13.	13.
14.	14.	14.
15.	15.	15.
16.	16.	16.
17.	17.	17.
18.	18.	18.
19.	19.	19.
20.	20.	20.
21.	21.	21.
22.	22.	22.
23.	23.	23.
24.	24.	24.
25.	25.	25.
26.	26.	26.
27.	27.	27.
28.	28.	28.
29.	29.	29.
30.	30.	30.

GANARASKA FOREST CENTRE EVENING PROGRAM GROUPS

(NOTE: Please divide your class into three equal groups)

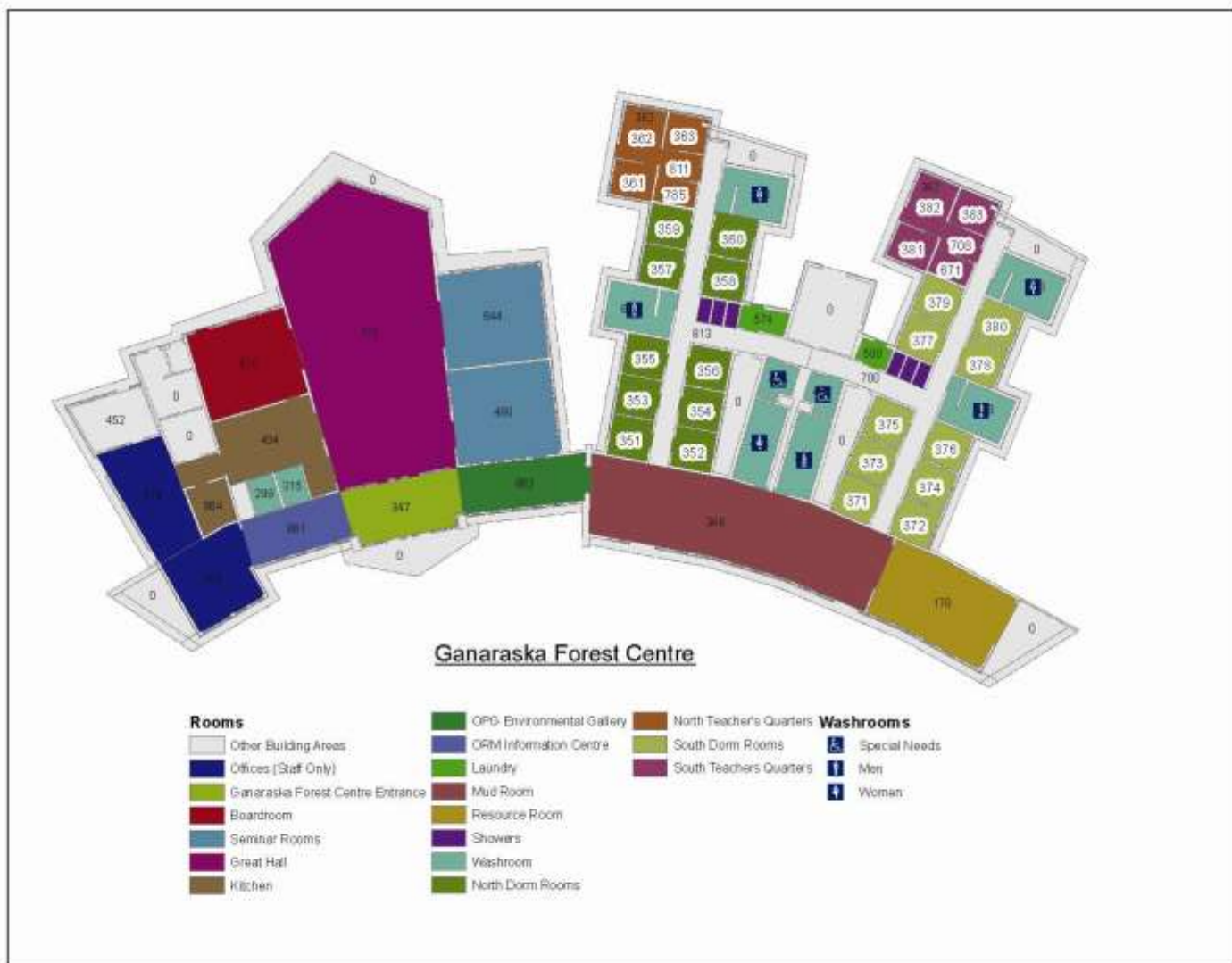
Group 1	Group 2	Group 3
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.
7.	7.	7.
8.	8.	8.
9.	9.	9.
10.	10.	10.
11.	11.	11.
12.	12.	12.
13.	13.	13.
14.	14.	14.
15.	15.	15.
16.	16.	16.
17.	17.	17.
18.	18.	18.
19.	19.	19.
20.	20.	20.
21.	21.	21.
22.	22.	22.
23.	23.	23.
24.	24.	24.
25.	25.	25.
26.	26.	26.
27.	27.	27.
28.	28.	28.
29.	29.	29.
30.	30.	30.

