



PROGRAM GUIDE

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INTRODUCTION

Cold Creek Conservation Area is proud to offer hands-on recreation and nature education based programming for a variety of school and community groups. This guide was created to model a “one-stop shop” for those looking to book with us.

VISION

Inspire people to engage in physical activity, culture, recreation and the natural environment.

MISSION

Create opportunities for building positive relationships, learning and personal growth through provisions of parks, recreation and cultural programs, services and facilities

LOCATION

Cold Creek Conservation Area, 14125 11th Concession, Nobleton ON

IN-SCHOOL

A selection of our programs can be taken to your location and run out of your classroom, gymnasium, or outdoor space available!

COLD CREEK STAFF

Cold Creek Staff come from all walks of life, from recreation students, to teachers. No matter their background, we are proud to have such a vibrant, enthusiastic, and dedicated team. All of our staff are trained in both recreational, and nature education programs.

Staff who facilitates our Challenge Course programs (high ropes, rock climbing, team pod & low ropes) have been trained in house, and by an ACCT (Association of Challenge Course Technology) accredited trainer to ensure a safe and fun experience for all participants.

ACCESSIBILITY

We provide inclusive programming for all participants and are able to adapt our programming to meet your needs. Our All-Terrain Hippocampe wheelchair is available for participants who require a mobility aid. This device allows participants to explore the trails and grounds of Cold Creek, and various other Township trails that would otherwise be deemed inaccessible. The Hippocampe is also available for Public Use upon request. For more information or to book the use of the Hippocampe, please contact Cold Creek Staff at 905-833-5321 ext. 6566.



RECREATION PROGRAMS

Low Ropes & Team Building - All Year

Grade Appropriate: 2-12

Our Low Ropes course consists of a series of real and imaginary obstacles designed to challenge groups and individuals to work together. The low ropes program focuses on communication, trust, leadership and teamwork.

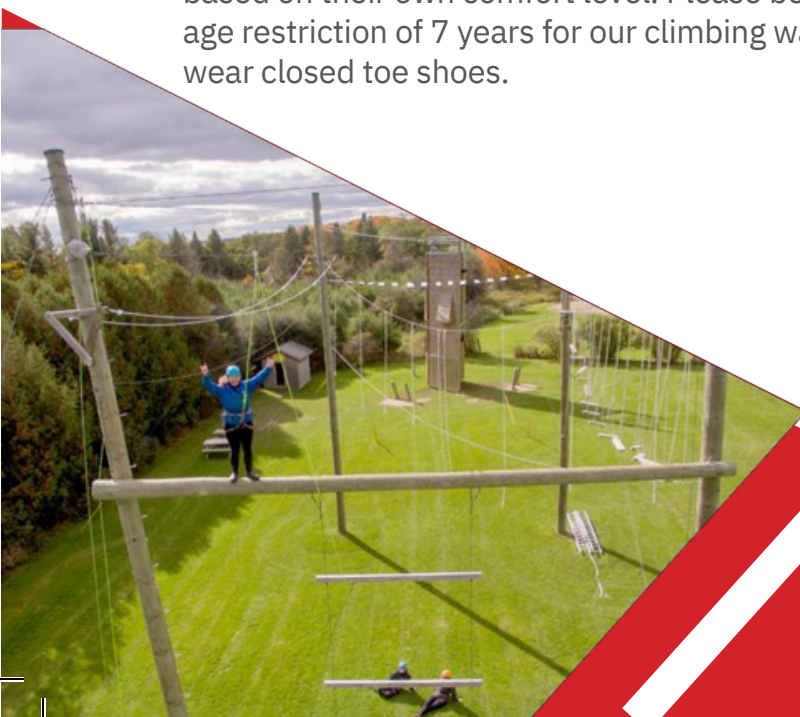
Our Team Building program consists of a variety of games and challenges that focus on teamwork, communication and trust to accomplish goals.

Low Ropes & Team Building can run as one program, or as two separate activities. Please note that during the winter season we can only offer the Team Building program, and a modified low ropes program.

