



# Chaperone Welcome Package

Welcome to Strathcona Park Lodge & Outdoor Education Centre!

Teachers and parents accompanying groups to Strathcona Park Lodge (SPL) are essential to the success of our programs. Thank you for taking time away from work and family to join this trip. It is our sincere wish that your participation be enjoyable and rewarding. The following information is provided to help your stay go smoothly.

## PROGRAMMING

- PROGRAMS**
  - Nature-based & experiential programming. Focused on inclusive engagement, personal growth, and environmental exploration.
- INSTRUCTORS**
  - Responsible for the safety and activity-based instruction of students
  - Will create space for students to problem solve, work independently through challenges and experiment with solutions
- CAMPING**
  - We plan for student groups to sleep under shared tarps. This sleeping arrangement facilitates inclusivity & allows easier supervision.

## CHAPERONE RESPONSIBILITY

- RESPONSIBLE SECOND**
  - Is attentive to the needs and safety of the group
  - Leads by example (active participation, positive attitude)
  - Consistently supports the instructor
  - Understands their scope and area of responsibility
  - No use of alcohol, drugs or medication that impairs judgment at any time while on SPL property and on program time.

### YOU ARE RESPONSIBLE TO STUDENTS DURING THE FOLLOWING TIMES

- Meal times
- Allocated free time
- Evenings on site

- FREE TIME**
  - Enjoy the opportunity to connect with students in free time
  - Basketball, beach volleyball, Frisbee, playing at the beach, hanging out with friends available between 9:00 am and 9:00 pm
- MEDICATION ATTITUDE**
  - Assists students (if necessary) in administering prescription medication
  - Maintain an inclusive attitude & leads by example

- FIRST AID**
  - All instructors and Program Office team are trained in first aid
  - The first aid room is located just outside the Program Office on the bottom floor of the main office building

- AFTER HOURS**
  - Contact the Manager on Call using the black radio inside the outer doors of the main office. Instructions are located with the radio

If you have any concerns, please talk to your instructors as soon as possible and away from the group. You can also talk to the Program Office team or to our Program Director.

