

# Gould Lake Outdoor Centre

## Family Handbook



**Classroom Without Walls**





# TABLE OF CONTENTS

Checklist.....	1
A Letter From The Director.....	2
About Us.....	3
Who We Are	
Our Mission Statement	
Contact Us .....	3
The Gould Lake Outdoor Centre .....	4
Barn Day Transportation	
What Students Should Bring to GLOC	
Our Staff.....	5
Our Programs.....	6
Introductory Courses	
Intermediate Courses	
Instructor Courses	
Program Philosophies .....	9
Balanced Tripping Groups	
Learning Accommodations	
Electronics On Trip	
Cancelation and Refund Policy	
Travel Information .....	10
Trip Departure Times	
Maps and Directions	
Outdoor Pursuits Border Crossing Information	
Prepping for Trip.....	11
Medical Information	
Contact Information	
Assignments	
What NOT to Bring	
Nut Free GORP	
Equipment and Gear .....	12
Wear and Tear	
What are Trip Shoes and In-Camp Shoes?	
Personal Floatation Devices (PFDs)	
Discounts for Summer 2020	
After Trip .....	13
Student Achievement Form	
Tax Receipt	
Support Gould Lake	



# CHECKLIST

- ☐ I know the name, dates, and times of the program my child is enrolled in.
- ☐ I know what assignments are due before my child's trip (OP, OS, WIC, and KIC)
- ☐ I know when the bus travel days and times are for my child's trip and I have made Gould Lake aware of my child's pick up/drop off location (Loborough PS, Elginburg PS or Centennial PS)
- ☐ I know which meals my child is responsible for bringing or purchasing during the bus travel days to and from trip.
- ☐ I have read over and understand the list of clothing and personal gear that my child is required to bring for their trip.
- ☐ I have informed the Gould Lake office of all my child's medical information and of any changes to this information that may occur before my child's trip with Gould Lake.
- ☐ I have packed two sets of any required medication (so that the Tripping Staff can carry an extra in case my child loses their set)
- ☐ I have informed the Gould Lake office of any learning accommodations that my child may require prior to the start of their program. I have sent Gould Lake a copy of my child's IEP if required.



*"You have brains in your head.  
You have feet in your shoes.  
You can steer yourself  
any direction you choose."  
- Dr. Seuss*



# WELCOME!

## A Letter from the Director

Greetings,

I am the Outdoor Education Consultant for the Limestone District School Board and the Director of the Gould Lake Outdoor Centre. I have been following this career path for over 20 years and have been very fortunate in having this career align with my life's passion.

The purpose of this handbook is to provide you (parents and guardians) with information that will help you support your child in their summer adventure. This Family Handbook has lots of great information on who we are, bus times, and lots more.

Our hope is to help you understand the “day-to-day” around the Outdoor Centre and give you the tools you need to be prepared for the summer programs. The “Check List” on the second page is a great place to start finding out whether or not you’re ready for the summer to begin.

As always we are happy to answer any of your questions at anytime. Feel free to contact our Office at 613-376-1433 so we can help make things run smoothly for you and your child.

Sincerely,

Nate Zahn



*“The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart.”*

*- Helen Keller*



# ABOUT US

## Who We Are

Since the late 1970s, the Gould Lake Outdoor Centre has been offering credit-based summer programs to students from all across our board, province, country, and the globe. Starting under the name Outreach, we have grown into 10 different programs serving more than 500 students a summer. Wilderness trips range from 5 to 30 days. Our summer courses for students build on one another by continually providing increased skills, leadership training and experience. We offer a positive learning environment where individuals can experience outdoor and experiential education.

## Our Mission Statement

Our aim is to provide quality outdoor adventure educational programs that are safe, fun and give the participants an increased knowledge, understanding, and respect for themselves, their peers and the environment. Our programs ultimately intend to develop the confidence required to become self-reliant individuals who actively contribute to society in a positive manner.



