

Teacher Resource: Awareness Tips for Outdoor Education Adventure

Be aware of your surroundings, your route, and time. What to wear, bring, do:

- Carry a trail map for reference and know how to use it (for example, terrain, landmarks, taking a bearings)
- Notice points of entry/exit, meeting up with the other small groups
- Wear a watch
- Know how to tell the approximate time of day based on where the sun is in the sky
- Know approximately how long it will take to complete your route/ activity to plan for adequate nutrition and hydration

Be aware of hazards: rocks, roots, Poison Ivy. What to wear, bring, do:

- Use our eyes to observe our surrounding
- Don't touch something we don't know about
- Stay within the boundaries
- Be aware of your surroundings all the time
- Wear lightweight long sleeves and pants to protect our skin
- Wear closed toe footwear that fits and is done up properly

Be aware of animals. What to wear, bring, do:

- Keep a safe distance
- Don't wear scents that might attract them

- Never feed them
- Make some noise so they know we are near them
- Learn about the animals around us

Be aware of hiking rules. What to wear, bring, do:

- Stay on the trail
- Don't take short cuts
- Walk in the middle except to pass someone
- Follow the trail signs
- Hike with a buddy

Be aware of how to get help when trouble arrives. What to wear, bring, do:

- Carry a whistle to use for emergencies
- Shout out 3 times
- If lost, stay where you are. Let help come to you

Be aware of the weather. What to wear, bring, do:

- Check the weather before you go
- Bring a raincoat
- Bring extra clothes
- Make sure we have sun protection
- Apply sun protection frequently

Be aware of too hot; too cold. What to wear, bring, do:

- Pay attention to how we are feeling
- Find shady spots
- Take rest breaks

- Add or remove layers of clothing
- Tell an adult if we don't feel well

Be aware of cuts, scrapes and burns. What to wear, bring, do:

- Carry a first aid kit
- Have a safety plan in case of injury
- Know what to do in case of an emergency

Be aware of respect for the environment. What to wear, bring, do:

- Don't pick flowers or plants
- Don't pull off branches or bark from a tree
- Don't litter and take out our own garbage
- Don't trample on plants

Be aware of clean up time. What to wear, bring, do:

- Bring wipes and hand sanitizer to clean up
- Don't drink from natural water sources
- Don't use soap near or in natural water sources
- Don't pour out liquids (pop, juice) on the ground or in water sources
- Don't throw away fruit peels or cores
- Take all your garbage with you

Be aware of capturing memories. What to wear, bring, do:

- Observe nature
- Listen to the sounds
- Smell the air and plants
- Take pictures, sketch a drawing, journal your observations

- Leave only our footprints
- Share with others to remember the adventure

(Teacher Resource: Bruce Trail Conservancy, 2021)

Reference

Bruce Trail Conservancy. (2021). Know Before You Go: Tips and safety advice to make the most of your next Bruce Trail visit.