Climbing Tower - Spring, Summer & Fall

Grade Appropriate: 3-12

Our Climbing Tower is a 35ft dynamic structure with a 2-sided rock wall and vertical playground. The climbing wall program will teach students the basics of rock climbing, and each student will be challenged to climb various heights on the wall, based on their own comfort level. Please note that we follow the principle of Challenge by Choice which allows each participant to select their own challenge based on their own comfort level. Please be advised that there is an age restriction of 7 years for our climbing wall and all participants must wear closed toe shoes.





High Ropes

Spring, Summer & Fall

Grade Appropriate: 3-12

Our High Ropes Course is a 40ft dynamic challenge course with 5 activities where students are challenged to test their courage and strength. In our High Ropes program students will be encouraged to test themselves, and encourage their classmates to reach new heights. Please note that we follow the principle of Challenge by Choice which allows each participant to select their own challenge based on their own comfort level. Please be advised that there is an age restriction of 7 years for our high ropes course, and all participants must be wearing closed toed shoes.

Team Challenge Pod – Spring, Summer & Fall

Grade Appropriate: 4-12

The Team Challenge Pod is High Ropes experience that requires multiple climbers to complete various Challenges in pairs or groups. The obstacles include:

Fencer's Feet**

Team Teeter Totter ***

Team Beams ****

Team All Aboard ***

Aerial Trust Dive ***

Flying Squirrel*

When choosing this program please select one choice, as not all activities can be facilitated at the same time.


Difficulty Rating

* Appropriate for all ages and abilities (minimum age of 5)

** Slightly challenging

*** Challenging with various options of difficulty; all participants assist in the completion of the challenge

**** Difficult and all participants are required to assist in the completion of the challenge



Snowshoeing - Winter

Grade Appropriate: 1-12

Participants learn basic snowshoeing skills and will be lead on a guided hike through Cold Creek's trails. Participants will have a chance to take part in fun and interactive games that allow them to hone their snowshoe skills.