# CONTACT US

## Mailing Address

2857 Rutledge Rd  
Sydenham ON  
K0H 2T0

## Email

outed@limestone.on.ca

## Phone

613-376-1433

## Instagram

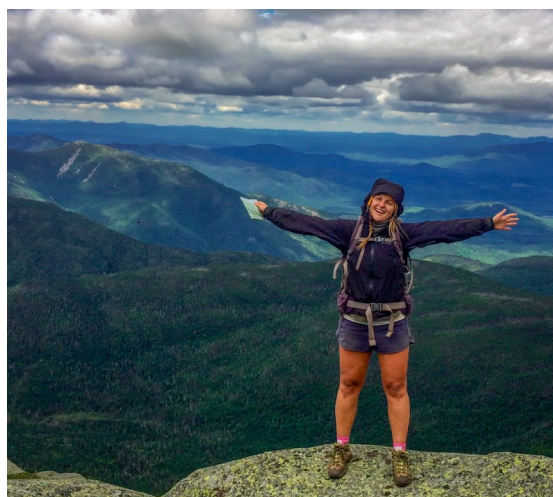
@gouldlake\_LDSB

## Twitter

@gouldlake\_LDSB

## Website

www.gouldlake.ca



*"A leader is best when people barely know he exists, when his work is done, his aim fulfilled, they will say: we did it ourselves."*

*~ Lao Tzu*

# The Gould Lake Outdoor Centre

The base of operations for all Gould Lake summer programs is at the Gould Lake Conservation Area. Located at the south end of Gould Lake, this area provides the perfect place for students to be introduced to their program and to learn the necessary skills and knowledge required for them to prepare for their upcoming adventure.



## Barn Day Transportation

All program “Barn Days” (day’s spent at the Outdoor Centre) have a bus that will transport students from the Centennial Public School (CPS) in Kingston to the Gould Lake Outdoor Centre in the morning and back again at the end of the day. There are 3 optional drop off/pick up locations. Please inform the Gould Lake office if the student’s pickup/drop-off locations change.

### Morning Pick-Up Locations and Times

8:30AM Bus departs CPS (120 Norman Rogers Dr, Kingston, ON)  
8:45AM Pick-up at Elginburg & District PS (2100 Unity Rd, Elginburg, ON)  
9:00AM Pick-up at Loughborough Public School (4330 Wheatly St, Sydenham ON)  
9:15AM Arrive at Gould Lake Outdoor Centre

### Afternoon Drop-off Locations and Times

3:15PM Bus departs Gould Lake Outdoor Centre  
3:30PM Drop-off at Loughborough Public School  
3:45PM Drop-off at Elginburg & District PS  
4:00PM Drop-off at CPS

## What Students Should Bring to Barn Days?

- Personal Floatation Device (PFD)
- Prescribed medications (ie. Epi-pens, inhalers...)
- 2 litres of water
- Running shoes for fitness activities (no sandals)
- Sunscreen, lip-block, and bug repellent
- Hat and sunglasses
- Swimsuit and towel
- Rain gear and warmer clothing
- Lunch (all garbage will be sent home)
- Student manual and writing utensil



# Our staff



All Gould Lake Outdoor Centre staff are hired based on their trip leading experience, interpersonal skills and their ability to facilitate safe, challenging and rewarding outdoor experiences. We strongly value professionalism, passion for the outdoors and compassion and caring for our students. The following are the required minimum skill certifications for each staff tripping pair:

- ORCKA Canoe Tripping level 3 (Canoe trip leader)
- Advanced Wilderness First Aid (AWFA)
- National Lifeguard Service (NLS)
- ORCKA Coastal Kayaking level 1 \*
- ORCKA Flatwater Kayaking Instructor \*
- (\* only required for kayaking trips)

In addition to the above certifications, many staff will also have higher certifications such as:

- Wilderness First Responder (WFR)
- Ontario Certificate of Teaching
- ORCKA Canoe and Kayaking Instructor certifications
- Canadian Style Paddling Level 3
- River Rescue or Swift Water Rescue Technician (SRT)

Further information about the prerequisites and calibre of our certifications can be found at:

- [www.orcka.ca](http://www.orcka.ca)
- [www.lifesavingsociety.com](http://www.lifesavingsociety.com)



