



Sector: Sports

SHSM Certifications:

Advanced Training in a Technique (Snowshoe or Ski) (1/2 or Full)

Students learn the fundamental skills required to snowshoe or cross-country ski. Once the fundamental movement skills have been acquired, the students complete a guided tour of the Ganaraska Forest along our extensive trail system. For more adventurous skiers, this program can be extended to a full-day to complete a longer tour of our winter wonderland.

Conflict Resolution (1/8)

Students learn to identify different types of conflict and to respond with effective resolution strategies. Through engaging sector-specific scenarios, the students encounter a number of conflict situations in order to troubleshoot their resolution strategies in action.

Customer Service (1/4)

Students learn the fundamental components in delivering effective customer service, including greeting, questioning to understand need, listening skills, confirming understanding of need, responding with value, using positive and clear language, and concluding interactions. Students also learn about the importance of body language and tone of voice when interacting with customers, and they will learn how to deal with conflict in sector-specific customer service scenarios.

GIS (Please Inquire)

At the GFC, students are introduced to the functioning and benefits of using GIS through an interactive demonstration in a quarter-day program. This program can be extended to a half-day program in which students complete a GPS challenge. The data collected during the GPS challenge will be incorporated into a GIS map in order to interpret student behaviour exhibited during the GPS challenge. Alternatively, a GFC instructor can visit your school to complete a hands-on GIS laboratory in your school's computer lab.

GPS (1/2)

Students learn how GPS works, what it can be used for, and how it relates to topographical maps. After gaining familiarity with the GPS device, students navigate the Forest Centre grounds and compete in a geocache challenge course.

Green Check GPS Certification (2xFull)

A more advanced 2-day program provides students with industry-recognized certification with the Green Check National GPS Certification Program. The Green Check Certification clarifies the connections between the map, compass, and GPS unit, and ensures that the students can utilize their GPS unit with a standard 1:50,000 topographic map. *Ask about our Global Information Systems (GIS) capabilities.*

Group Dynamics (1/2 or Full)

Students develop their character and leadership through introduction to the GFC's four concepts of teamwork: communication, support, inclusion and planning. These teamwork concepts are tested in a series of fun team challenges and group problem-solving tasks. Engaging debrief sessions allow each student to make connections within their own life and to gain a critical appreciation for the power of collaboration. This program can be extended into an advanced full-day certification in which students are tested on our certified Low Ropes course.

Hike Ontario (1/2 or Full)

In a half-day program, students learn the fundamental skills required to prepare and safely undertake a hiking trip in the wilderness. In the full day program students further develop their hiking awareness and skills while taking to the trails at

the Ganaraska Forest Centre. Participants of the full day program will be credited with the Hike Ontario Safe Hiker certification.

I.C.E. Training (Full)

Need a sector partner for your innovation, creativity, and entrepreneurship training? Put your students to work for us! Let the ICE-trained and Ontario-certified teachers of the GFC host this exciting training for your students. We can develop an authentic challenge statement and facilitate the movement of students through the three gears of ICE: empathy and need finding, ideation and prototyping, and strategy and testing.

Leadership Skills (1/2 or Full)

Students develop their character and leadership by completing a series of fun team challenges and group program solving tasks. Students are challenged to identify the roles and responsibilities of leadership, and they are given many opportunities to demonstrate their leadership skills in this engaging program. This program can be extended into an advanced full-day certification in which students are tested on our certified Low Ropes course.

Map and Compass (1/2)

This is an engaging program that challenges each student's compass and map-reading skills on two adventure courses. Students hone their orienteering skills on a field course with visible landmarks, and if successful, are then challenged to navigate our extensive forest trail system. Students gain an appreciation for the importance of maps and compasses in the workplace and in their daily lives.

Wilderness First Aid (1/2)

Students are introduced to the unique environment of the wilderness in administering First Aid. Students are challenged to utilise a number of readily-available natural materials to deliver aid in mock scenarios. Although the fundamental considerations of wilderness first aid will be taught, this awareness course is not a substitute for advanced certification by recognized providers of Wilderness First Aid. Pre-requisite: Standard First Aid.

Wilderness Survival (1/2)

Students are immersed in a wilderness survival situation in this engaging program. To survive the scenario, the students must demonstrate their ability to plan and pack for a trip, to safeguard their essential survival needs, to design and construct a wilderness shelter, and to safely ignite a wilderness fire. Across all components, students develop the attitudes and mindset of a survivor.

Other Opportunities: Other GFC Programs of interest to Sports SHSMs: Low Ropes and Trappers and Traders. Overnight programs at the GFC: Campfire, Night Hike, Survival Game, and Jeopardy.

Program Pricing: \$60 per student per day + tax (overnight option available)

Information and Booking: Please contact the Ganaraska Forest Centre Outdoor Education Staff for further information about our current programs and future opportunities: 905-797-2721 or education@grca.on.ca.