

Teacher Resource: Outdoor Education Awareness Tips

- Be aware of hazards such as loose or falling rocks, poison ivy that can cause a rash and blisters.
- Stay away from cliff and water edges unless you are with an adult.
- Avoid wild animals that come too near or seem too friendly.
- Know about the wildlife you may encounter. For example, never feed a bear, stay away from a mother and her cubs.
- Make a bit of noise when you walk in the bush to let animals know you are there.
- Don't wear perfumes or scented sprays and lotions that may attract animals.
- Follow the rules when hiking on a trail.
- Carry a whistle. Know the recognized distress signal of 3 whistle blasts or three shouts.
- Check the weather forecast before heading out and prepare for it (for example, rain coats, extra water for hydration, know where to find shade) or postpone your trip until it passes over.
- Wear proper clothes and footwear for the trail conditions.
- Know the signs and symptoms of heat and cold injuries and tell an adult if you are not feeling well.
- Have a safety plan, carry a well-stocked first aid kit and know what your role is in an emergency situation.
- Leave flowers, wood, rocks and plants behind.
- Don't damage trees by breaking branches or stripping the bark.
- Carry out all litter. Leave nothing but your footprints where you go.
- Appreciate nature using our senses: observing, smelling, and touching natural objects but not picking or trampling them. This includes insects and all little creatures in our world. Remember only to touch them if an adult tells you it is safe to do so.

- Do not build structures, fire rings, furniture or dig trenches on trails.
- When washing camping utensils or yourself, carry water at least 60 meters [200 feet] from streams or lakes and use small amounts of biodegradable soap.
- Take only pictures, drawings and fond memories away with you. Leave only a footprint on the path you have respected.

(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