# OUR PROGRAMS

## INTRODUCTORY COURSES

### OUTDOOR ESCAPE (OE)

Trip Location: Gould Lake

Length: 5 days (1 Overnight)

Grades: Graduates of Grade 6

Credit: Non-Credit



### GAP (GIRLS ADVENTURE PROGRAM)

Trip Location: Frontenac Provincial Park

Length: 8 Days (3 Barn Days) (5-Day Trip)

Grades: Graduates of Grade 7 or 8 (Girls Only)

Credit: 0.5 PAD10 (Part 1)



### QUEST

Trip Location: Frontenac Provincial Park

Length: 8 Days (3 Barn Days) (5-Day Trip)

Grades: Graduates of Grade 7 or 8

Credit: 0.5 PAD10 (Part 1)



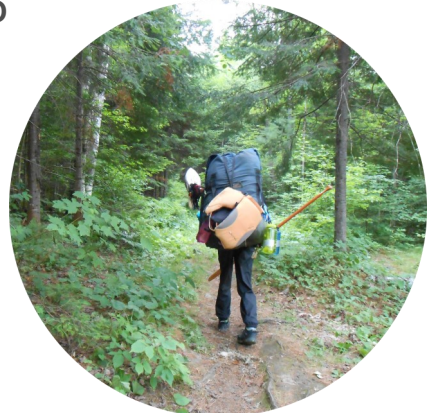
### OUTREACH

Trip Location: Algonquin Provincial Park

Length: 16 Days (7Barn Days) (9-Day Trip)

Grades: Graduates of Grade 8 or 9

Credit: 1.0 PAD20



### OUTDOOR LEADERSHIP PROGRAM

Trip Location: Algonquin Provincial Park

Length: 8 Days (2 Barn Days) (6-Day Trip)

Grades: Graduates of Grade 7 or 8

Credit: 0.5 PAD10 (Part 1)

*Note: no registration available for this program; students selected by principals in LDSB.*



## INTERMEDIATE COURSES

### OUTDOOR PURSUITS (OP)

Trip Locations: Killarney Provincial Park (2 Barn Days) (8 Days)  
Adirondack High Peaks (1 Barn Day) (7 Days)

Total Length: 18 Days

Grades: Graduates of Grade 9, 10 or 11

Credit: 1.0 PAD30

Certifications: Canoe Tripping 1



### OUTDOOR SKILLS (OS)

Trip Locations: Georgian Bay (2 Barn Days) (9 Days)  
Palmer Rapids (1 Barn Days) (4 Days)

Total Length: 17 Days

Grades: Graduates of grade 10 or 11

Credit: 1.0 PAD40

Certifications: (for qualifying students) ORCKA Flatwater Kayaking; ORCKA Moving Water 1A

### MOVING WATER SOLO COURSE (SOLO)

Trip Location: Palmer Rapids (4 Days)

Total Length: 4 Days

Grades: Graduates of Grade 9, 10, 11 or 12

Prerequisite: ORCKA Moving Water 1A (or equivalent)

Credit: Non-Credit

Certifications: (for qualifying students) ORCKA Moving Water 1B



### WINTER CAMP

Trip Location: Frontenac Provincial Park

Total Length: 4 Days

Grades: Graduates of Grade 9, 10, 11 or 12

Prerequisite: OP or OS equivalent camping experience

Credit: Non-Credit

## INSTRUCTOR COURSES



### WILDERNESS INSTRUCTOR COURSE (WIC)

Trip Location: Missinaibi River & Moose River

Total Length: 18 Days (13-Day Trip)

Grades: Graduates of Grade 11 or 12

Prerequisite: ORCKA Moving Water 1A (or equivalent)

Credit: 1.0 PLFM5; 1.0 PLF4MA (Co-op)

Certifications: (for qualifying students) ORCKA Canoe Tripping 2; ORCKA Canadian Style Paddling 2