Cross-Country Skiing - Winter

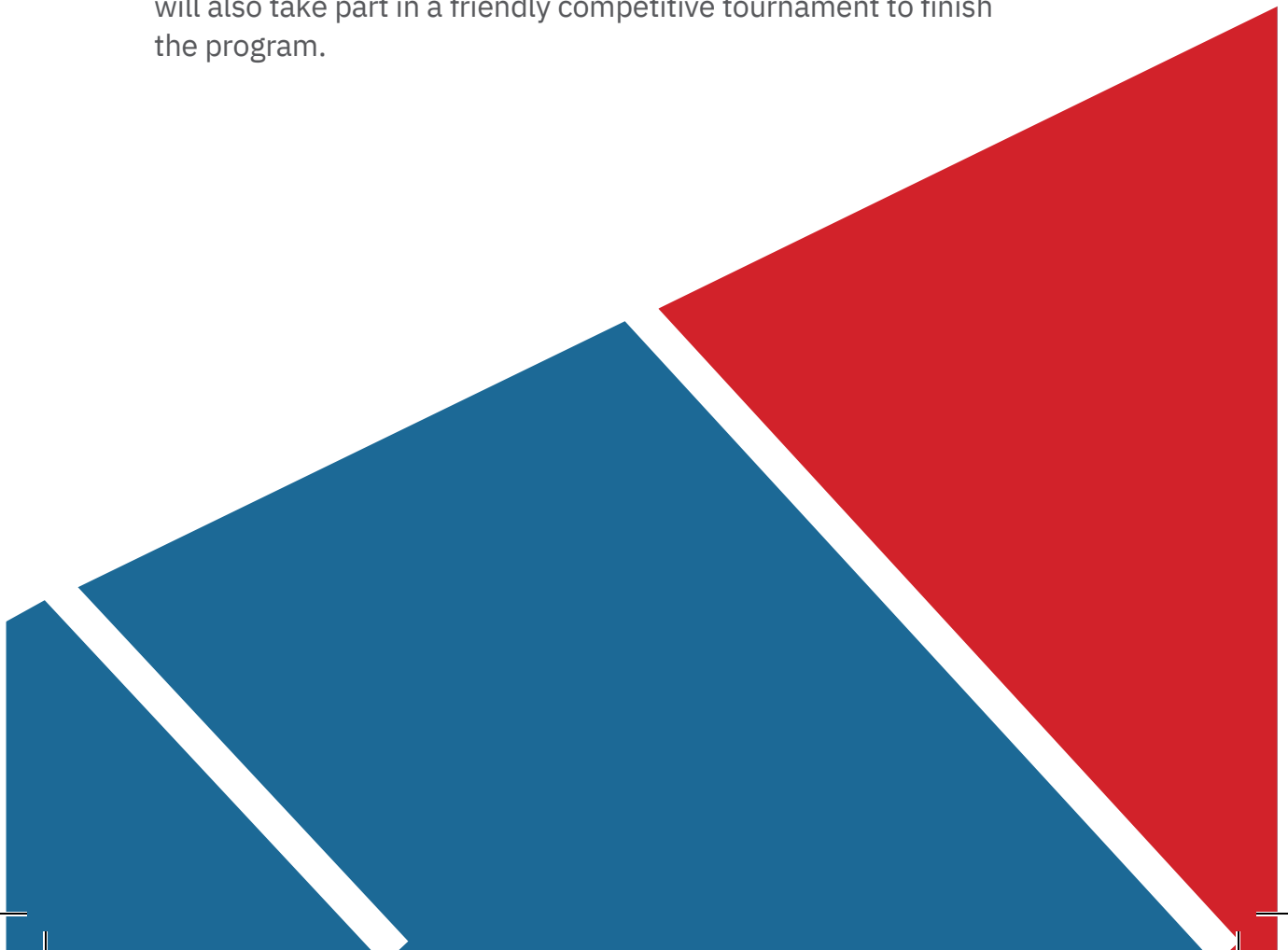
Grade Appropriate: 5-12

Participants will learn the basics of Nordic skiing and have an opportunity to practice their skills on a flat zone, before heading out on a basic trail. This program is great for new and novice skiers. Please note that there is a maximum of 7 participants at a time.

Archery - All Year

Grade Appropriate: 3-12

Participants will learn the basic concepts of archery, including range safety and have an opportunity to practice their skills. Participants will also take part in a friendly competitive tournament to finish the program.



NATURE EDUCATION PROGRAMS

Maple Syrup - Spring (March)

Grade Appropriate: 1-8

Students will learn about maple syrup production and have the opportunity to experience the maple syrup making process, while actively participating in demonstrations. Students will be lead on a guided hike to the sugar bush and will learn how to identify and tap maple trees, and then boil down the sap into authentic maple syrup using an evaporator. Staff will share knowledge of techniques used by early settlers as well as modern day practises.

Our 5 Senses - Spring, Summer & Fall

Grade Appropriate: JK/SK, 1-2

Participants will rely on their sense of touch, smell, sight, hearing, and taste to explore Cold Creek. Participants will have an opportunity to play interactive games that will isolate specific senses, and allow them to further their understanding of the natural world. The activities are focused on how different animals rely on their senses for survival.

Animal Games - All Year

Grade Appropriate: JK/SK, 1-5

Participants will learn about various animal behaviors and habitats by participating in interactive simulation games that demonstrate various animal behaviors, habitats, abilities, and specific characteristics.





Map Masters – Spring, Summer & Fall

Grade Appropriate: 3-6

The focus of this program is on learning to read and interpret spatial maps. Students will be given a map of Cold Creek, and will be challenged to a mapping activity that includes identifying points of interest, in our designated grid field. This is a great program that allows students to learn mapping skills and develop a better understanding of the mapping process in an interactive and fun way.

Nature's Art Class - All Year

Grade Appropriate: JK/SK, 1-6

This program introduces the basics of art design where participants explore Cold Creek trails to find various principles reflected in nature. Participants are encouraged to look at art design elements such as colour composition, textures, shapes, space, and lines that are found in Cold Creek's natural setting. Participants will have the opportunity to incorporate our design principles into their own creation using materials they have collected on the hike.