# NO-TRACE CLEAN-UP

## Students:

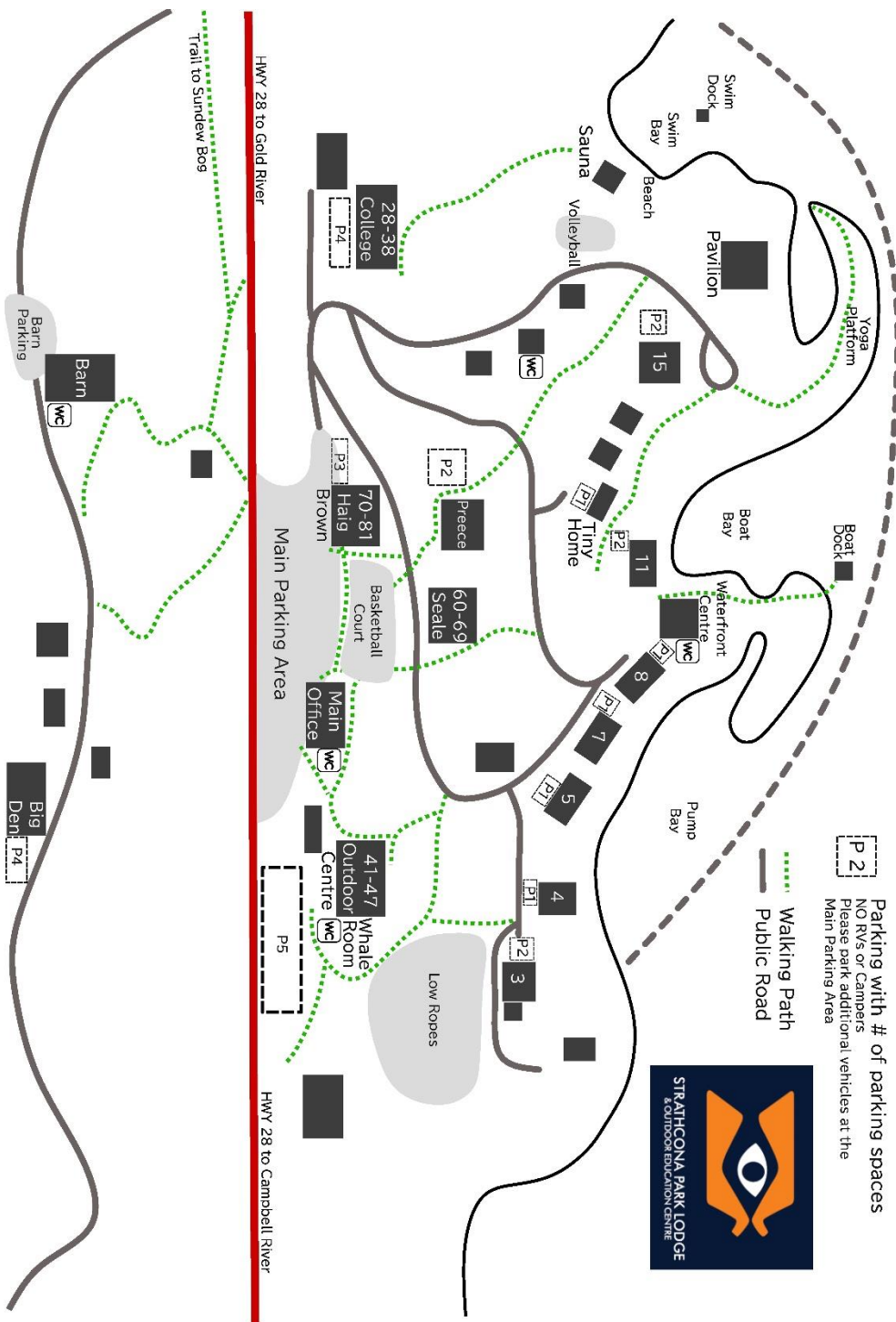
- Pack and remove personal belongings from buildings **before** breakfast.

PLEASE remember to check:

- desk and dresser drawers
  - behind/under beds (and mattress)
  - in bathrooms and any common areas
  - behind furniture
  - on decks and outside around your building
- “No Trace” rooms and building.
    - Remove pillowcases and fitted sheets from beds. Do not remove the mattress pads and pillow protectors.
    - Put the dirty linens (including towels) in a central pile near the front door of your building
    - Remove all garbage from floors, under/behind beds, behind doors, in bathrooms, and in dressers.
    - Empty all garbage cans into green bins that are outside of each building.
    - Wipe up any messes or spills and wash any dishes/glasses used.
    - Sweep all decks.
  - An instructor will come to inspect your room/building when it is clean. Correct anything that you have missed.
  - Please do not re-enter the building once it has been inspected.
  - Washrooms are located in the Administration Building and Whale Room.

## Chaperones:

- Participate in “NO TRACE” clean-up.
- Do final walk-through with an SPL Instructor.
- Take unclaimed items home with group.



## PROGRAM Evaluation (continue on other side)

Please take a few minutes and provide us with some constructive feedback about the program and your instructor(s). Please return this feedback form at the teacher/chaperone debrief. Thanks for helping us to create better programs.

**School/Program Name:**

**Your Name:**

Reflect on the following statements as they relate to your experience	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
The SPL environment felt safe, warm & welcoming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The teacher briefing was sufficiently thorough & detailed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The program office staff were responsive & supportive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The schedule was well suited to our group's ability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The accommodation met our groups needs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There was sufficient quality of food in the Whaleroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There was sufficient variety & volume of out trip food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The equipment used was functional and safe	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The program schedule flowed well & allowed flexibility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There was enough downtime/transition time for students	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The curriculum was engaging & age appropriate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The programming was inclusive (students felt safe & seen)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Overall, I feel satisfied with the program	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## INSTRUCTOR Evaluation (continue on other side)

**School/Organization:**

**SPL Program type:**

1 = Unsatisfactory, 2 = Adequate, 3 = Competent, 4 = Highly Competent, 5 = Outstanding