### LONG TRAIL HIKING TRIP (LT)

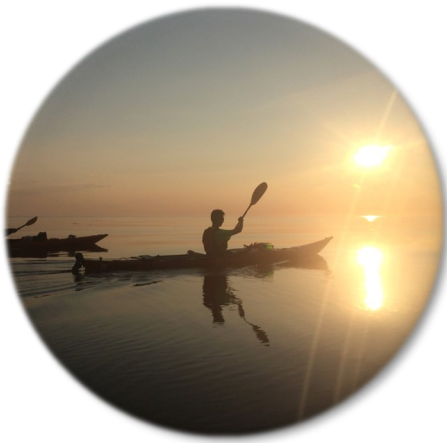
Trip Location: Green Mountains (Vermont)

Total Length: 16 Days (13-Day Trip)

Grades: Graduates of Grade 10, 11, or 12

Prerequisites: Completion of Wilderness Instructor Course

Credit: 1.0 IDC3O



### KAYAK INSTRUCTOR COURSE (KIC)

Trip Location: Anticosti Island

Total Length: 32 Days (29-Day Trip)

Grades: Graduates of Grade 11, or 12

Prerequisites: ORCKA Flatwater Kayaking

Credit: 1.0 PAD4OA; 1.0 GPP3O

Certifications: (for qualifying students) ORCKA Coastal Kayaking 1; ORCKA Kayak Tripping 1

*Earth and sky, woods and fields, lakes and rivers, the mountain and the sea, are excellent schoolmasters, and teach some of us more than we can ever learn from books.*

*- John Lubbock*



# PROGRAM PHILOSOPHIES

## BALANCED TRIPPING GROUPS

Creating balanced tripping groups is a responsibility that lies with Gould Lake Outdoor Centre administration. Ultimately, the goal is to create groups that provide each student the opportunity to meet new people and each group the opportunity to develop group dynamic skills in an environment that is safe and equitable to all. To ensure these philosophies are upheld, no guarantees will be made concerning who students will be tripping with.



## ELECTRONICS ON TRIP

One of the main benefits of a wilderness excursion is that you can leave the hustle and bustle of everyday living behind. Students are asked to leave all of their electronic devices (cameras optional) at home. This will not only provide them with a break from their devices, but will also ensure these items are not damaged or lost on trip.

## CANCELLATION AND REFUND POLICY

- The 1st payment is a non-refundable deposit dated for February 3rd.
- If the student withdraws from a program after this date, the 2nd and 3rd payments will be refunded.
- If the student withdraws after April 1st, the 3rd payment will be refunded unless the program fills, in which case the 2nd and 3rd payments will be refunded.
- If the student withdraws after June 1st, no refund will be issued, unless the program fills, in which case the 2nd and 3rd payments will be refunded.
- If a student is placed on our waiting list and wishes to remain there, all cheques will be held until the student has been accepted into a program. At that point, the refund policies above will apply if the student chooses to withdraw.
- No refunds will be issued after a program has begun, unless a student withdraws for medical reasons, and then partial refunds will be considered if a doctor's note is provided.
- For more information on our other Registration policies, please refer to the "**Gould Lake Registration Policy**" document on our website [www.gouldlake.ca](http://www.gouldlake.ca)

## LEARNING ACCOMMODATIONS

All students who require learning accommodations or modifications are encouraged to send a copy of their Individual Education Plans (IEP) to the Gould Lake Office prior to the start of summer. All of our staff will do everything they can to meet the individual needs of every student.



## OP BORDER CROSSING

Students crossing the border for their Adirondack trip will require:

### Travel Insurance

We must have the:

- Name of the Insurance Company
- Name of the Policy Holder
- the Policy Number
- Emergency contact Number of the Insuring Company

### Proof of Citizenship

- Original Birth Certificate
- Original Canadian Citizenship Card
- or Original Passport (**photo copies not acceptable**).

If Proof of Citizenship document DOES NOT have a photo Students will be required to provide a second piece of ID with a photo (this may include Student Cards, Drivers License, etc.)

### Consent Form

You can find the consent form [here](#). It must be completed, dated and signed by Student's Parent/Guardian.