Guided Nature Hike - All Year

Grade Appropriate: 1-8

Join us for a guided hike to explore a variety of interesting natural ecosystems. Throughout the hike your guide will stop along the way to observe important natural features, students will learn about the natural heritage of Cold Creek. Students will learn about the natural history of the property, ecological importance of native plant communities and local wildlife present throughout the property. Students will finish the hike feeling connected to the surrounding environment. Guided hikes will be offered year-round and adapted to seasonal changes.



Junior Forest Explorers

Grade Appropriate: 1-8

Participants will explore two forest ecosystems within Cold Creek property on a guided hike to conduct tree identification. Throughout the hike, participants will stop along the trail to use various tools (binoculars, leaf rubbing stencils, tree ID key, and magnifying glasses) and learn how to identify different tree species by leaf shape, bark characteristics and needle bundles. While on the hike, students will also collect two jars of soil from different ecosystems to perform a soil quality test to compare and analyze the soil. The hike will be followed by a leaf print activity which involves using the leaves collected on the hike to create a clay leaf print to take home. Students will develop a greater understanding of different trees species and the vital role trees play in the natural environment for humans and wildlife.

Ecosystem Exploration

Grade Appropriate: 2-6

Students will work together in small groups and learn to use a compass and map to explore and connect with nature. Students will work together to navigate to natural features (invasive species, trees, plants, wildlife habitat) and collect clues to solve a nature-based challenge. Groups will earn puzzle pieces for each clue solved. Once all the groups have collected their puzzle pieces, students will work together to solve the puzzle and reveal a secret message. *This program combines nature based experiential learning with team building.

