

# The Jumpingpound Demonstration Forest Field Program Teacher Handbook

Updated: August 2018

<b>Table of Contents</b>
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<b>1.0 Program Description</b>	<b>3</b>
1.1 Programs Offered	3
Grade 4	3
Grade 6	3
Grade 7 High Science	3
NEW! Junior High Wildlife Program	3
Senior High	4
1.2 On-site Schedule	4
<b>2.0 Site Descriptions &amp; Directions</b>	<b>4</b>
2.1 Site Description	4
☆ Meeting Point	4
2.2 Directions	5
<b>3.0 Program Planning &amp; Procedures</b>	<b>6</b>
3.1 Cost and Deposit	6
3.2 Cancellations	6
3.3 First Aid and Safety	6
4.3 Transportation	7
3.5 Field Study Groups & Student Checklist	8
3.6 Adult Volunteers	8
<b>4.0 Program Resources &amp; Contacts</b>	<b>8</b>
4.1 It's Our Forest Video Series	9
4.2 Tools of the Trade Forest Education Kit	9
4.3 Guide to the Common Native Trees & Shrubs of Alberta	9
<b>5.0 Appendix</b>	<b>10</b>
Teacher Checklist	10
5.2 Maps	12
☆ Meeting Point	12
Student Checklist	14

# Welcome to the **Jumpingpound Demonstration Forest** Education Program!

Inside Education is excited to offer full-day forest field programs at the Jumpingpound Demonstration Forest, an important historical area in Treaty 7 Territory and part of Metis Nation Region 3. The Alberta part of Treaty 7 encompasses the ancestral and traditional territories of the Blackfoot and the people of the Treaty 7 region in Southern Alberta, which includes the Siksika, the Piikani, the Kainai, the Tsuut'ina and the Stoney Nakoda First Nations, including Chiniki, Bearspaw, and Wesley First Nation.

The Demonstration Forest is one of a network of Demonstration Forests around the province, each one steeped in cultural and scientific history. The Jumpingpound Demonstration Forest initially opened in 1988 as part of the multi-use recreation area in Kananaskis Country. Named for a buffalo jump at the confluence of the Bow River, this ?

Our program takes students into this unique, historic research site to study, learn, and connect with this beautiful landscape!

## **What you need to know:**

1. **We run rain, snow, or shine!** All of our programs immerse your students completely in the outdoors, with limited access to shelter. Make sure your students are prepared for the weather.
2. **We have booklets!** Most of our programs will provide booklets to guide student learning throughout the day, each one tailored to grade level. These booklets also include reflection questions for back in the classroom to help extend your lessons!
3. **We adapt and accommodate!** Our educators are well prepared to adapt a program for weather, adjust the day's timing due to bell schedules (as best we can), and accommodate learning styles and individualized program plans.
4. **We have two educators!** We can have two classes (up to 80 students) on site for a field day. Each class will be lead by one educator for the entire day, and students will either be in pairs or small groups for activities. In the morning, each class will hike through the forest with their educator, meeting back together for lunch before continuing the afternoon program.
5. **This is a rural location!** Once you get past a certain point, there is no cell phone service. It is essential that all drivers have copies of our map and directions, (especially our meeting point) and that all safety procedures are followed. Carpooling is strongly encouraged to minimize vehicles getting lost! [The Government of Alberta](#) states that the maximum speed limit for a school bus, under ideal conditions, is 90 km/h or the posted speed limit, whichever is lower, so please consider driving times.

This program is offered through a partnership between **The Alberta Conservation Association, Alberta Environment and Parks, The Forest Resource Improvement Association of Alberta, the Forestry Futures Alliance, Husky Canada and Inside Education.**

## **1.0 Program Description**

The forest education programs offered at Jumpingpound focus on understanding the forest ecosystem and natural resource development in Alberta. During the field trip, students will become familiar with local tree and shrub species, perform tree measurements, search for animal evidence, and be introduced to topics pertaining to the use and development of Alberta's forests. We discuss the values of the forest, the ecological goods and services it provides, and how our landscape may change over the next few decades. At Jumpingpound Demonstration Forest, we offer five different field programs in May-June each school year.

### **1.1 Programs Offered**

#### **Grade 4**

Explore the living cycle of the forest by studying plants, how they grow and the role of decomposition. Students will consider the forest as a natural resource and discover how people connect with local forests. Activities include native plant identification with a basic dichotomous key; learning about different ways plants reproduce; and discovering decomposers.

*Curriculum Connections: Plant Growth and Changes; Waste in Our World; Alberta: A Sense of the Land*

#### **Grade 6**

Connect with the forest by examining the natural and human factors that shape the forest landscape. Students will identify our forest plant species, and use real forestry tools to explore careers. Activities include investigating the living and non-living components of a forest; identifying native plants with a dichotomous key; using forestry tools to study and evaluate the health and age of the forest; and considering the impacts of multiple users such as forestry, oil and gas, agriculture, and recreation.

*Curriculum Connections: Trees and Forests; Evidence and Investigations*

#### **Grade 7 High Science**

Uncover the interactions in our forest ecosystems by exploring its symbiotic relationships, succession system, and soils along with traditional and modern human uses of our plants and natural resources. Activities include investigating the biotic and abiotic components of a forest; identifying native plants and discussing how humans use these species; performing a soil core and evaluating soil type and texture; and considering the impacts of multiple users such as forestry, oil and gas, agriculture, and recreation.

*Curriculum Connections: Plants for Food and Fibre; Interactions and Ecosystems*

#### **NEW! Junior High Wildlife Program**

This new program will utilize our on-site wildlife cameras to consider how species move and interact in the forest with an emphasis on species at risk and natural development.

*Curriculum Connections: Environment & Outdoor Education; Interactions and Ecosystems*

## Senior High

Compare old growth and new growth forests through a comprehensive plot study and explore the opportunities and challenges of a multi-use forest area. Each student team evaluates their own plot to investigate the biotic and abiotic components of their forest section. Activities include identifying plant and wildlife species; using forestry tools to study tree volume, age, health, and canopy cover; performing a soil core and evaluating soil type and texture; and considering the impacts of multiple users such as forestry, oil and gas, agriculture, and recreation. *Curriculum Connections: CTS - Natural Resources - Forestry/Wildlife, Environment & Outdoor Education, Biology 20/30 Changes in living systems; Ecosystems and Population*

### 1.2 On-site Schedule

Our programs are typically offered between 10:00 am - 2:00 pm, but we are open to shifting our days in order to accommodate bell times and long distances. Please be sure to confirm any schedule changes with the Field Site Coordinator.

#### A Typical Day of Programming

<b>9:45 am Arrival &amp; Welcome</b>
<b>10:00 am – 12:00 pm Morning Program</b>
<b>12:00 pm – 12:30 pm Lunch</b>
<b>12:30 pm – 1:45 pm Afternoon Program</b>
<b>1:45 pm – 2:00 pm Wrap-Up and Departure</b>

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## 2.0 Site Descriptions & Directions

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### 2.1 Site Description

The Jumpingpound Demonstration Forest is located ~ 50 km west of Calgary and is part of the multi-use recreational area in Kananaskis. Amenities available include a graveled parking area, outhouse, and picnic area, as well as a fully enclosed interpretive cabin, called with Spruce Woods Shelter, with a wood stove. The cabin is not large enough to accommodate indoor activities, but can be used if necessary if it is raining or snowing.

NOTE: There is no running water on site.

### ☆ Meeting Point

Inside Education staff will **NOT** meet buses at the North Loop, which is the first large sign you'll see advertising the Demonstration Forest. We will meet you at Spruce Woods Shelter, which is within the south loop of the Jumpingpound Demonstration Forest. Please keep your eyes out for "Students in Area" signs.