How would you rate your Instructor(s)	Name:	Name:
Accurately assessed the group's skill level	(1)---(2)---(3)---(4)---(5)	(1)---(2)---(3)---(4)---(5)
Appropriately communicated hazards & safety plans	(1)---(2)---(3)---(4)---(5)	(1)---(2)---(3)---(4)---(5)
Made informed decisions to prioritize safety	(1)---(2)---(3)---(4)---(5)	(1)---(2)---(3)---(4)---(5)
Engaged group in creative games, activities & lessons	(1)---(2)---(3)---(4)---(5)	(1)---(2)---(3)---(4)---(5)
Displayed an appropriate level of technical skill	(1)---(2)---(3)---(4)---(5)	(1)---(2)---(3)---(4)---(5)
Clearly presented instructions	(1)---(2)---(3)---(4)---(5)	(1)---(2)---(3)---(4)---(5)
Shared knowledge of the natural world	(1)---(2)---(3)---(4)---(5)	(1)---(2)---(3)---(4)---(5)
Was socially aware & actively inclusive of all people	(1)---(2)---(3)---(4)---(5)	(1)---(2)---(3)---(4)---(5)
Mirrored the energetic needs of the group	(1)---(2)---(3)---(4)---(5)	(1)---(2)---(3)---(4)---(5)
Navigated group conflict appropriately	(1)---(2)---(3)---(4)---(5)	(1)---(2)---(3)---(4)---(5)
Fluently managed group dynamics	(1)---(2)---(3)---(4)---(5)	(1)---(2)---(3)---(4)---(5)
Created a positive learning environment	(1)---(2)---(3)---(4)---(5)	(1)---(2)---(3)---(4)---(5)
Was punctual and managed time appropriately	(1)---(2)---(3)---(4)---(5)	(1)---(2)---(3)---(4)---(5)
Facilitated group reflection, debriefs & discussions	(1)---(2)---(3)---(4)---(5)	(1)---(2)---(3)---(4)---(5)

## PROGRAM Evaluation

Today's Date: \_\_\_\_\_

How did your group **benefit** from being at Strathcona?

What could be done to **improve** your Strathcona experience?

Additional **comments**?

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## INSTRUCTOR Evaluation

Today's Date: \_\_\_\_\_

Describe the leadership qualities you witnessed in your instructor(s):

What could your instructor(s) improve on to become a more effective outdoor leader?

Give an example of your instructor(s) connecting the student's experiences at SPL to their everyday lives?

Which SPL Core Values did you learn with your Instructor?

Challenge by Choice

More with Less

Generosity of Spirit

Living on the Edge

Stewardship

Happy Warrior

## With your group look back on your trip

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Please take some time with your group and think about your week at Strathcona

Thanks for helping us to create better programs.

Please hand this paper to your teacher/chaperone once you are done!

School/Program Name: \_\_\_\_\_

Instructor Name(s): \_\_\_\_\_

What was the most memorable moment of the week and the most difficult moment of the week? Why?

What was your favorite meal? In the Whaleroom? On outtrip?

What have you learned? How will it affect your life at home?

What did your instructor do well? What is something they could have done differently?

Bonus Question: What made you feel safe & supported at the lodge?

Which SPL Core Values did you learn with your Instructor?

- Challenge by Choice       More with Less       Generosity of Spirit   
 Living on the Edge       Stewardship       Happy Warrior

Please think about the following statements as they relate to your experience: (find a consensus within your group)	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
	We were well prepared for this trip	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We enjoyed our time at SPL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We had enough free time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We liked the food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There was enough food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We appreciate each other more	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We've developed a deeper appreciation for nature	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We learned the importance of working together	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please think about the following statements as they relate to your instructor(s): (select one box per instructor, find a consensus within your group)	Instructor name					Instructor name				
	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Our instructor connected well with us	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Our instructor was fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Our instructor helped us learn lots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Our instructor told us stories	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Our instructor shared their experience with us	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Our instructor talked about the core values	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Our Instructor let us do things such as: cooking, tarp set up, fire building...										

Additional message to your instructor(s) and SPL: