



 Cold Creek
Conservation
Area
www.coldcreek.ca

ProgramGuide 2019



Nature & Education Programs

Spring

Maple Syrup

Grade Appropriate: JK/SK, 1-6

Participants will explore Cold Creek's sugar bush and have an opportunity to experience the maple syrup making process, while actively participating in demonstrations. The program also includes a hike to our sugar bush to collect sap.

Spring, Summer & Fall

Our 5 Senses

Grade Appropriate: JK/SK, 1

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.

All Year

Animal Games

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.

Spring, Summer & Fall

Junior Explorers

Grade Appropriate: JK/SK, 1-3

Participants will explore the Cold Creek property by going on a guided hike, stopping along the trails in different ecosystems to use various tools to gather information on the natural environment. Participants will discover a variety of ecosystems to learn about the flora and fauna common to each ecosystem and partake in different hands on activities including frog and turtle monitoring, pond dip netting and wildflower, tree and vegetable plantings, and flower pot painting to help increase biodiversity within Cold Creek Conservation Area.

All Year

Nature's Art Class

Grade Appropriate: JK/SK, 1-8

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

Grade's 6-8 will focus on 'The Group of 7' art work, and will be tasked to recreate their interpretations of their famous works, using natural materials.



Nature & Education Programs

Spring

Map Masters

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.

All Year

Historic King

Grade Appropriate: 6-10

This program is offered in conjunction with the Township of King Heritage and Culture Centre. The Heritage and Culture staff offer a host of interactive programs that can be taught right here at Cold creek. The following programs are offered:

- Festivals and Celebrations (seasonal program)
- Who are the Mississauga? A First Nations Comparative Study
- European Explorers
- Rebellion of 1837
- Black History (January or February)
- Artifact Interpretation

*will be modified for seasonal changes

Biodiversity

Grade Appropriate: 4-8

Participants will visit unique communities and ecosystems throughout Cold Creek to identify and explore the plants and animals living there. Participants will head out on the trails to explore a variety of diverse ecosystems and will be given the opportunity to engage in interactive hands-on activities such as seed saving, wildflower plantings, species identification and environmental monitoring using various tools specific to the natural environment. By exploring a variety of ecosystems participants will learn about the biodiversity Cold Creek has to offer and learn about the similarities and differences between various ecosystems including; pine plantation, wildflower meadow and mixed forest ecosystem. Participants will learn about different lifecycles, get hands on experience planting various species of wildflowers, trees and vegetables to help increase biodiversity within Cold Creek Conservation Area.

SPRING (APR/MAY/JUN)

- Planting (vegetables, wildflowers, trees)
- Seed Saving (vegetables)
Explore Cold Creek on a guided hike to learn about the importance of seeds, where they come from and how they are spread.
- Monitoring (Aquatics, Frog, Turtle & Salamander)

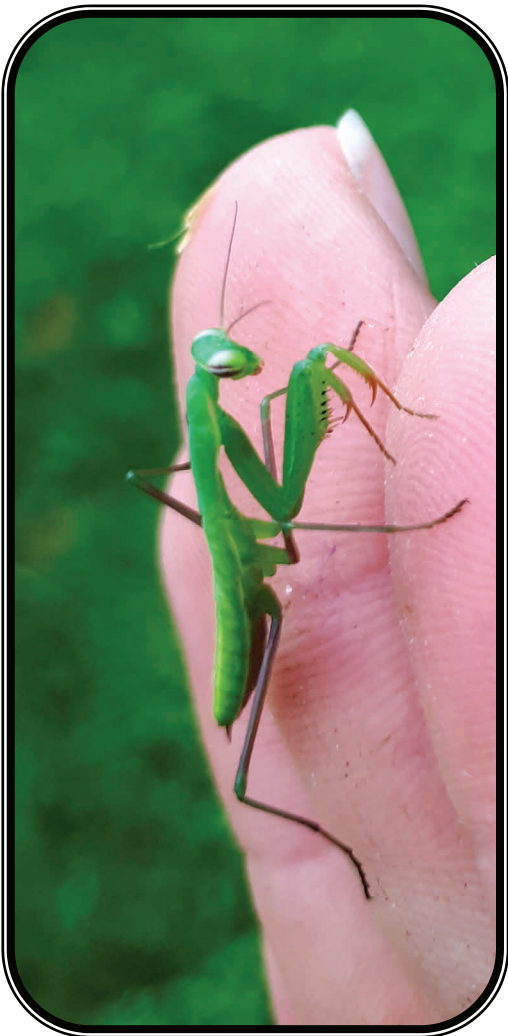
SUMMER (JUL/AUG)