## 2.2 Directions

The Jumpingpound Demonstration Forest does show up in a Google map search, although the Spruce Woods Shelter does not. Use the following link for Google Maps. Turn on Satellite View to see the parking lot and the green circular roof of the Spruce Woods Shelter. We suggest you open this Google link and then share it to your cell phone.

<https://goo.gl/maps/3xAVVULxS7n>



Please make sure all drivers have seen this link and/or have a paper map (printable map in Appendix). There is limited cell service on Highway 68 and, while rare, some adult volunteers or even buses have gotten lost. There is no way to contact staff once we are on site



1. Follow the TransCanada/Highway #1 west from Calgary.
2. Take the Sibbald Flats exit, Exit 143 onto Highway 68/Sibbald Creek Trail.
3. Turn south onto Highway 68 and follow it for approximately 18 kilometers. The last portion of Highway 68 is gravel, and you will pass over a few cattle gates as well as drive past Camp Cadicasu. This is a forestry trunk road, so it is wide and maintained.
4. You will see a sign “Entering Jumpingpound Demonstration Forest” and then shortly after the intersection for Home Road, you will see the a blue sign marking the entrance to the North Loop on the north side of the road. **Keep going.** You are looking for the entrance to the South Loop.
5. There are two entrances to the south loop. Both will be marked with non-permanent sandwich “Children in Area” signs. In addition, the first entrance is marked by a traditional green road sign on the south side of the road. **We recommend you take the second entrance** because it is shorter and more navigable by buses, but it is not formally marked.
  - If you hit pavement after gravel, or passed Sibbald Lake Provincial Park, you have missed both entrances to the south loop.
  - If you have taken the second entrance, you will come to a fork in the road. **Stay left.** The other road will take you on a service road to Husky Energy well sites, and it will be very difficult for the bus to turn around.
6. The Loop road is narrow and winding, so please drive carefully. We will have the entrance to Spruce Woods Shelter marked with a Children in Area sign, but it is a sharp turn on the east side of the road. Some buses prefer to drive past it to the Spruce Woods Trail head where there is enough room to turn around and come at the entrance from the south.

**Important:** Do **NOT** turn at the Jumpingpound Road exit on Hwy #1.  
**Turn off at Exit 143 onto Hwy #68.**

## 3.0 Program Planning & Procedures

### 3.1 Cost and Deposit

The cost for the program is \$200 per class. Inside Education requires a \$50 deposit upon confirming your booking. Payment can only be made by cheque or via PayPal. If using PayPal, you may pay the deposit through our online confirmation system.

After the program is completed, Inside Education will send an invoice to your school, minus the deposit.

Cheques can be made out to **Inside Education** and mailed to:

**Inside Education**  
Attn: Mitali Robb  
11428 – 100 Avenue  
Edmonton, AB T5K 0J4

We accept credit card or via our PayPal account <http://bit.ly/1wyDOjg>

### 3.2 Cancellations

Inside Education field programs run rain, snow or shine, with the exception of inclement weather resulting in hazardous conditions, or risks that threaten the safety of participants. Cancellation, rescheduling, or program modifications will be discussed between Inside Education and the school and efforts will be made to reschedule the program to another mutually agreeable date.

Our Site Coordinator will be in touch with you a few days before your field trip with last minute reminders and information about site conditions.

Field trips may be cancelled or rescheduled where possible with a minimum of **14 days notice**. Cancellations with less than 14 prior to the scheduled field trip date will be charged a **\$150 cancellation fee** which will be invoiced to the school and payable within one month of the cancellation date. This cancellation fee reflects partial cost recovery for staff, time, and resources that cannot be recuperated. Field programs cancelled due to hazardous conditions will not be charged a cancellation fee.

Our programs are often fully subscribed, and it can be difficult to find a spot for rescheduling. If we are ultimately unable to reschedule this season, your school will be given priority next year. Pending staff availability, we may be able to provide an in-school presentation to your class in lieu of a field program.

