



**OUTDOOR EDUCATION AND  
ENVIRONMENTAL STUDIES  
CENTER**

# TEACHERS HANDBOOK

## FACILITY INFORMATION

Facility and program information to assist teachers in  
booking and making use of the  
Cameron Lake Outdoor Education Center

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# Introduction

School District 60's outdoor environmental studies center is owned by School District 60 and is available for use by all district pupils and staff where such uses are compatible with the outdoor education and environmental studies curriculum objectives.

The Center is located in a natural forested setting on the shore of Cameron Lake, 25km South of Hudson's Hope on Highway 29. The facilities include 2 dormitories, a cookhouse with a fully equipped kitchen, a shower unit, a variety of hiking and cross-country ski trails, a beach on the lake and much more. A complete list of what the facility includes is listed on our website [www.prn.bc.ca/cameronlake](http://www.prn.bc.ca/cameronlake).

# Intended Use

Our goal at the Environmental Studies Center is to provide a fun recreational experience for students that strongly emphasizes environmental learning.

The purpose for the Outdoor Recreation and Environmental Studies Program is:

- To provide students with the learning opportunities which cannot be gained in the classroom
- To stimulate student curiosity and permit them to discover the satisfaction and excitement of learning outside.
- To expose students to various ecosystems, both large and small which may foster a better understanding of our planets living systems and our part in it.
- To encourage a lifelong sense of stewardship for our environment.
- To enable students to understand that conservation of our natural resources is everyone's responsibility.
- To give students experience using scientific method to observe natural world.
- To expose students to the various career paths in environmental sciences.
- Encourage cooperation and team effort.
- Expose students to team and individual challenges.



# General Guidelines

The Outdoor Education site is to remain in as natural a state as possible. Due to the high use of the site it has to be treated with extreme care.

For programs which require collection of materials please check with the coordinator first. Some things which are rare or slow growing should not be collected. Special areas are set aside for survival programs such as shelter building and fire making, and relevant materials are available for these purposes. If anything is disturbed, such as rolling over of logs during a rotting log study, these should be returned to their original position when done.

Use of the site is organized by booking time through the Outdoor Education Coordinator by visiting the site website.

<https://www.prn.bc.ca/cameronlake/>

There must always be a minimum of one teacher in attendance at the site who has completed an orientation related to the facilities and programs.

A vehicle, other than the coordinator's, must always remain on site while a group is present.

All regular school board policies and regulations apply to the center.

The maximum adult to student ratios are 1 to 10 for Students in Grades 4 and up. Experience has shown that a ratio of 1 to 5 may be optimum for younger grades.

The center is not connected to the BC Hydro power grid, therefore electricity when required must be supplied by a large and expensive to operate Propane generator. The generator is located near the parking lot and should be used sparingly. The kitchen appliances are all propane operated (fridge included). 120 Volt supply should only be required to pressurize the water system for approximately 20 minutes twice a day, and for vacuuming during cleanup.

Any litter noted on site should be picked up and disposed of properly.

The grey-water field installed at the site was designed to support dish and hand washing as well as the brushing of teeth. Please refrain from hair washing as it places additional strain on the system. Please do not use soap within 20 meters of the lake.

Any damages to the facilities or equipment will be billed to the school or group representative responsible.

Any person discovered to be willfully damaging the facilities or equipment at the center, or not following the rules and regulations, may be banned from all future use of the site at the discretion of the Outdoor Education Committee.

If a student demonstrates unacceptable behavior he or she will be sent home from the center. Parents of the student will be contacted to pick up the individual.

Hunting, Use of ATVs anywhere on the Site and Pets are strictly prohibited. The Coordinator keeps a dog on site for personal safety.



# Booking Procedure

The Outdoor Education Center must be booked in advance by visiting the Center's website. No bookings will be accepted without a completed booking form. Forms are located through the Teacher's Portal page located on the website.

**1**

Choose A Topic

Choose activities from one the topics in the Resources section.

**2**

Pick A Date

View the Calendar for available dates.

**3**

Book Your Visit

Fill out the booking form requesting your desired dates.

# Booking Procedure

- Groups must bring portable first-aid supplies, although supplies is located in the first aid center on site.
- The Center can accommodate up to 100 people indoors and 250 people total.
- Bookings may be any length of time from an hour to up to one week.
- School District visits are limited to Monday-Friday.
- There must be at least one person on site who has attended an on-site orientation session.
- Permission slips and medical information forms MUST be submitted to the school principal prior to the trip. (There is a sample permission slip available on the website that includes details about specific activities that may take place at the Center.)
- Non SD 60 School Groups may apply to use the site. See the section of the handbook that deals with Out Of District Groups.

See the Fee Schedule on the next page...



# Student Fees

SD60 students may visit the center for a small fee. Please note that the fee has not changed much in over 30 years and may be subject to small changes as the facility and program is updated.

Students from other school districts may also visit the center and separate fees apply.



## Day Use

\$5/Day



## Overnight

\$10/  
Night



## Non-SD60 Students

\$15/  
Night

# Payments

## Invoice

Invoices are sent electronically to the school secretary and addressed to the Teacher that booked the visit. The invoice will include a day to day breakdown of booking fees calculated by the amount of students attending and the span of their stay. Additional fees such as firewood, energy or consumables will also be listed.

## Payment options

Payment can be paid via Credit card, E-Transfer to [cameronlake@prn.bc.ca](mailto:cameronlake@prn.bc.ca) or directly to the Board Office

## Discounts

At times discounts may be offered. These discounts are predetermined amounts and are given in select situations. SD60 staff may also utilize a staff discount when booking privately.

## Deposits

If a student group is larger than 25 students or the visit spans more than 1 night, a 25% deposit may be requested. The deposit is held for possible damages or uncleanliness related to the groups visit and is applied to the total invoice amount when condition is deemed acceptable.



# Additional Fees

## Energy

Fees are all-inclusive with the exception of power generation.

- Use of the on-site generator for more than 2 hours a day will be charged at a rate of \$10 per hour.

## Firewood

The use of firewood use each day is \$10.

- Please be frugal with the firewood as it is collected by a limited team and takes great effort.

## Supplies

Supplies such as art supplies or other consumables are charged as \$1-3 per student depending on activity.

## Cleaning

All cleaning is the responsibility of the user groups. Any cleaning tasks left unfinished will result in a cleaning fee being added to the final invoice. Visitors are expected to leave the site, building and other facilities in the same condition (or better) than they are found. Groups will be charged \$20 dollars per hour for cleaning if facilities are left in an unsatisfactory condition. This includes the outdoor common areas.

## Cancellation

If you must cancel a booking for any reason you must contact the site coordinator immediately. Cancellations made less than a week before the site visit is scheduled will be charged a \$50 cancellation fee.





# Facility

Located in the beautiful boreal forest on the shore of North Cameron Lake, the facility boasts a warm welcoming ambiance.

Log buildings accommodating large groups include sleeping mats, tables and chairs and a stocked kitchen.

A resource building contains a classroom suitable for indoor study and activities.

Recreation Equipment is available for student use.

See the following page for pictures and details...

# Facilities

Log buildings provide a rustic comfort in this natural setting. Multiple buildings may be utilized for learning, recreating, sleeping and eating.

The common area is central and easy to keep track of students by being open and clean with adequate views of the surroundings.



## Lodge

The main hall is spacious and has tables and ample seating. A comfortable seating area is located near windows viewing the lake.



## Dormitories

2 large dormitories for boys and girls separate sleeping quarters. Each will sleep approx 45 students. 4" sleeping mats are supplied, but students must bring their own bedding.



## Kitchen

A large, fully stocked commercial kitchen is available and includes 3 large sinks and an additional hand-washing station. All dishes and cookware are supplied.



# Kitchen

The kitchen is fully equipped with all the basic items a group may need. There are 2 refrigerators, 2 burner stove with large griddle and oven, large frying pans, numerous pots in sizes from 4 to 20 liters, juice containers, dish rags, etc.

Hot and Cold running water is provided in the Lodge. Water is provided by a deep well located adjacent to the Lodge. It is filtered and UV treated. Tap water is potable.

The only consumables stocked in the kitchen are Dish Soap, Dish Sanitizer, garbage bags and paper towel

## Kitchen Cleanup:

Dishes must be washed in hot water containing dish soap then rinsed twice. The first rinse must be in clean hot water, the second rinse must be in hot water containing bleach (provided). Dishes must stay submerged in the bleach rinse for at least 30 seconds. Dishes should then be stacked to air dry, do not wipe dry.

These are Ministry of Health Requirements.

All kitchen appliances shall also be cleaned and sanitized.

Any leftover food is to be taken with you upon your departure.

All garbage and recycling is to be taken with groups as they leave as we do not have a garbage pickup service.

It is suggested that one Adult be placed in charge of the kitchen for the duration of the stay and that work groups be organized so that students may take turns in the cooking, cleaning and dish washing roles.

Under no circumstances is food allowed in the Dormitories.



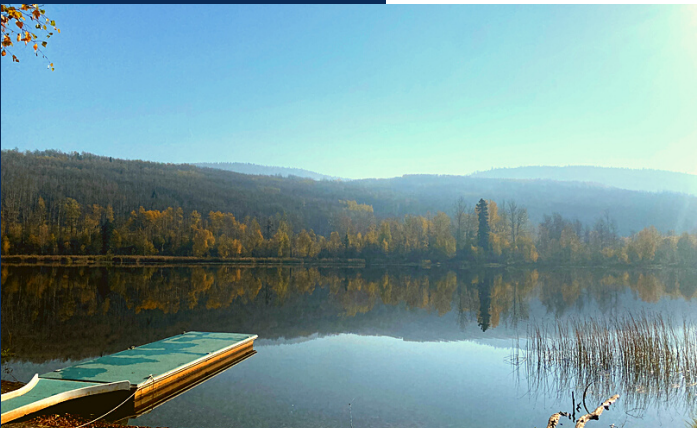
## Classroom

The lab is where we do most of our indoor learning activities. There are plenty of learning resources that teachers may access. As well there are many microscopes frequently used for pond studies.



## Showers

There is a shower building located between the boys and girls dorms with separate rooms. Each consist of 2 shower stalls, and 2 sinks. These units are not operational most of the winter months.



## Beach

Our beach encompasses a modest beach with sandy area, a large floating dock, and a designated swim area. The beach must be kept clean and cared for by all who use it.



## Multi-Use Field

There is a large multi-use area. A maintained grassy field where games or stents can be set up. There is a small, primitive fire pit at one end of the field.





## Natural Study Areas

There are natural study areas along the trail network where learning may take place. Many of these are being redeveloped.



## Low Ropes Course

This area is being redeveloped. A low ropes course area will be available once again on a future date.



## Bouldering Wall

A multi-sided bouldering wall is available for students.

Please review the rules before use.



## Recreation Equipment

The Center has a variety of recreation equipment available for student use such as mountain bikes, canoes, archery, skis, snowshoes and more.



# Roles and Responsibilities

While on a field trip, it is understood that students, faculty, and chaperones will conduct themselves in a professional manner consistent with the behavioural guidelines outlined in the handbook.

As a field trip is considered an extension of the classroom environment, the same behavioural expectations, policies, and discipline for unacceptable behaviours that would exist within the on school environment are in force.

Careful Pre-planning is essential for a safe trip. Please review the roles and responsibilities of each person involved ahead of your visit to ensure that our adventures run smoothly.

# The Site Coordinator

The operation and use of the Outdoor Education Centre is under the direct supervision of the Outdoor Education Coordinator.

The Coordinator's duties are to assist with bookings, prepare equipment and activities, provide teacher in-service, oversee facilitation of activities, ensure safety and oversee all matters pertaining to the Centre's operation, administration and maintenance.

## Teachers

The Teachers have the most important role to play in defining the experience the students will have at the Center. The role of teachers is to prepare for the trip, lead students through activities with the help of arranged chaperones, ensure rules and guidelines are followed by students while ensuring student engagement with environmental learning and activities.

This may include and is not limited to:

- Booking the Facilities
- Submitting a Schedule of activities and objectives to their Principal and the Site Coordinator
- Arranging Transportation
- Arranging for adult volunteer helpers
- Attending an orientation session if it is a first-time use.
- Notifying parents of the planned trip and obtaining parental permission along with medical information.



## Cont'd...

- Arranging the menu and food purchases
- Facilitating activities at the Centre with the assistance of chaperones.
- Arranging for a first aid person and an emergency vehicle to remain on site at all times.
- ensuring activity engagement by keeping an encouraging and positive attitude.
- Notifying students of the rules and regulations and monitoring student conduct.

