



**WildED**  
the BC Spaces for Nature Wilderness Education Program

**WildED Nature Hikes  
and Outdoor Programs**

**TEACHER  
INFORMATION  
GUIDE**

*Wild*ED's guided Nature Hikes offer students the chance to get outside and have fun while learning!

During exciting half or full day programs students will connect to nature through experience, learn to appreciate the wonder of wild places, and discover the fascinating ecosystem they live in.

Led by our *Wild*EDucators, who are certified teachers as well as experienced outdoor recreation leaders, *Wild*ED Nature Hikes will allow students to participate in hands-on learning about parks and wilderness that British Columbia's are fortunate to have.

**Look inside for what you need to know:**

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## ESSENTIAL TEACHER INFORMATION

### How do I prepare for a *Wild*ED Nature Hike?

Please carefully review all information within this Guide. We want to ensure you and your students have a SAFE and FUN outdoor experience. Simply follow the included Teacher's Checklist and you will be ready to go!

### What can you expect from your *Wild*ED Nature Hike experience?

You can expect us to be enthusiastic, knowledgeable, caring individuals who model respect for others and the environment. We will bring a standard of professionalism and safety to the program while encouraging participation, learning, and fun.

### What will students learn?

- Understanding and appreciation of parks, wilderness and protected areas.
- Observation skills: seeing with 'nature eyes' and using a variety of other senses.
- Identification of local species of trees and plants, and ecology of the surrounding area.
- Possible career paths in the outdoor and environmental sector.
- How to enjoy a healthy and active lifestyle through exploring BC's parks and wilderness.

### Where will we go?

*Wild*ED Nature Hikes take place in a variety of regional and provincial parks throughout the Lower Mainland. The location we choose for your group will depend on where you are coming from, what transportation you can organize, and the physical ability of the group. Some favourite WildED trails are located in:

Mount Seymour Provincial Park  
Golden Ears Provincial Park  
Burnaby Lake Regional Park  
Cypress Provincial Park

Lynn Headwaters Regional Park  
Tynehead Regional Park  
Pacific Spirit Regional Park  
Capilano River Regional Park

*Please note that some hikes will require you to provide extra adult supervision - anywhere from 1 to 3 adults, per group of 30 students.*

## Arriving for the Program

Our *Wild*EDucator will contact you in advance to arrange a meeting time and location at the hike site. You, your students, and any accompanying adults should aim to arrive 15 minutes early. We ask that teachers support the *Wild*EDucator(s) by keeping students on task and by helping to maintain discipline in the group. Please ensure all participants turn off cell phones and electronic devices and minimize distracting conversation.

## Special Needs

*Wild*ED endeavors to accommodate learners with diverse experiences and abilities. If you have students with specific intellectual, physical, or behavioral needs we appreciate your communicating those details in advance of your program date. Additionally, we require that those students be accompanied by the appropriate support staff in order to ensure a beneficial, positive, and safe experience for all.

## SAFETY FIRST

Participant safety is our foremost priority in all *Wild*ED programs and our record reflects that concern. Our *Wild*EDucators are trained in wilderness first aid, carry medical emergency supplies on all hiking excursions and know the areas we visit intimately.

To provide the best possible care in the event of an incident or accident, we request that all consent and medical forms be completed and staff is apprised of any changes to a student's condition. Any safety issue or concern should be brought to the attention of a *Wild*EDucator immediately.

## Medications

If you have students who are taking medication, please ensure it is indicated on the medical form. We advise that medication is packed in a waterproof container and a duplicate set stored separately.

## TEACHER'S CHECKLIST

### To Do Before *wild*ED Nature Hike

- Confirm your Booking Details**
- Carefully Read the Teacher Information Booklet**
- Arrange for Transportation to the meeting site**
- Send Participant Information and Consent Forms home**
- Review Low Trace Etiquette and What to Bring with students**

### To Bring Before *wild*ED Nature Hike

- A Complete Class List – 2 copies**
- Completed Consent Forms for each student**
- Name Tags for each student**
- Your Own Backpack (see What to Bring Checklist)**

## Participant Information

Be Prepared! Come ready to follow the rules of 'Low Trace Hiking Etiquette'. Also, our WildED Nature Hike will take place rain or shine, and we'll be out all day, so being properly dressed for the weather is essential to having a FUN and SAFE outdoor experience.

## LOW TRACE ETIQUETTE

### Pack Out What You Pack In

Park visitors need to take their trash home with them. You can also pick up litter you find and take it out of the park. Trash and litter detract from an area's naturalness and put wildlife at risk.

### Leave What You Find

Allow others a sense of discovery; leave rocks, plants, archaeological artifacts and other objects as found. Part of the challenge of a visit to the wilderness is to leave no trace of your stay, so users of tomorrow can enjoy the beauty of today.

### Stay on the Trail

Shortcutting on switchbacks or wandering off trails destroys delicate plant life and soil structure. Use trails whenever possible.

Source: BC Parks Leave No Trace Poster

## What to Bring on your *Wild*ED Hike

- STURDY walking shoes that can get muddy and/or wet (hiking boots, running shoes. No open toes or dress shoes!)
- At least 1L of water
- Lunch, including snacks
- Raingear (top and bottom)
- Extra layers of warm clothing (i.e. a fleece)
- Sunhat and/or toque
- Sun block/screen (can be shared)
- Notebook or journal
- Pencil or pen
- Backpack to carry it all
- An open mind and positive attitude

*Parents: please note that any prescribed/required student medication should be packed in a waterproof container. We also recommend including a duplicate set that will be stored separately.*

# CONSENT FORM

This form is to be filled out by all parents/guardians and given to the WildEDucator on the day of your WildED Nature Hike or Outdoor Program.

## PLEASE READ/COMPLETE THE FOLLOWING AND SIGN BELOW

- I permit my son or daughter to participate in the BC Spaces for Nature WildED program, in which he/she will be physically active in areas on or near the school grounds, and/or in a local, municipal, district, regional, and/or provincial park.
- I acknowledge, that, while well supervised, WildED is an active, outdoor experience. As with all active outdoor programs, there is a possibility students may injure themselves or require medical attention.

**MEDICAL INFORMATION:** Please list any/all medical conditions, medications, health concerns and/or allergies that may affect your son's/daughter's ability to participate in the program (e.g.) asthma, seizures, ADD, fainting, bee/wasp allergies, etc.

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## PHOTO RELEASE

I agree that any photos or video footage of my child taken during the WildED program may be used, without identifying names, for promotional, educational, or volunteer training purposes by BC Spaces for Nature.

YES

NO

Student's Name

Field Trip Date

School

Parent Name

Date

Signature

*BC Spaces for Nature is a not-for-profit society and registered charity. We are dedicated to ensuring that young people know, experience, and understand nature, and why and how it needs to be cared for. WildED's nature education programs are made possible through the generous support of government, foundations, sponsors, school donations, and individual donors.*