CHOOSING DORMITORY ROOMS FOR THE GIRLS' AND BOYS' WINGS

Prior to your visit to the Ganaraska Forest Centre, you must provide staff with a complete list of visiting students. In addition, students must be assigned to their sleeping quarters prior to your visit. Below is a complete map of the Ganaraska Forest Centre, including the dormitories.

Using the map, please assign your students to the dorm rooms. Please note that there are 2 forms provided – one for the boys' wing and one for the girls' wing.

Once rooms have been assigned, please print the names of the students who will be staying in each room on the dormitory room assignment forms. If you are bringing a smaller group to the Centre, we ask that at least 2 students share a room.



DORMITORY ROOM GROUPS – BOYS’ WING

Room #351 1. 2. 3. 4.	Room #352 1. 2. 3. 4.	Room #353 1. 2. 3. 4.	Room #354 1. 2. 3. 4.
Room #355 1. 2. 3. 4.	Room #356 1. 2. 3. 4.	Room #357 1. 2. 3. 4.	Room #358 1. 2. 3. 4.
Room #359 1. 2. 3. 4.	Room #360 1. 2. 3. 4.		

DORMITORY ROOM GROUPS – GIRLS’ WING

Room #371 1. 2. 3. 4.	Room #372 1. 2. 3. 4.	Room #373 1. 2. 3. 4.	Room #374 1. 2. 3. 4.
Room #375 1. 2. 3. 4.	Room #376 1. 2. 3. 4.	Room #377 1. 2. 3. 4.	Room #378 1. 2. 3. 4.
Room #379 1. 2. 3. 4.	Room #380 1. 2. 3. 4.		

GANARASKA FOREST CENTRE HEALTH FORM

School Name:	School Phone Number:	
STUDENT INFORMATION		
Last Name:	Street Name & Number:	
First Name:	City:	
Health Card Number:	Postal Code:	
	Telephone Number:	
PARENT/GUARDIAN INFORMATION		
Name:	Name:	
Relationship:	Relationship:	
Address:	Address:	
Home Number:	Home Number:	
Work Number:	Work Number:	
Cellular Number:	Cellular Number:	
EMERGENCY CONTACT (in case parent/guardian cannot be reached)		
Name:	Address:	
Home #:	Work #:	Cellular #:
Health Concerns (allergies, chronic conditions, etc.):		
Dietary Concerns (restrictions, allergies, etc.):		
Other Concerns (bed wetting, home sickness, social or behavioural problems):		
Medications Currently Being Administered:		
Parent Signature:	Date:	
*Please note: In case of a family or medical emergency, the request for a refund must be made in writing, with documentation, and will be handled on a case-by-case basis to a maximum refund of 50%.		



**WAIVER/CONSENT FOR
GANARASKA REGION CONSERVATION AUTHORITY'S
OUTDOOR EDUCATION PROGRAM AT THE
GANARASKA FOREST CENTRE**



I, the parent/guardian of (student's full name) _____,
understand that there are inherent risks associated with outdoor activities and hereby agree
to indemnify and keep indemnified, the Ganaraska Region Conservation Authority, its
servants or agents from and against any actions, suits, claims and demands whatsoever,
which the Authority, its servants or agents may bear, sustain, be at, or put unto for, or by
reason of, or on account of, any injury or death of persons and/or damage to property, in
respect of the operations of the Tenant on the lands.

Parent/Guardian _____

Date _____

The Ganaraska Forest Centre provides an extremely rich experience for students; to
highlight these energetic, fun and interactive adventures, periodically, photos and stories
are published.

The Ganaraska Region Conservation Authority has permission for my child to appear in any
promotional piece(s) that the Ganaraska Region Conservation Authority may produce.

Parent/Guardian _____

Date _____