## Principal

The school principal is responsible for reviewing and approval of the Planning form and Schedule in advance of their submission to the Site Coordinator. The Principal must always appoint an emergency contact.

## Parent

Parents must first carefully read the permission slip sent home with students, sign and return it with the student back to school.

It's essential that parents prepare the student for their trip by ensuring they are properly equipped for the activity and weather events. As well parents should discuss the rules their child ahead of the scheduled trip.

# Adult Chaperones

The Student to Adult ratios required for trips to the Outdoor Education Center are met by involving Parents, Grandparents, Friends and Senior Students as group leaders.

Properly prepared these individuals can become very effective leaders. Specific expertise is not required in order to be a good leader in any activity. Showing interest and enthusiasm are the only pre-requisites.

## Utilizing Chaperones

The following suggestions may help you best utilize the helpers that you have available.

- The tasks given should be specific
- The tasks given should be carefully outlined before the trip commences
- Involve helpers as much as possible but also give them the chance to retreat and relax if necessary.
- Consider if the volunteer has specific expertise or interest which applies.
- Helpers can oversee specific chores such as cooking or cleanup in the cookhouse or dorms.
- They can be leaders of an activity such as biking, hiking, archery, games etc.
- As a Monitor at the climbing wall or challenge course.
- Have them pre-read this handbook as a primer.

Keep your volunteers informed through emails or written letters. Include them in planning and information sharing, as well as background information on the site, students, and overall expectations.



# Educational Activities

The primary function of the Outdoor Education Center is to promote Environmental Learning. Together we look at nature around us and learn about each component, it's function and relationship to everything else

Activities provided range from simple observations, games and classroom projects to field practice and technical applications of environmental techniques.

Elements of natural arts are often included in activities.

Please discuss with the Coordinator if you are working on a specific topic in class and we can try to coordinate on site lesson to what they are currently studying.

Review the Topics and activities available on the following page.

# Program Topics

## Phenology

Nature is a calendar

Phenology is the observation of seasonal events in both animal and environment. How the leaves change, how animals' coats or behaviour changes, migration, changes in temperature, the first bud of spring etc.

Together students will explore the timing of nature during hikes and exploration and use what they learn in creating a visual journal of what they see.

Topics:

- Seasons
- Sun/Moon
- Life cycles
- Art and Journaling

## Biomes

Biomes, Geography & Wetlands

Together we study the land formations that create the landscape we see, The many biomes across the world and explore or local topography, lakes and wetlands. We will focus on lake ecosystems and pond health, habitat and inhabitants.

Topics:

- Biomes
- Ecosystems
- Habitats
- Landformations
- Pond Studies
- Research Surveys
- Art

# Animal Ecology

Animal ecology will teach students about species identification, behaviour and interactions. We will discover through field activities, games and classroom projects.

Topics:

- Habitat
- Behaviour
- Adaptations
- Research Surveys
- Energy Transfer / Food Web

# Botany

Students will be able to identify and understand the plant parts, plant and leaf cell parts and function, process of photosynthesis, and pollination. Plant based art projects will give students inspiration and admiration for the colors of nature.

Topics:

- Species Identification
- Plant Ecology
- Ethnobotany
- Botanical Arts

# Survival Skills

Students will explore the protocols for trip planning, preparation and survival of adventuring in the wilderness.

Topics:

- |                          |                 |
|--------------------------|-----------------|
| • Trip Planning          | • Forage        |
| • Orienteering           | • Bushcraft/Art |
| • Fire/ Shelter Building | • First Aid     |



# Technical Application

The goal with all subjects is to present students with the knowledge and skills needed to manage and protect our environment. Here we practice the techniques used by professionals in the field setting. Students will partake in surveys and data collection related to various environmental career paths

Topics:

- Forestry Surveys
- Aquatic Biology
- Vegetation Assessment
- Wildlife Surveys
- Habitat Assessment





# Safety

Careful Pre-planning is essential for a safe trip, and should consist of not less than;

- Ensuring that students bring appropriate clothing for the conditions they will encounter.
- Providing proper supervision at all times
- Drawing up a comprehensive timetable and rules of conduct.
- Ensuring that parents, helpers and students are all familiar with the timetables, rules of conduct, a map of the site and the fire procedures.



# Emergency Prevention & Active Procedure

## Fires:

There are no Fire Protection Services provided to this site!  
In the event of a fire the following procedure must be followed!

1. When a fire is discovered you must Yell "FIRE FIRE FIRE"
2. Upon hearing the announcement "FIRE FIRE FIRE"  
Everyone must proceed safely to the Muster Point (the Fire Shelter).
3. Once at the Muster Point a Head Count will be done.  
ALL PERSONS MUST BE ACCOUNTED FOR before any further action is taken.
4. Once everyone is accounted for Volunteers may be dispatched to fight the fire if it is safe to do so (ADULTS ONLY). Provided that at least TWO Adults remain to watch over the group at all times.
5. If the fire is unmanageable, the Fire Department will be contacted.
6. No One May leave the Muster Point Unless Authorized.

In the Event of a Forrest Fire all the preceding steps should be taken, then the Forest Service shall be called at 1-800-663-5555 and the site evacuated immediately.

# Camp Fires:

Fires are permitted only in the main fire pit, the tenting area fire pit and in designated Fire Study Area during fire starting skills programs.

Firewood and Kindling are supplied in all designated areas with the exception of Fire Study Area. (Wood must be brought to this site). Do not cut firewood on site or break branches off of trees for kindling.

**DO NOT PEEL BIRCH TREES!**

Firewood may be split on splitting blocks provided near the wood shed at the main fire pit. Do not split wood on the benches. Students who are splitting wood or using the cross cut saw must have instruction and be supervised at all times.

In keeping with the objectives of conservation, and since cutting and hauling wood is both time consuming and expensive, please keep fires small and restricted to the evening hours unless used for cooking food.

Do not put out fires in the fire pit with water, please allow them to burn out on their own. Although, water must be kept near by in case of emergencies. All other sites must have water available to put out fires when finished.

Do not burn garbage or food in the fire. Most packaged items which appear to be paper actually contain thin foil and plastic inner liners, which do not burn and release toxic fumes. Also, partially burnt food attracts animals.