### 3.3 First Aid and Safety

Inside Education strives to provide a high quality learning experience in a safe environment. The Jumpingpound Demonstration Forest is not a provincial or national park, rather it is a multiple-use area meaning a variety of activities may be occurring on-site at any given time. As with any outdoor field trip, there are risks associated with weather, wildlife and other unforeseen circumstances. Listed below are some of the *extraordinary or unusual hazards* that participants may encounter on site:

1. Blow-down of standing dead trees (snags) on windy days
2. Encounters with wildlife
3. Encounters with cattle - Jumpingpound is within a cattle grazing lease, although the leasing agent usually does not bring cattle to the area until the summer months.
4. Wildfire
5. Sour gas leak from operations in the area
6. Hunters - hunting is not allowed within the Demonstration Forest, but the surrounding area is open to hunting in the fall.

Safety of all program participants is of **primary** concern to Inside Education. As such, the following risk management measures are in place:

- Inside Education staff have current standard first aid and carry bear spray, bear horns and first aid kits including a list of local emergency contact numbers
- Staff carry forestry radios to ensure a link to both the Alberta Agriculture & Forestry dispatch and the Kananaskis Emergency Services Centre in the event of an emergency
- Inside Education staff perform daily risk assessment and site checks
- Inside Education staff use walkie-talkies to stay in communication with each other throughout the day
- A safety briefing is performed with teachers and adult volunteers upon arrival on site
- All program participants wear high-visibility vests
- Students are never to leave supervision of an adult, and must always travel in pairs or groups
- Trees with high susceptibility to blow-down are marked or are removed prior to field season
- Inside Education works with safety coordinators at the Husky Energy; the Jumpingpound site is part of the plant's emergency response plan
- Inside Education staff are trained in emergency procedures, and conduct annual emergency training drills; each field site has an emergency action plan
- Inside Education reserves the right to modify or cancel a program without notice if, for any reason, site conditions threaten the safety of participants



In most instances, programs are modified or cut short because students are unprepared for the changing weather conditions. Please ensure they are prepared for rain and cold weather!



### 4.3 Transportation

#### Bus Booking

You are responsible for booking your transportation for the Inside Education Jumpingpound field program. Due to the challenges some bus drivers have had finding the area, we highly recommend the use of **Willco Transportation**: 403-242-1176, but you may use any provider you are comfortable with. All transportation drivers must have the map from this guide with the directions.

***Please note: the bus is required to stay on site for the duration of the program.***

Jumpingpound is a rural location and if there is an emergency or inclement weather or a wildfire requires an unexpected end to the program, Inside Education is unable to transport students to safety.

*In addition, the morning and afternoon programs may be conducted at different locations and require transportation for the students.*

### **Follow Vehicle**

All schools are also encouraged to supply an extra follow vehicle (personal car) in case of emergency. This vehicle should stay on site for the duration of the program. Please ensure the owner of the vehicle is willing and able to transport a student to the hospital if necessary.

### **3.5 Field Study Groups & Student Checklist**

Depending on the grade level, class size, and weather, we will be dividing the group into smaller groups or pairs. In order for our program to begin on time, we ask for you to have them delegated in advance so we can organize ourselves quickly at the start of the day.

We ask that each class (~25-30 students) be subdivided into **five or six** smaller field study groups (**5-6 students per group**). For elementary programs, assigning an adult to each group works best, although this is not required.

To prepare your students for the day, please review the attached **Student Checklist** and distribute prior to the field trip (**see Appendix**)

### **3.6 Adult Volunteers**

Experience has shown that adult volunteers help our programs run more smoothly and efficiently. Inside Education would like to emphasize the importance of parent volunteers for safety and supervision. Please provide copies of the **Adult Volunteer Information Sheet** to all volunteers (**see Appendix**).

Elementary and Junior High Programs: We suggest **4-6 adult volunteers per class of 30**.

Senior High Programs: We suggest 2-3 adult volunteers per class of 30.

## **4.0 Program Resources & Contacts**

In addition to field studies, Inside Education offers a variety of classroom resources to extend your learning. Below are a choice selection of what we have to offer, but please visit <http://www.insideeducation.ca/learning-resources/> to see everything we have to offer!

We also offer all-expenses paid teacher professional development on a variety of topics throughout the school year. Visit our website to see our upcoming programs and to apply! See <http://www.insideeducation.ca/teacher-professional-development/>

#### 4.1 It's Our Forest Video Series

This video series is designed to initiate discussion with your students on Alberta's forest-related issues. This resource examines forest ecology, the human values of the forest, land-use planning and the people and products of the forestry industry. The accompanying teacher's guide offers interactive activities to get your class engaged in critical thinking, considerate action and reflective practice needed to help them understand the value of the forest from multiple perspectives. *Offered in french!*

#### 4.2 Tools of the Trade Forest Education Kit

This kit contains 20 forest tools and 1-page quick reference sheet explaining what it is, who uses it, why the tool is important in the forest industry and an activity to put the tool to use. Suitable for any unit that explores forestry, careers and technology this resource kit was developed to support teachers in bringing forest careers to life in the classroom. Take the kit outside and discover the hands-on, outdoor work that is part of everyday life in the forest industry! Schools can request to borrow the kit for a maximum of 2 weeks at no-cost (including shipping)

#### 4.3 Guide to the Common Native Trees & Shrubs of Alberta

Access the same guide our educators use in our field programs! Offered both in online format or a printed, waterproof hard copy, the guide contains 30 pages featuring the most common native plants with colour photographs, common and scientific names and key facts about each species. Easy identification is ensured with the dichotomous key and glossary. Hard copies are available for only \$6.25 (that includes shipping!)

If you have any questions, or would like to find out more about Inside Education, teacher professional development opportunities, or print resources, please contact:

Catherine Ohler – Jumpingpound Field Coordinator  
Email: [cohler@insideeducation.ca](mailto:cohler@insideeducation.ca)

Please see the following pages for the Teacher Checklist, Student Checklist, Adult Volunteer Information Sheet, and a printable map!



## 5.0 Appendix

### Teacher Checklist

By reading through this planning guide and completing the checklist below, you and your students will be prepared to have an exciting and educational day on site!

#### *Administration:*

- Complete online booking confirmation form** - an educator will send you the link
- Pay refundable deposit of \$50
- Inform school administration and complete internal forms
- Arrange Emergency Contact Number (cell phone)
- List of student emergency contacts and phone numbers
- Review student medical conditions and ensure students bring necessary medications
- Provide insight to Inside Education staff to help ensure your all your students have a successful day (mobility concerns, individual program plans, etc.)

#### *Transportation:*

- Book busing, confirm arrival and departure times (bus must stay on-site for day)
- Provide bus driver with a copy of map & directions (see Appendix)
- Obtain telephone number of bus driver in case of emergency
- Arrange follow vehicle to stay on-site for the day

#### *Parent and Volunteer Information:*

- Arrange for volunteers (**1 adult for 5-6 students**); ensure they each have a map & directions to the site
- Distribute volunteer information sheet (**see Appendix**)
- Assign volunteers to field study groups

#### *Student Information and Activities*

- Distribute and review **student checklist (see Appendix)**
- Review field trip expectations with your students

### **WHAT TO BRING ON THE DAY OF THE PROGRAM:**

1. Map to the site
2. Class list and list of adult volunteers
3. Emergency cell phone
4. Extra pencils and sharpener
5. Student medical forms and necessary medication
6. Inside Education contact information: 403-263-7720

#### *After the Program*

- Provide invoice to Inside Education to access busing subsidy
- Complete post-field program survey (and get your school's name in the hat to win a guaranteed spot next field season!)
- Congratulation yourself on a field trip well done!



# The Jumpingpound Demonstration Forest Field Program

## Student Checklist

**Our class is visiting Jumpingpound on:**

\_\_\_\_\_  
**(Date)**

This field study program is completely outdoors, with no access to heated shelter. Inside Education run our programs rain, snow, or shine, and we will often leave the trails and walk through the forested areas or open cutblocks. The forest can be wet and chilly, even when it is 20°C. The weather at Jumpingpound Demonstration Forest changes quickly, as is often much colder than within Calgary. Please check the weather forecast and come prepared for anything!

### What I should bring with me:

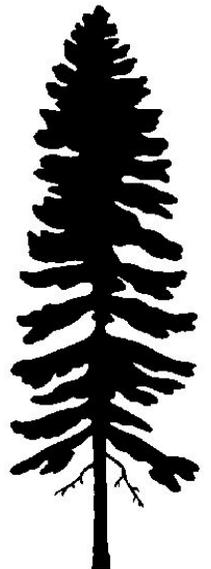
- Pencil**
- Small backpack or daypack (*feel free to leave heavy books and binders at school!*)
- Hearty lunch and snack
- Full water bottle** (*there is no running water on site*)
- Ana-kits, inhalers or other medications (*as required*)
- Sturdy footwear (*no light fabric shoes or sandals*)
- Extra** socks
- Sweater / Jacket** (*it is shady in the forest and often quite cool*)

### Cool/Cold Days

- Rain Gear (*waterproof jacket / pants, or a garbage bag works just fine*)
- Extra** sweater / jacket
- Toque / Mitts (*never a bad idea – small and easy to pack*)
- Rubber boots or waterproof insulated snow boots - *especially if it has rained or snowed in the past few days.*

### Warm/Hot Days

- Hat
- Sunscreen
- Insect repellent
- Extra water





# The Jumpingpound Demonstration Forest Field Program

## Adult Volunteer Information Sheet

Thanks so much for volunteering for this field trip! Inside Education staff appreciate your help in ensuring a successful field trip to Jumpingpound Demonstration Forest. In fact, we could not do this without you!

This field study program is completely outdoors, with no access to heated shelter. We run our programs rain, snow, or shine, and we will often leave the trails and walk through the forested areas or open cutblocks. The forest can be wet and chilly, even when it is 20°C. The weather at Jumpingpound Demonstration Forest changes quickly, and is often much colder than Calgary. Please check the weather forecast for Cochrane and Banff and come prepared for anything!

### What to Bring:

- Weather appropriate clothing and study footwear
- Water bottle (there is no running water on site)
- Ana-kits, inhalers, or other medication as required
- A backpack
- A hearty snack and lunch

### Example program outline:

<b>9:45 am – 10:00 am Arrival to Site</b>
<b>10:00 am - 12:00 pm Morning Program</b>
<b>12:00 pm - 12:30 pm Lunch Break</b>
<b>12:30 pm – 1:45 pm Afternoon Program</b>
<b>1:45 – 2:00 Wrap-Up and Departure</b>

An experienced educator leads the program; however, we value your help in directing and focusing the students' attention through the various activities.

### Tips to keep in mind:

- ▶ **Interact with all of the students in your group.** Ensure that all students have an opportunity to participate in activities.
- ▶ **You are a role model: lead by example during the program.** Demonstrate care for the natural environment by picking up garbage and staying on trails.
- ▶ **Be involved.** Listen to directions, ask questions, and please take part in activities!
- ▶ **Don't do the work for the students.** Let students think through a problem on their own before giving them hints or tips.



## The Jumpingpound Demonstration Forest Field Program Map & Directions

### ☆ Meeting Point

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<https://goo.gl/maps/3xAVVULxS7n>



There is limited cell service on Highway 68 and, while rare, some adult volunteers or even buses have gotten lost. There is no way to contact staff once we are on site, so if you're lost we won't know it or be able to help you.



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**Turn off at Exit 143 onto Hwy #68.**