- Planting (vegetables)
- Seed Saving (vegetables)
- Monitoring (Frog, Turtle, Salamander, Butterfly)

FALL (SEPT/OCT)

- Planting (wildflowers, trees)
- Seed Saving (All)
- Monitoring (Frog, Turtle, Salamander, Butterfly)

All Year



Nature & Education Programs



Guided Nature Hikes

Grade Appropriate: JK/SK –8

Hike through different ecosystems of Cold Creek (Bog Boardwalk, Pine Forest Plantation, and Maple Grove) to explore what Cold Creek has to offer. Throughout the hike your guide will stop along the way to observe natural features and make connections to the surrounding environment. Learn about the natural history and ecological importance of native plant communities, tree identification and wildlife present throughout the property during different seasons. Participants will gather information on the natural landscape and finish the hike feeling connected to the surrounding environment. Guided hikes will be offered year round and adapted to seasonal changes.

All Year

Orienteering

Grade Appropriate: 7-12

Participants get to learn the basics of orienteering and explore Cold Creek as they navigate through our 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 can also be offered as a 1 hour program. With the one hour option, students will play games to get them familiar using a compass.

All Year

GPS

Grade Appropriate: 7-12

Participants will learn about basic functions of a GPS (Global Positioning System), and they will be introduced to the outdoor sporting activity of geocaching. They will get to explore Cold Creek trails with the GPS through our extensive geocaching course. This program can also be offered as a 1 hour program. With the one hour option, students will participate only in our short course, and learn the basics of using a GPS system.

All Year

Ultimate Survival

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.

All Year

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.



Recreation Programs



All Year



Spring, Summer & Fall

Difficulty Rating

* - appropriate for all ages and abilities (minimum age of 5).

** - slightly challenging (ages 8 and up).

*** - Challenging with various options of difficulty; all participants assist in the completion of the challenge (ages 8 and up).

**** - Difficult and all participants are required to assist in the completion of the challenge (ages 8 and up).

All Year

Low Ropes & Team Building

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 team work.

Our Team Building program consists of a variety of games and challenges that focus on teamwork, communication and trust to accomplish their goals. Games and activities include a focus on problem solving, and communication.

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

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

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

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 Beams **** | Aerial Trust Dive *** |
| Team Balance *** | Team All Aboard *** | Flying Squirrel* |

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

Recreation Programs



Spring, Summer & Fall

Summer & Fall

Advanced Mountain Biking

Grade Appropriate: 8-12

In this advanced program, participants will be taken through the trails at Cold Creek. With different terrains and rolling hills, this challenging program will tests your students' skills and abilities.

*Please note that this program is for advanced participants with prior experience riding all-terrain biking trails, as well as proper understanding of gears and brakes. Because of bike sizes, participants **MUST BE** at least 12 years of age to participate and able to keep a fast pace. A skills assessment test will be conducted prior to the program to ensure all participants meet the minimum standards for this program.

Introduction to Canoeing

Grade Appropriate: 4-12

This program teaches basics of canoeing, including getting in and out of the canoe, paddling, pivoting, docking, and water safety. Participants will be able to practice their new skills by exploring the pond and participating in fun and co-operative canoe games. Lifejackets are provided. Please note leaders are expected to be on the water with participants who are 10 years or younger.

Snowshoeing

Grade Appropriate: 1-12

Participants will learn basic snowshoeing skills and will go out on a guided hike on Cold Creek's trails. The participants will also get to participate in fun and interactive games that allow the participants to hone their snowshoe skills.