## **First Aid:**

It is required that there be a minimum of one adult (other than the Coordinator) in attendance who has a valid first aid certificate. This person shall accompany all activities involving an unfamiliar environment, such as hiking and skiing, and shall carry a basic portable first aid kit.

One large first aid kit and one portable first aid kit are located on the wall in the Lodge. Other first aid equipment including a stretcher, hard collars, splints, blankets, crutches and a spine board are located in the Resource Building. During the winter the spine board is normally placed in the emergency toboggan.

All emergency incidents must be recorded on the appropriate forms located in the Lodge.

## **Vehicles:**

It is required that there be at least one vehicle with an available driver in attendance at all times while the site is in use. This will not include the Coordinators vehicle.

## **Emergency Contact:**

In consultation with the School Principal each group at the site shall appoint one adult to serve as an emergency contact. In the event of an accident this person will be solely responsible for communicating with parents, the school district and emergency personnel (Ambulance, Fire and RCMP) until the accident has been remediated.

# Accidents:

In the event of a serious injury or accident the following procedure must be followed. Attempt to co-ordinate two volunteers for each task if possible, as it will save time in an emergency.

1. The First Aid Attendant must be called to the scene of the accident. The attendant will choose volunteers to assist in first aid, and following their initial assessment of the accident scene all others will be escorted to the Muster Point (the fire pit) by an Adult.
2. An Adult will be sent to call 911 from inside the Lodge near the Cellular Service Booster located at the Coordinator's desk. (A list of Emergency numbers is kept on the refrigerator and at the coordinator's desk.). This person should remain on the line until help arrives and Must Not Be Disturbed. They will be responsible for passing on critical information from the first aid attendant or a delegated volunteer to the BC Ambulance Service, as well as the location of the site.
3. The Coordinator will carry a SPOT device and will notify that assistance is needed.
4. If the First Aid Attendant requests the spine board and/or basket (or Emergency Toboggan) Two Adults should be sent to retrieve them from the Cook House.
5. All persons, equipment and vehicles shall be kept clear of the Road Access and Main Trail as Emergency Vehicles may need to use them for access. If there is a chain across the main trail it MUST be unlocked and removed.

## Cont'd...

6. An adult volunteer MUST drive to the "SAFE ZONE" - the site entrance at the highway - to meet the Emergency Vehicle. Signal with headlights and emergency flashers if Necessary. DO NOT ASSUME THE EMERGENCY PERSONNEL KNOW WHERE THE SITE IS.

The adults attending the rest of the group at the Muster Point shall do a head count. No one shall leave the Muster Point without authorization.

## Buddy System:

Before arriving at the center the teacher should have all students paired off into "buddies". Each student should know where their buddy is at all times.

If a student is to use the washroom facilities in the night they must wake up their buddy to accompany them, unless there is an adult already awake and willing (or designated) to accompany them.

## Non-Emergency Transportation:

Arranging for bus transportation to and from the site is the responsibility of the teacher, and is charged to the individual school that books the site.

# Lost Students:

Students should be instructed upon arrival (prior to if possible) that in the event of becoming lost they should seek shelter under a large tree until they are found. (The Hug-a-tree principal). This will not only ensure the students are somewhat sheltered, it will also ensure they remain in one location.

The following steps should be taken if a student is missing:

- Notify the site coordinator immediately.
- Determine whether or not the student is really lost. (ie: Not sleeping in the dorms).
- The remaining students should be gathered at the Muster Point (or another appropriate area) for a head count, and should remain there under adult supervision.
- After determining who and how many students are lost, determine what activity they were last engaged in and where they are most likely to be.
- An initial search should be conducted using several search parties composed of either two adults or one adult and two students (depending on the number of adults available). These search parties must remain on the trails, and stop every 100 meters to blow their whistle and listen for a response. The search may take from 1 to 2 hours depending on the area in which the students are lost. Each search party should take along at the very least a whistle, bear spray and a portable first-aid kit.

## Cont'd...

- If the initial search is unsuccessful then the school principal, the parents of the student and the RCMP should be notified immediately. Parents may not be required on site immediately, however they should be updated hourly.

Police will most likely request the services of the Search and Rescue team, who will coordinate and carry out the search from this point on.

## Water Safety:

There is a canoe on site to be used for emergency purposes only. Oars are stored under the boat, and life vests are stored in a box hanging above.

In the winter no one is to go onto the lake unless the ice thickness and condition have been checked and approved by the site coordinator. The ice to the southeast of the site (near the highway) is off limits at all times due to natural gas bubbling from the lake bed, which prevents ice from forming or causes it to be extremely thin.

Swimming must only take place within the designated area.

- For students 10 years old and up the rope will be placed so that the maximum depth of water is 1 meter.
- For students under 10 years old the rope will be placed so that the maximum depth of water is 0.5 meters.



## Cont'd...

There should be one adult for every 10 students in the water or on the beach at all times.

Additionally:

- Students must use the buddy system
- The life preserver ring must remain in the beach area at all times
- Swimming outside of the rope is prohibited

## Wildlife Precaution:

Although we ensure that there is nothing left in the area to attract predators, they are often still in the area. In order to ensure the safety of both ourselves and the natural residents of Cameron Lake great care must be taken to keep all food and waste cleaned up and put away. (Even the smallest crumbs!)

The Canadian Jays and squirrels that live around the site are quite tame and will often come very close, even to large groups. Please DO NOT FEED them, as this is actually harmful to them. The standard rules regarding all wildlife at the site are:

- Keep your Distance
- Do Not Feed, Harass or Follow them
- Notify the Coordinator about any Bear, Cougar or Moose Sightings

## Cont'd...

In the instance of a bear visitation, group all kids together and explain the importance of staying calm. If near the Lodge, send all students inside. If in nature keep children together, talk softly at first to let the bear know you are near without startling it. Then, speak firm and loudly as you calmly walk away from the bear with adults between.

Always have bear spray and/or bear bangers handy during the active months.

- Use bear spray if the bear approaches within a vehicles distance or if it runs at you.
- Bear bangers are useful with some distance. Always ensure that it is directed upward and between you and the bear.

Use similar tactics with other animal encounters such as Cougar or Moose.

Alert the Coordinator of any sights or encounters with wild animals.

## Cold Weather:

Groups will not be permitted to leave for the Center if the expected overnight temperature is lower than Minus 30 degrees Celsius. If the temperature drops below this level while a group is already at the site a decision should be made as to whether it is better to stay or leave.