Pollinator Pals

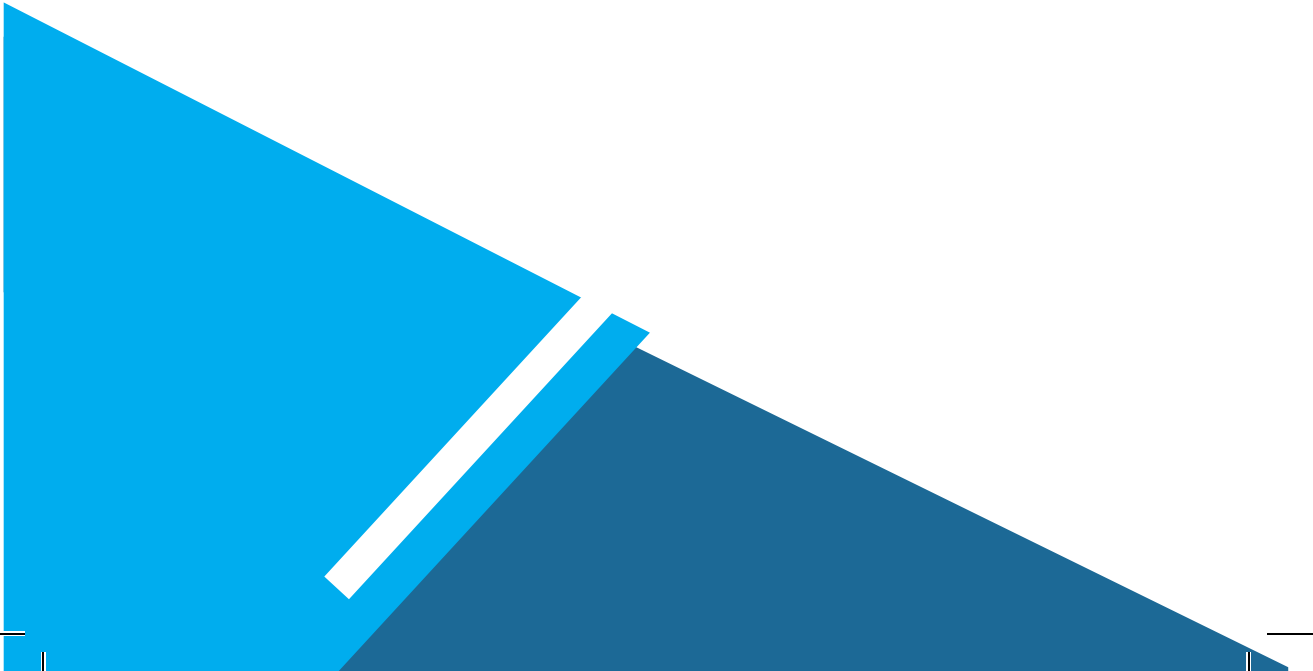
Grade Appropriate: JK-5

Students will learn about the important role pollinators play with a focus on species at risk of extinction in Ontario. This program will help students understand threats bees and butterflies are facing. Students will participate in two hands on activities that raise awareness about the importance of habitat enhancement while also learning how they can show respect and care for pollinators. Activities include exploring a wildflower meadow, wildflower seed balls making and planting mini wildflower pots to take home. Students will learn about the lifecycle of a monarch butterfly, its habitat, food sources and human threats impacting the population. *Seed Saving will be integrated into fall program bookings.

Aquatic Explorers

Grade Appropriate: 1-8

Students will explore benthic aquatic organisms commonly found in local ponds and vernal pools. Samples of these aquatic organisms will be placed in observation buckets for students to view and identify. Students will use magnifying glasses to help identify organisms and compare the similarities and differences between the two aquatic ecosystems. Participants will develop an understanding of indicator species which can help us tell a lot about the quality of the water and health of an ecosystem. Students will also look at water quality by conducting a water chemistry testing experiment.



Orienteering - All Year

Grade Appropriate: 7-12

Participants learn the basics of orienteering and explore Cold Creek as they navigate through the interactive orienteering course. With a compass and map, students will set out on a challenge course that will test and improve their navigational skills. This program is also offered as a 1 hour program. The one hour option gives students the opportunity to play games and become familiar with a compass.

GPS - All Year

Grade Appropriate: 7-12

Participants will learn the functions of a GPS (Global Positioning System) and will be introduced to the outdoor sporting activity of geocaching. Participants will discover geocaches on Cold Creeks property finding information about Cold Creeks animals and ecosystems.

Ultimate Survival - All Year

Grade Appropriate: 4-10

This physically active program gets participants involved in a simulation game that focuses on the connections within a food chain of a given ecosystem. Participants will learn about the Cold Creek's food chain and how their relationship among each other is crucial to sustaining a healthy ecosystem.



BOOKING YOUR VISIT

1. Fill out the School Group Request Form which can be found at www.king.ca and send it to:
Email — cmcneil@king.ca
2. After your request has been processed, we will send you a contract.
3. If the details of the trip are correct, please return the signed contract, no later than one week upon receiving it, back to: Email — cmcneil@king.ca

PREPARING FOR YOUR VISIT

- There are a couple of points to remind your students prior to their trip!
- Dress for the weather! All programs will be run outdoors, rain or shine. Only in extreme weather will we be indoors. Dress in layers and bring extra clothing.
- Wear closed toe shoes for all programs (no crocs, flip-flops, or sandals)
- Pack a Reusable Water Bottle
- Have every student submit a waiver which **MUST** be brought on the day of the trip
- If participating in the BBQ lunch, please ensure you have gathered all BBQ orders

FIELD TRIP DAY

You will be greeted by a Group Leader upon your arrival, waivers will be collected and you will be directed to your groups designated shelter area for the day.

Please be sure to notify the program staff of any changes in participant numbers, or bus pick-up changes.

The staff will introduce themselves, and explain the schedule for the



day, and pass along important information regarding Cold Creek to the whole group.

Once the students are split into their groups, the selected programs will begin. Each program will have at minimum one Cold Creek staff facilitating each activity, and specific questions or concerns can be directed to them at any point.

Teachers or chaperons are welcome to participate in all programs, but must monitor behaviors at all times.

ADDITIONAL INFORMATION

For more information about programming, please contact the Parks, Recreation & Culture Department:

Email: cmcneil@king.ca

Phone: 905-833-6566

Website: www.king.ca or www.coldcreek.ca

FOLLOW US:

Facebook – www.facebook.com/kingprc

Twitter - [@parksrecculture](https://twitter.com/parksrecculture)

Instagram - [@coldcreekconservationarea](https://www.instagram.com/coldcreekconservationarea) & [@kingprc](https://www.instagram.com/kingprc)



IN-SCHOOL PROGRAMMING

We are happy to announce that the following programs can be brought to your site:

- Animal Games • Our 5 Senses
- Team Building • Nature's Art Class
- Snowshoeing • Ultimate Survival
- Ultimate Survival • GPS

Whether it is a team building initiative for your class, or taking over the school's gym class, we are happy to work with you to plan the perfect day!

