Leader Resource Package

Regional Parks protect and sustain vibrant examples of this region’s natural and cultural heritage from Bowen Island to Abbotsford. Explore sensational sites, fabulous facilities and awesome events.

FOR MORE INFORMATION

call 604-432-6350

or visit www.metrovancouver.org
(search: education)
Park Etiquette

While visiting the Park, please take the opportunity to teach your group how to respect and care for natural spaces. Our Regional Parks are home to a myriad of plants and animals, from tiny insects to giant evergreens. Make your visit a positive experience for all living things! If we care for and protect our parks, they will be ours to enjoy for many years.

The following are some guidelines for good park etiquette:

- **Walk quietly and you will see more wildlife.**
  If you see any animals or birds, observe them quietly. Don’t chase them or try to catch them.

- **Stay on designated trails at all times.**
  Walking off trails kills small plants and damages the roots of trees. Do not climb on logs or trees.

- **If it is attached to something, leave it!**
  Learn about leaves and flowers without picking them. Some beach creatures stay alive by anchoring themselves to rocks, so if you pick them off they may not be able to re-attach. Look at them, smell them, feel them, listen to them – and leave them for others to enjoy.

- **Leave the berries for the birds, squirrels and insects.**
  Berries make up a large part of their diet, and a couple of hungry groups of people can strip an area of all berries.

- **Leave everything the way you found it.**
  If you look under logs or stones, gently put them back in place. Never take a log apart. Fill in any holes that you dig.

- **Do not take anything home from the park.**
  All things found in Nature, living and dead, have a role to play. Think of ways to “collect” without taking. Leave only footprints and take only memories.

**Enjoy Your Visit!**
We hope your group has a memorable and enlightening experience in Regional Parks and we look forward to seeing you again.
Program Information for Group Leaders

Thank you for booking a Metro Vancouver field trip. Make your program an enjoyable experience, please review these points to prepare your group.

- Plan on arriving about 15 minutes before the program start time. This ensures you have enough time for washroom breaks and organizing your group.
- Please have name tags on all the children and adults.
- Pre-divide your class into groups of 15 or less. Different coloured name tags often works well to distinguish between the two.
- Please provide at least one additional adult helper per group. This person will help the students show respect for the park setting and be there to assist in case of emergency. Please provide them with copies of “How to be a Great Adult Helper”.
- Please review park etiquette with your class prior to your visit.
- Ensure children are properly dressed for the weather.
  - **Rainy days**: hat, rainproof outerwear and rubber boots
  - **Night/Cold days**: toque, mitts, boots and warm jacket
  - **Hot Sunny days**: hat, sunscreen and drinking water
- For pond, stream or seashore programs, please have the students bring:
  - Rubber boots or old shoes (no sandals or open-toes shoes)
  - A complete change of clothing, including footwear
  - A plastic bag for wet items
How to be a Great Adult Helper

Metro Vancouver programs are active, hands on and educational. By getting involved, you and your child can get the most from our outdoor classroom. Here are some tips to make this field trip productive for everyone.

- **Dress appropriately.** Comfortable walking shoes and outdoor clothes are essential for all programs. Boots or washable shoes are a must for beach, pond and stream programs.

- **Please turn off ringers on cellular phones and pagers.**

- **Be prepared to get involved!** A park program is a great opportunity to have some fun, play a game, and interact with your child and their classmates. Be prepared to participate in activities such as slug stroking. You might like it!

- **Set a good example.** By listening and then passing on clear instructions for smaller group activities, you will be in the best position to support your interpreter in protecting both the children and the park. Please demonstrate the level of attention and involvement you would expect from the children. Conversations to the side can be distracting for everyone.

- **Help with supervision.** Inappropriate behaviour from one or two children can ruin the experience for the whole group and may require you to give a gentle reminder to those children. A behaviour or first aid situation may require you to supervise a smaller group while the interpreter deals with the problem. Consider arranging childcare for younger siblings.

**Thank You for Helping!**

We appreciate your support and hope you and your children have a rewarding experience in Regional Parks.