## Communications:

The cellular service on site is for Emergency Use Only. It is located at the Coordinator's desk by way of a cellular booster. The password for wifi is as well only to be given to the booking contact, Teacher or Group lead and should not be given to the general public or students.

- Wifi is meant for emergency use, not recreation. The generator must be turned on in order to access communications.

For emergencies outside regular hours only the Coordinator may be contacted directly at this number 250-687-0466.

## Boundaries:

A safety boundary surrounds the interior site and buildings which make up the site. This boundary consists of 4 meter wide straight sections of land cleared of trees along three sides of the site. The lake forms the Fourth side of the boundary. The boundary is marked by a short red fence and signs are posted where each trail meets the boundary.

Students should not go beyond this boundary without an adult.

All trails are well marked with directions back to the cookhouse.

Most study areas are located within the safety boundary.

## Cont'd...:

Teachers and helpers should take extra care in keeping track of their students when leaving the boundary for study exercises. Adults should stay at the front and back of the group of students when hiking or skiing, and take headcounts when changing study locations.

Students must remain within sight of the Lodge at all times when not accompanied by an adult. A designated "Common Area" will be described to students upon arrival. This area is available for "Freetime" or Snack and lunch breaks.

The beach, climbing wall and adventure course are out of bounds to students not accompanied by an adult. Additionally - the parking area, resource building and generator building and the are also out of bounds to students.

The kitchen area of the Lodge is also off limits to students unless they are assisting in cooking, cleaning, or doing dishes unless directly requested by an adult.

Students must only use the south entrance of the cookhouse unless they are unloading supplies, or in the case of an emergency.

For the after-dark game Mission Impossible there is a platform just east of the playing field. For the purposes of this game the boundaries are the camp area to the north, the playing field to the west, the lake to the east and a yellow barricade tape to the south.

# Propane

Propane is used for heating, cooking, refrigeration and power generation. Propane is safe when used in the correct manner, but if used improperly it can result in a significant safety risk. Students are not allowed to operate the propane system.

Always be on alert for the smell of propane gas. Although the Center often has a general off gas scent, it's due to the many pilot lights lit within the buildings and not necessarily a concern. If you smell a pungent gas scent, do not light anything or attempt to turn on any lighting. Open all doors and windows, evacuate the building and notify the Site Coordinator.

A source of the smell sometimes is that the pilot lights in the heaters, refrigerator, stove and grill are normally left on. These pilot lights can be blown out by a draft or spilled water. Instructions for re-lighting the pilot lights are located above the cookhouse kitchen sink in a binder marked "Operating Manuals. "If you are not comfortable re-lighting pilot lights please ask the Site Coordinator for help.

Complete Instructions for the Propane Generator are posted on the wall inside the generator building. If you have any doubt about the operation of the generator please ask the caretaker to start it for you.

Only run the generator when needed and turn it off when it's not necessary. It is generally needed to pressurize the water system, Communications and lighting. It is generally not used for lighting alone.

# Resources

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# Letter to Teachers

Dear Teacher,

Thank you for your role in preparing your students and chaperones for a safe and successful Cameron Lake experience.

A few reminders...

- Please ensure students are equipped with the most requested or forgotten items such as extra socks, mittens and water bottles.
- Ensure that there is one adult to every 10 students (*not including Coordinator*). Your class will be split into groups and each have an adult leader.
- One vehicle (*other than Coordinator's*) needs to be on site at all times.
- Be sure to bring containers for leftover foods to return with you. Borrowing kitchen items from the facility is not permitted.
- Please prepare to take all garbage and recycling with you when you go.

Thank you for giving me the opportunity to nourish this program and for your participation. As the program grows, and with the help and support from you, I am excited for the future of our collaboration.

May the weather be well and and nature show off during your visit.

I hope the students leave feeling awe and adoration  
for the world around them.

Graciously,

Lorenne H. Tilson  
Outdoor Education Coordinator  
PRN, Cameron Lake



# Letter to Parents

Dear Parent,

Your child is joining their class on a field trip to Cameron Lake Outdoor Education Center.

This opportunity will provide a positive educational experience, in which they will have an opportunity to develop social and personal skills, getting to know themselves and other classmates better in a cooperative, safe and fun camp adventure.

Your child will spend time in the woods. Please feel reassured that safety precautions are in place. Support from parents is encouraged to help make this a successful and positive experience for all involved.

Parents can help in the following ways:

- Be a chaperone for the trip. Join us on hikes, help supervise meal times and evenings, and share an unforgettable experience with your child. We need at least one adult for every 10 children.
- Assist your child in planning and packing clothing and equipment to bring to Camp Cameron. Please ensure they are equipped with the most requested or forgotten items such as extra socks, mittens and water bottles. Please send footwear that matches current weather predictions.

Thank you for your role in preparing your child for a safe and successful Cameron Lake experience.

Graciously,

Lorenne H. Tilson  
Outdoor Education Coordinator  
PRN, Cameron Lake

# Sample Schedule

## Overnight

### Arrival Day

11AM - Group arrival  
11:15 - Orientations  
11:30 - Settle belongings into dorms  
12PM - Bag Lunch  
1 PM - 1 hr Hike  
2PM - 1 hr Enviro  
3PM - Game  
4PM - Coordinator leaves / Student  
Freetime  
5PM - Dinner  
6PM - Teacher Pre Planned evening activities.  
7PM - Campfire  
9PM - Settle in dorms  
10PM - Lights out

### Morning

8AM - Breakfast  
9:30 AM - Coordinator arrives  
10AM - 1 hr Group Activities  
11AM - 1 hr Group Activities  
12PM - Lunch  
1pm - 1 hr Group Activities  
2PM - 1 hr Group Activities  
3PM - Coordinator leaves / Student  
Freetime  
4 PM - Dinner  
6PM - Teacher Pre Planned evening activities.  
7PM - Campfire  
9PM - Settle in dorms  
10PM - Lights out

### Departure Day

8AM - Breakfast  
9AM - Packing/Cleaning  
11AM - Bus Arrives/Depart

## Day Trip

10AM - Group arrival  
10:15 - Orientations  
10:30 - Hike  
12PM - Bag Lunch  
1 PM - 1 hr Group activity  
2PM - Game  
2:30PM - Bus Arrives/Depart

# Packing List

## Bring

Students should be sure to have the following:

### Clothing

- Warm Coat and sweater
- Waterproof Raincoat/Snowsuit
- Change of pants, socks and shoes
- Hiking, rubber or snow boots
- Woolen hat and mittens
- Warm underwear and/or pajamas
- Inside shoes or slippers
- Equipment
- Sleeping Bag
- Pillow
- Flashlight
- Bag Lunch for the first day
- Toiletries
- Garbage bag for laundry and wet clothes
- Camera and Binoculars (at own risk)
- Backpack
- Notebook and Pencil

## Do Not Bring

Students should NOT bring the following:

Toys  
Gaming Devices  
Water Balloons  
Candy  
Heavily Scented Items  
Money  
Knives of any type (cutlery exempt)  
Matches, butane, flammable products  
Squirt guns, super soakers  
Electronic equipment such as cell phones, MP3 players, tablet computers, boom boxes  
Aerosol cans  
Makeup  
Blow dryers, hair straighteners, curling irons  
Valuable clothing, jewelry, etc.  
Glass Items

Label everything with your campers' name. Campers are responsible for their own belongings. Please pack with your camper so she knows what belongs to her.

Sleeping bags should be warm enough for cool outdoor temperatures.

# Sample Permission Slip

A Field trip to Cameron Lake Outdoor Education Center is planned for our students. The Center is located 25km South of Hudson's Hope in a boreal forest setting on the Shore of Cameron Lake. The facility includes separate boys and girls dormitories, a Lodge with fully equipped kitchen, a variety of hiking trails and various recreation activities such as canoeing, archery, bouldering, and a low ropes course. Children will have a safety orientation and be given boundaries upon their arrival. They will be paired into a buddy system and will not be unsupervised at any time other than their "Free Time" in a designated location. There will be at least one adult per every 10 children.

The trip will take place \_\_\_\_\_ (Date)

The cost is \_\_\_\_\_ (Includes \_\_\_\_\_)

The Planned Activities are:

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Child Name \_\_\_\_\_

Parent Name \_\_\_\_\_

Phone Numbers \_\_\_\_\_

Home Address \_\_\_\_\_

## Medical Information

Full Name \_\_\_\_\_ Care Card Number \_\_\_\_\_

Birth Date \_\_\_\_\_ (DD/MM/YYYY)

Family Physician and Location

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Please make a statement regarding your child's health (Medication, Allergies, Stamina, Behavior).

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# Cont'd

I, the Parent or Guardian of \_\_\_\_\_,  
give permission for my child to attend School District 60's Outdoor  
Environmental Studies Center Located at Cameron Lake from dates  
\_\_\_\_\_ to \_\_\_\_\_.

I agree to the following terms:

1. I am aware of the risks involved in the planned activities.
2. I will discuss appropriate behavior with my child before the field trip.
3. I will ensure that my child will be properly prepared, including proper clothing and footwear suited to location and weather.
4. I certify that my child is capable of swimming 50 meters wearing a PFD (Personal Floatation Device) and full clothing, and I would like my child to participate in the canoeing program.
5. I have read and understand the safety policies regarding the "Bouldering Wall" and I hereby allow my child to participate.
6. I agree that my child will abide by the rules and boundaries given to them by their teachers, group leads and facilitators.

Please note that children are liable for safeguarding the personal items they bring. The school district will not be held liable for any loss or damage to person items. Cell phones will not be permitted at the Center. These and other similar items should be left at home.

I \_\_\_\_\_ assume all risks associated and agree to hold School District #60, Its employees, volunteers and agents harmless from any and all liabilities. I understand that signing this document constitutes legal confirmation that I acknowledge and agree to the above Terms of Acceptance.

Signature: \_\_\_\_\_ Date \_\_\_\_\_ (DD/MM/YYYY)

# Important Contacts

Lorenne H. Tilson - Outdoor Education Coordinator  
cameronlake@prn.bc.ca  
250-687-0466

Ambulance / Fire / RCMP Emergency 9-1-1

BC Conservation Officer-RAPP Wildlife Reporting  
877-952-7277

BC Wildfire Fire Reporting  
800-663-5555

Hudson's Hope Fire Department  
Director of Protective Services  
250-783-9901 Ext. 208

Chetwynd Fire Department  
250-788-2424

Hudson's Hope RCMP  
250-783-5241

Chetwynd RCMP  
250-788-9221

Hudson's Hope Health Center  
250-783-9991

Animal Control Warden  
250-783-5207

District Of Hudson's Hope Office  
250-783-9901

Drive BC  
800-550-4997

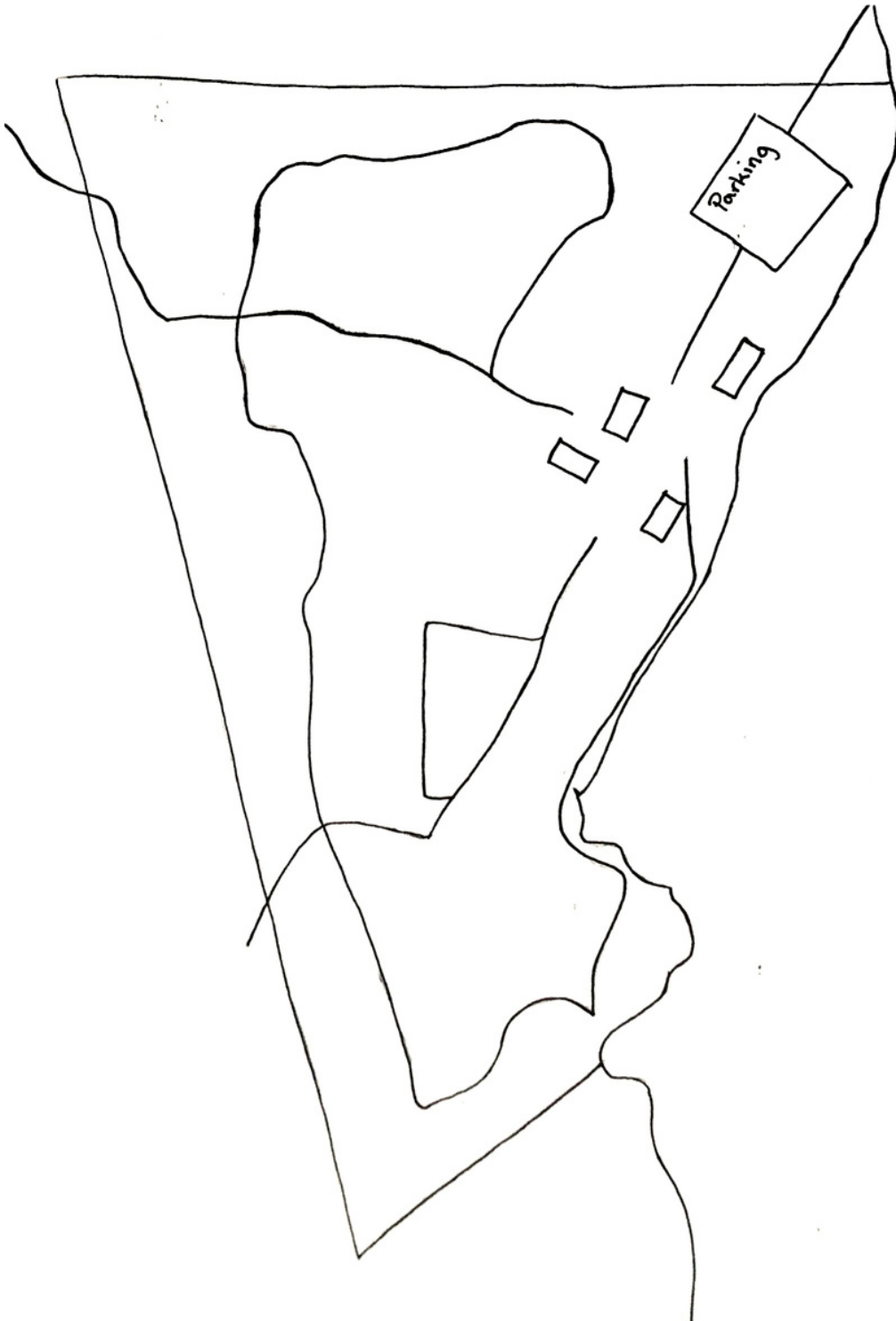


# Area Map

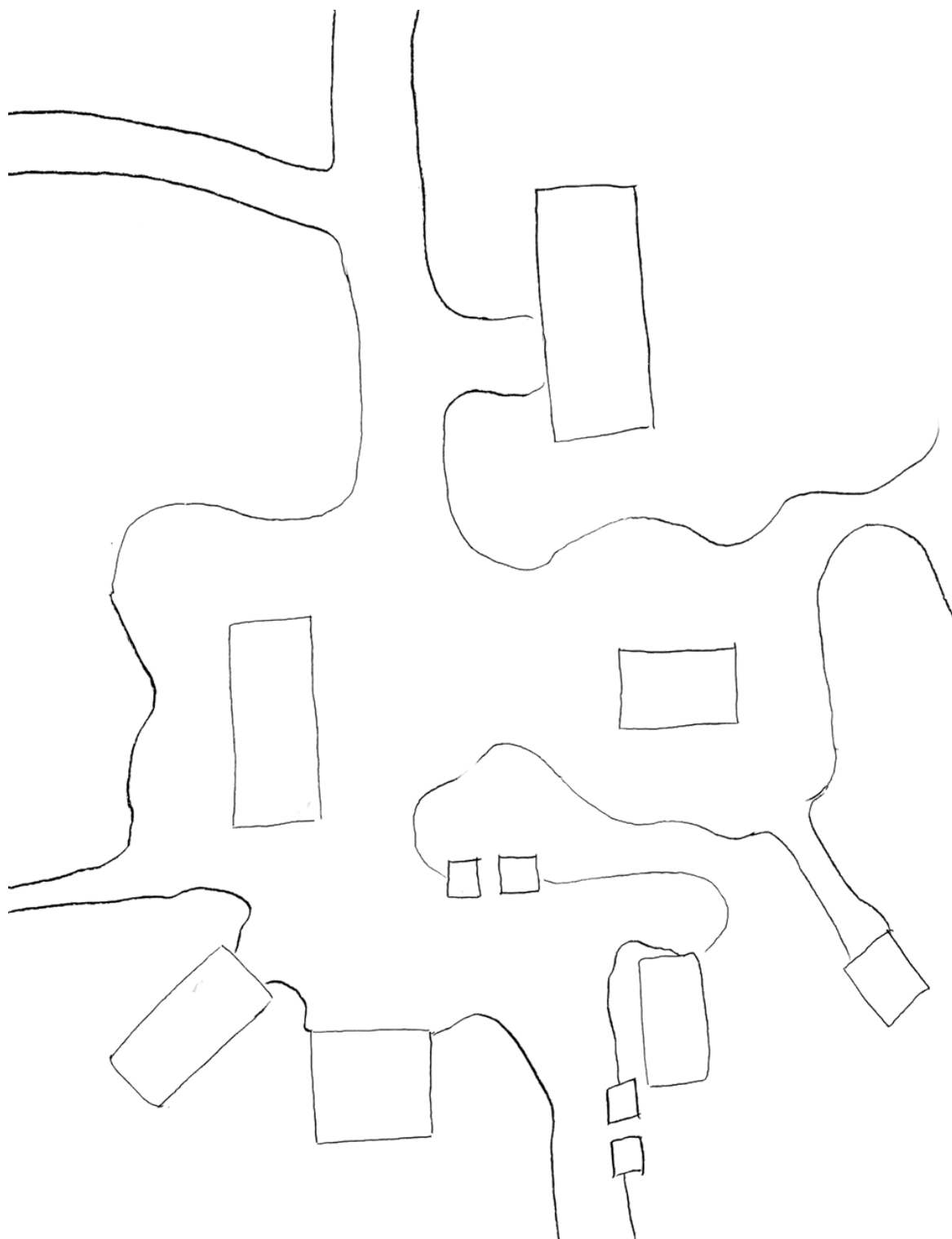




# Blank Site Map



# Blank Site Map



# Cameron Lake Outdoor Education / Environmental Studies Center

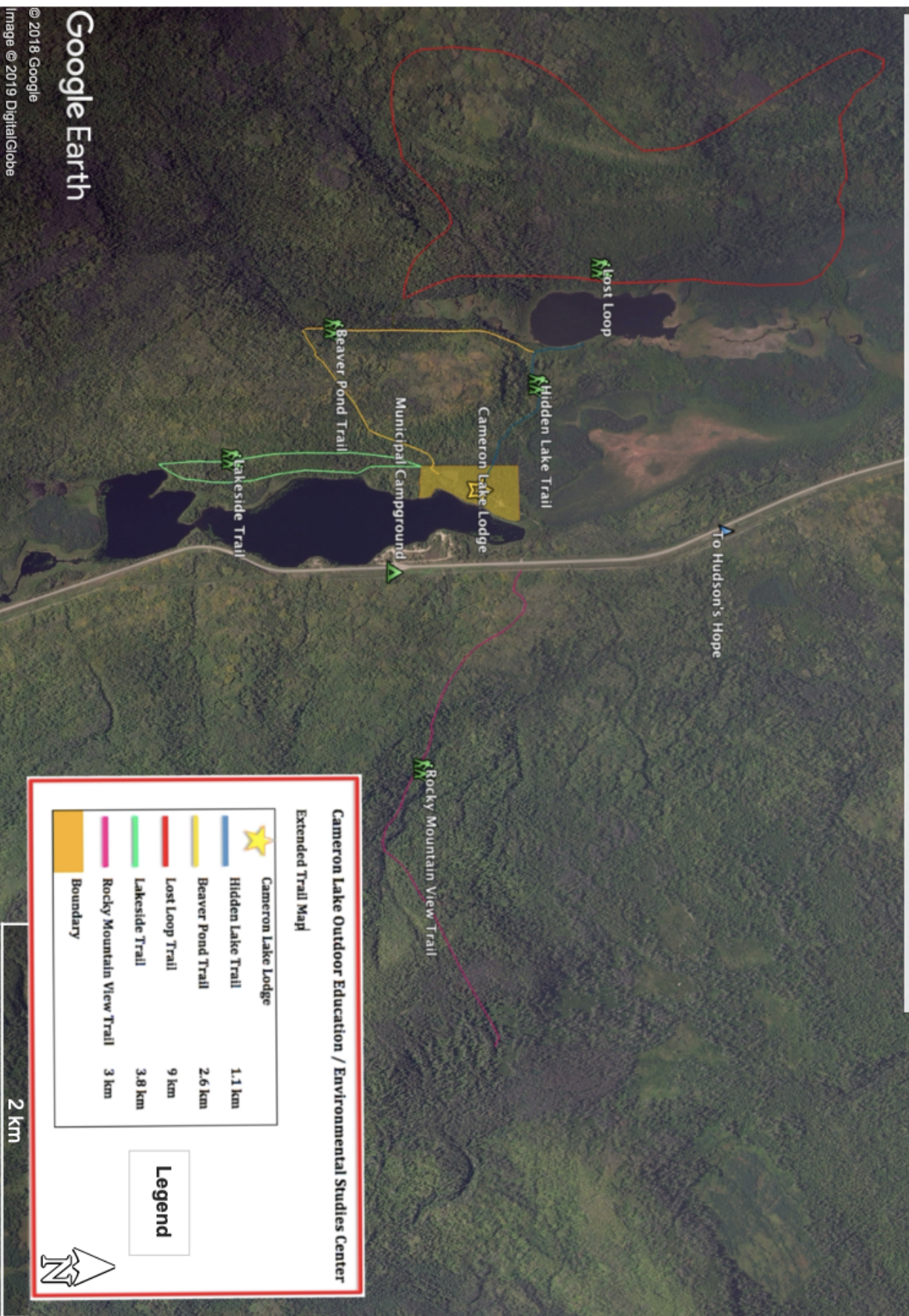