PREPARING FOR OUR VISIT

To ensure that our visit runs as smoothly as possible, we may ask to coordinate a site visit to ensure that the indoor and outdoor spacing provided is adequate for the programming you have selected. We may also ask to take some photos of the spaces to build our programming to meet your properties specifications.

A schedule will be sent to the booking teacher at least one week in advance to confirm programming times and overall structure of the day.

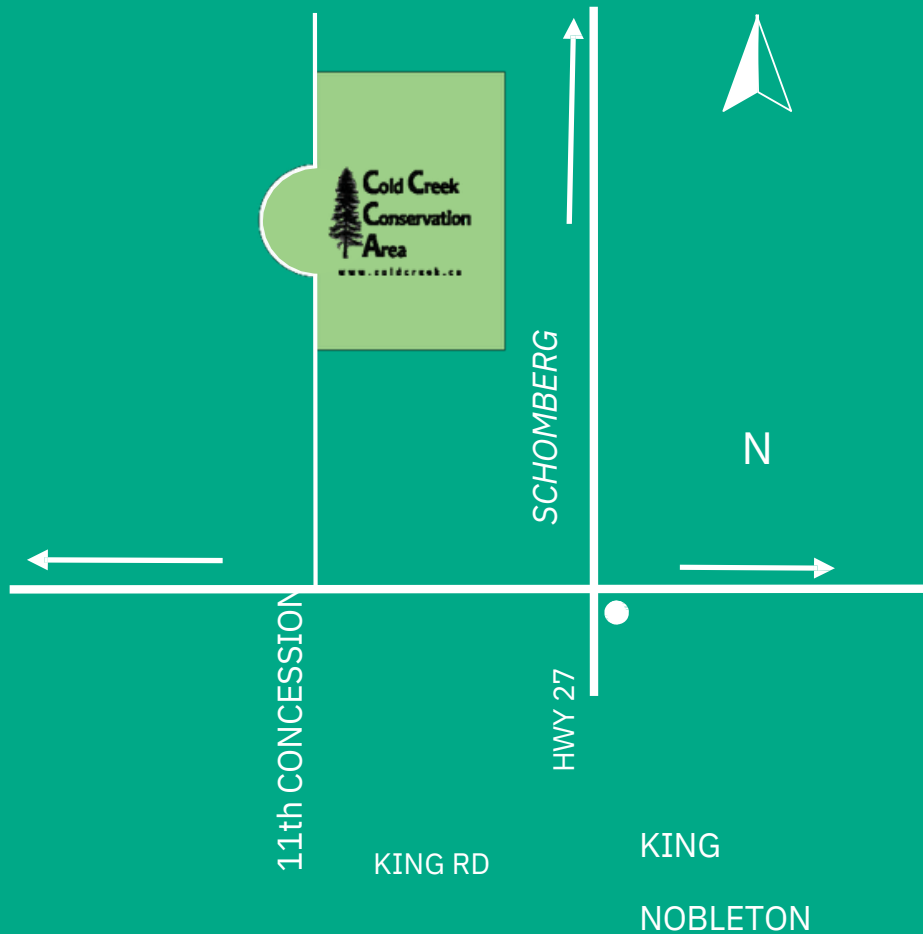
PROGRAMMING DAY

The day has finally arrived! Our team will arrive on-site one hour prior to the start time of your programming. During this hour, we will sign in at the main office and begin to set up programming. We ask that any indoor space being used is booked out in advance to accommodate the hour of preparation beforehand, as well as one hour after programming so we can leave the space the way we found it, if not better.

Group Booking Fee's

Programming for 2 hours	\$19/ participant
Additional Program Hours	\$83.67/ hour
Lunch	\$8.25/ participant

Note: Prices vary for groups under 40 participants



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