

## Welcome to the Living Campus!

### Information for staff, students and parents

Welcome to the District School Board of Niagara's Walker Living Campus. We are looking forward to an exciting day *PLAYING, EXPLORING and DISCOVERING* Nature together!

Helpful videos on how to prepare for a day at the Living Campus can be found on our webpage, [www.dsbni.org/walkerlivingcampus](http://www.dsbni.org/walkerlivingcampus)

#### **What to Bring...**

**Bagged Lunch (NUT FREE)** – Our active programs require lots of energy and a healthy lunch will make the day enjoyable for all participants. We require all visitors to the Walker Living Campus bring a litter less lunch, which includes re-usable food containers, utensils and lunch bags, as well as recyclable containers such as cans and bottles.

#### **Snack...**

Please bring a snack that will fit in your pocket.

#### **Water Bottle...**

We have a hydration station, so refillable water bottles are recommended.

#### **Clothing...**

We will be spending most of the day outdoors (rain, snow or shine except severe storms). Therefore it is essential that all participants **dress appropriately for the weather**. We are in a forested area so the temperature at the Living Campus is usually 5 – 10 degrees cooler than other areas.

Consider rain coats/boots/splash pants in the Spring and Fall and snow boots/pants, winter hats, mitts/gloves in the winter.

#### **Wear clothes you can get dirty!**

#### **Dress in layers**

**CLOSED TOE and CLOSED HEEL SHOES (such as running shoes) are mandatory**

#### **What to leave at home...**

Umbrellas, electronic devices including cell phones, iPads, iPods, radios etc.

## Low Ropes Course

If you are participating in our Low Ropes Course you must meet the following qualifications:

- Long hair must be tied back, scarves tied up and tucked into clothing.
- Drawstrings on clothing must be tucked in. Headphones, including ear buds must not be worn.
- No Sandals, flip-flops or bare feet permitted. Closed toe and closed/flat heel shoes only.
- Jewelry including watches, rings, bracelets and necklaces should not be worn.

## Ticks...

Ticks are often found in forested areas or areas with long grass. They can attach to humans and pets that are passing by.

## So what can you do to help prevent a tick bite during your visit to the Walker Living Campus?

- Use insect repellents , such as Off!, that contain DEET prior to your arrival
- Wear light coloured clothing to help spot ticks
- Tell an Adventure Guide if you see a tick on yourself or a peer, we can help you safely remove it
- Do a full-body check on yourself, you can ask your guardian(s) for help, after your visit

Visit us at: [Dsbn.org/walkerlivingcampus](https://dsbn.org/walkerlivingcampus)

FB: DSBN Walker Living Campus



Twitter: @DSBNWLC