Google Earth

Image © 2019 DigitalGlobe



# Cameron Lake Outdoor Education / Environmental Studies Center





OUTDOOR EDUCATION

# Contact Us



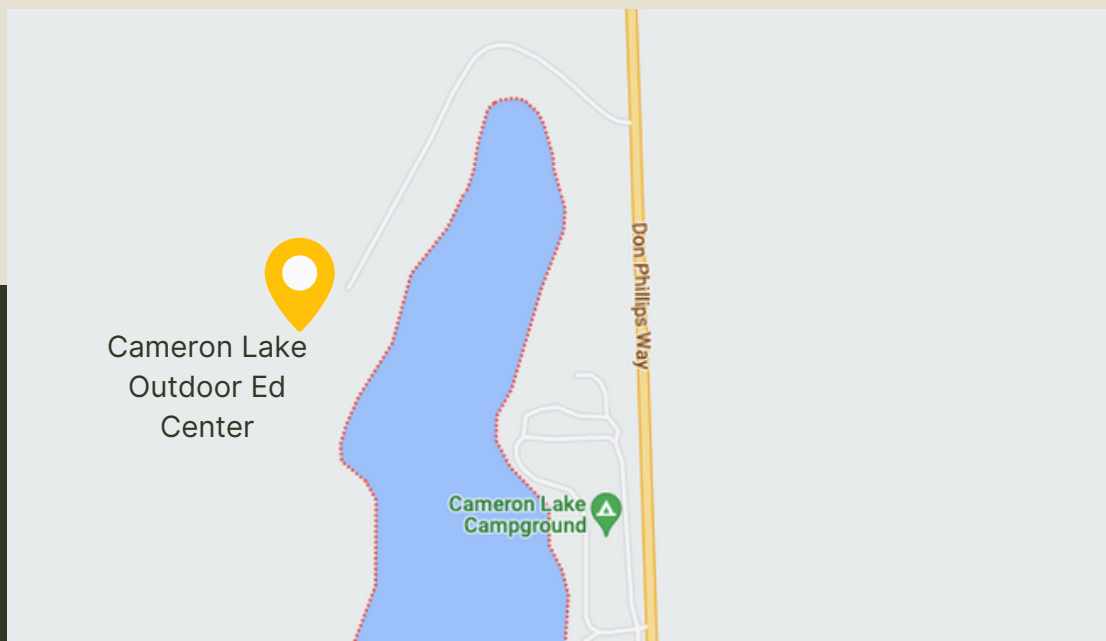
1250-687-0466



cameronlake@prn.bc.ca



1209 HWY 29 S, Hudson's Hope







**OUTDOOR EDUCATION AND  
ENVIRONMENTAL STUDIES  
CENTER**



"When one tugs at a single thing in nature, he finds it is  
attached to the rest of the world."  
- John Muir.