Cross-Country Skiing

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 5 participants at a time.

Archery

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.



Winter

Winter

All Year

Accessibility

We provide inclusive programming for all participants, and are able to adapt programming. We also have a Hippocampe All-terrain Wheelchair. Which is available for participants who require a mobility aid. The device allows participants to explore the trails of Cold Creek, that would otherwise be deemed inaccessible. For more information on the hippocampe please contact cold creek staff at 905-833-5321 ext. 5233.



Day Trip Fee—2019

For school groups or community groups who are interested in attending a day trip.

School or Community Group Day Trip

Up to 5 hours of programming

\$15.00/participant

Supervisors are free

School or Community Group Day Trip With Lunch

Up to 5 hours of programming

\$20.00/participant

Supervisors are free

Additional Program Time

\$70.25/hour

Lunch Option Includes:

Spring, Summer & Fall:

- Choice of Hamburger, Hot Dog or Veggie Burger
- Juice Box
- Bag of Chips or Apple
- Granola Bar

Winter:

- Grilled Cheese & Soup
- Juice Box
- Bag of Chips or Apple
- Granola Bar

*If there are any dietary restrictions, we kindly ask that those participants bring their own meals.

Weekend Overnight Community Group Fee

Overnight building rentals are available to community groups such as girl guides, scouts, and cadets etc. All overnights have access to the Education Centre, which contain a full kitchen including fridge, stove, microwave, dishwasher, and basic pots and pans. The building amenities also include a fire-place, and full washrooms including a shower.

Please note that these overnight rentals do not include any staffing and Cold Creek staff are only in attendance to facilitate programs & during park operating hours.

Community Group Overnight Rental

Building Rental Only

\$205.00/night (Resident)

Community Group Overnight Program Fee

Overnight rental must be booked to qualify for this rate

\$12.25/participant

Additional Program Time

\$70.25/hour

Booking Your Visit

1. Fill Out the School Group Request Form which can be found at www.king.ca and send it to :
Email — Brittney at bharnett@king.ca
2. After your request has been processed, we will follow up by sending 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 — Brittney at bharnett@king.ca

4. Once we receive the signed contract for your trip, we will require a 10% deposit which can be sent to:

2585 King Road
King City, Ontario
L7B 1A1

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

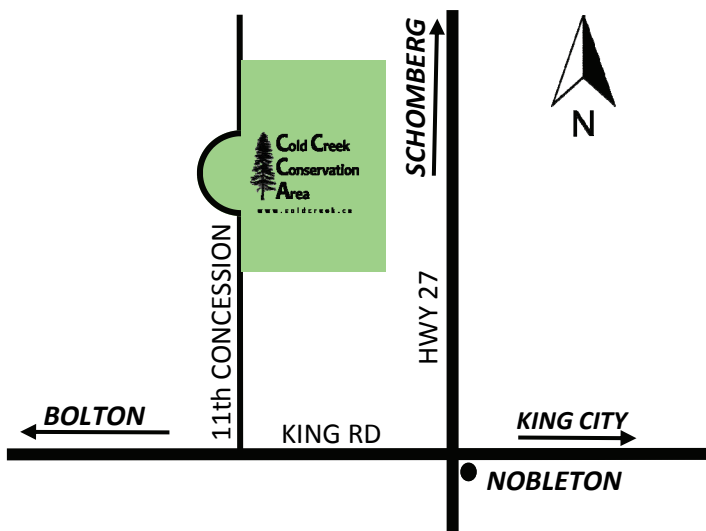
You will be greeted by a Group Leader upon your arrival, collect your waivers and will direct you to your groups designated shelter area for the day, collect all waivers and hand you a feedback survey.

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



For Further Inquiries Please Contact:

Township of King Parks, Recreation, & Culture Department

Brittney Harnett
Recreation Coordinator: Outdoor Education
Call: (905) 833-6566
E-mail: bharnett@king.ca