






Outdoor Programming Summer 2020

Parks & Recreation is pleased to be able to provide outdoor programming this summer for various age groups and families. The Adventure Earth Centre will be leading several activities in various locations throughout the municipality in July and August. These programs will be free, but pre-registration may be required for some activities to allow program leaders to manage of the number of participants for each session.

Registration will begin on June 23 at 9 a.m. For dates and times of all activities, please refer the Outdoor Programming Schedule Guide.

Try out a new activity this summer

Try It: Fishing	Try It: Adult Yoga (Beginners)	Try It: Adult Yoga (All Levels)	Try It: Family Compass Fun
A great chance for kids to try fishing! One set of fishing gear will be provided for each child registered. After some basic instructions you can select your spot and give it a try. Each session will be 45 minutes from the start time of your program and children registered in the program are not required to have a fishing license. (Please note: If the attending adult would like to participate with their child, they would need to pre-purchase a fishing license before coming.)	Being outside provides an enriched yoga experience whether it be the power of fresh air or the connection to nature. We are offering try it yoga for beginners. All yoga sessions will be hosted outdoors in various parks around HRM.	Being outside provides an enriched yoga experience whether it be the power of fresh air or the connection to nature. We are offering try it yoga for beginners and all levels yoga for more experienced and new yogis. All yoga sessions will be hosted outdoors in various parks around HRM.	Learn some basics about how to use a compass and then practice in a fun way by completing the challenge set up in the park. Receive your prize upon completion!
Age: 16 and under. Must be accompanied by an adult 19 yrs and older.	Age: Adult (beginners) Pre-registration is required.	Age: Adult (all skill levels) Pre-registration is required.	Age: Adult or families. Each registration will receive one package of compass and challenge.
			

Fun in the park activities

Family Reading Fun in the Park	Family Creative Fun
Join us for some reading fun through shared story-telling, follow up activities, and family reading time under the trees—or in the tents set up around the park area. All materials provided.	Join us for some creative fun through art, drama, poetry and music all outdoors in nature!
Age: Family, all ages. Each person attending must be pre-registered.	Age: Family. All ages. All participants must be pre-registered. Maximum of eight participants per session.

Into the woods

Family Hug-A-Tree and Survive	Family Loose Parts Play
The Hug-A-Tree and Survive program helps teach children how not to become lost in the woods and what to do should they become lost. This is an interactive presentation. All participants will receive a certificate and whistle upon completion.	Join us in a great space in the woods for some creative and imaginative play using natural materials as well as ones provided. Think forts, mud pies, and all of that good ol' fashioned fun! Put on your closed-toe footwear and some clothes you don't mind getting dirty and let's explore!
Age: Family. Minimum age five yrs. Each person attending must be pre-registered. Maximum of eight per session.	Age: Family. All ages. Each person attending must be pre-registered. Maximum of eight per session.



Summer fun

Family Campfire Fun	Family Wet 'n' Wild
Join us in the park for songs and interactive fun around the fire lanterns. Families are welcome to bring their own snacks to enjoy.	Water games, messy activities, and fun for the whole family! Please register all who plan to attend.
Age: Family. All ages. Each person attending must be pre-registered. Maximum of 18.	Age: Family. All ages. Please register all who plan to attend

On the trail

Family Guided Nature Trail	Earth Adventures Trail	Family Earth Walk Kit Loans
Enjoy a guided experience in nature that will encourage you to explore and connect to nature in an engaging way, using your senses and some new ways of appreciating all that is around you.	Enjoy a self-guided, fun-filled adventure along the trail. Each trail has an engaging theme with specific directions for hands-on activities at special stops along the way. You'll discover a hidden plaque with a secret creature on it at the end of each trail! Receive directions and an overview, as well as a kit with all of the materials you'll need for the adventure, at the beginning of the trail. Once you complete the trail and return the kit, you will receive a map and the corresponding stickers for the rest of the trails found throughout the municipality.	Description: Grab one of our ready- made kits with all the supplies and directions you need to have a experience in nature that will encourage you to explore and connect to nature in an engaging way, using your senses and some new ways of appreciating all that is around you.
Age Family. All participants must be pre-registered. Maximum of eight participants per session.	Age: Family. All ages. One kit per pre-registered family group.	Age: Family. All ages. One kit per pre-registered family group.



Public Health and Safety

Physical distancing

- All outdoor activities will operate with physical distancing rules in place, with group activities spaced throughout available outdoor greenspace. Within each small group, attendees will maintain a two-meter physical distance from each other.
- Any group activities will allow for physical distancing and activities that cluster around an item or small area will be avoided.
- The use of non-medical masks (cloth or home-made masks) for outdoor activities is not required where physical distancing is maintained. However, some children may choose to bring and wear a non-medical mask.
- Group sizes will not exceed the maximum gathering limits set out in the Health Protection Act Order (currently 10, including both participants and staff).
- Some individuals are considered at a higher risk of severe illness with COVID-19 (including those over 65 and those with compromised immune systems or underlying medical conditions) and parents/guardians are encouraged to consult their health care provider if they have concerns about their child's health, or the health of other household contacts.

Personal Hygiene and Protective Precautions

- All outdoor activity spaces will have designated entrance and exit plans, and washroom use will be monitored to limit capacity within these spaces.
- Frequent hand washing or hand sanitizing by participants and staff will be taught, reinforced and monitored.
- Attendees will be reminded to cover coughs and sneeze with a tissue. If a tissue isn't available, cough or sneeze into elbows, not hands.
- Attendees will be encouraged to avoid touching their mouth, nose and eyes while participating.
- Equipment and/or supplies will be managed and cleaned with appropriate disinfecting cleaner before and after use, and between use by different cohorts.

Illness

- If a child develops symptoms while attending an outdoor activity, the child will be isolated from other children and the parent/guardian will be notified to collect the child immediately.
- If a child requires close contact and care, staff will continue to care for the child until the parent/guardian is able to pick them up.

Drop Off and Pick Up

- Drop off and pick up procedures for each program will be implemented for outdoor programming activities. These procedures will be specific to each site location and will be forwarded to registrants prior to the start date of the program.
- Hand sanitizer will be placed at all entrances and exits at each location for use by staff, parents/guardians, and other essential visitors.