The student's Tripping Staff will collect all above documentation and keep it safe. This ensures that Students won't lose or damage these documents. All documents will be returned to Students upon arriving in Kingston.

For Students coming from outside of the country, Passport, Travel visa, and Additional Documentation will be required. Please contact our office for more information.

**Any student who has not provided ALL of the above documentation to Gould Lake Staff by the time of departure will not be permitted to go on trip. No exceptions will be made. If you are having any difficulties in providing any**

## MAPS AND DIRECTIONS

For maps and directions to the Gould Lake Barn and Centennial PS (as well as the locations of the parks and areas of all of our trips) please visit the Gould Lake website [AREA MAPS](#).



## TRIP DEPARTURE TIMES

All Gould Lake trips will depart from Centennial Public School.

**Outdoor Escape 8:30AM**

**Quest 8:30AM**

**GAP 8:30 AM**

**OLP 6:00AM**

**Outreach 6:00AM**

**Outdoor Pursuits (Killarney/ADK) 6:00AM**

**Outdoor Skills (GB/Killarney) 6:00AM**

**Outdoor Skills (Palmer Rapids) 7:00AM**

**Moving Water Solo Course 9:00AM**

**Wilderness Instructor Course 6:00AM**

**Kayak Instructor Course 6:00AM**

## TRIP ARRIVAL TIMES

Bus arrival times will be updated on the Gould Lake website through pop-ups and posted on the GLOC Twitter account.





## Prepping For Trip

Here are a few things to remember for the duration of the Gould Lake programs.

### CONTACT INFORMATION

*If there are any changes to the contact information (example, parents will now be away at the cottage during the student's trip) please ensure the Gould Lake office is notified prior to the start of the summer.*

### ASSIGNMENTS

Each credit based program has it's own set of assignments due at different times. Depending on what program you're in you may receive information about assignments though email (that are due **BEFORE** the first Barn Day) or your Manual once you receive it. Be sure to give yourself lots of time to complete them properly.



### WHAT NOT TO BRING

All Gould Lake Programs should be seen as an extension of an LDSB classroom. Therefore, students are prohibited from bringing alcohol, cigarettes, vape pens or drugs to the Gould Lake Barn or on trip. Students who bring these items will be suspended from the course and evacuated at the expense of the parents/guardians. In the case of illegal substances, authorities will be notified.



### NUT FREE GORP

*A well-balanced GORP is a great way to have a quick snack and very important for keeping up your energy throughout the whole day.*

*GORP is provided on GAP, QUEST, OLP and Outreach trips.*

*Students enrolled in OP, OS, SOLO, WIC, and KIC will be required to provide their own GORP.*

***PLEASE DO NOT PURCHASE NUT PRODUCTS FOR YOUR GORP.*** The Gould Lake Outdoor Centre is Nut Aware and do not take any nut products on any of our trips. .

# Clothing and Equipment

All food and group equipment (i.e. canoes, paddles, tents, cooking equipment, and packs etc.) are provided by Gould Lake for the multi-day trips.

Students are required to bring their own PFD (lifejacket), sleeping bag, stuff sacks, and personal clothing and gear, as well as lunches and drinking water for the days spent at Gould Lake.

Please see **Equipment/Gear Lists** for a more detailed list of what will be needed each day while at the Barn.

For a complete trip packing list please go to the student's specific program at the Gould Lake website.



## WEAR & TEAR

It is important that students understand that all equipment, including clothing and footwear, will get dirty and worn. Students are encouraged to only bring items that they don't mind looking "used" after their trip.



## PERSONAL FLOATATION DEVICES (PFDs)

**It is our policy that all staff and students always wear a Canadian Coast Guard (CCG) approved PFD when in a boat.**

It is imperative that every student brings a PFD that has been properly fitted to them. Please see the links below for more information on how to properly fit a PFD and which types (and colours) are CCG approved.

Please also note that certain types of PFDs are not appropriate for GL trips, this includes neoprene and inflatable.

### ADDITIONAL WEBSITE RESOURCES

[How to Fit a PFD](#)

[Transport Canada PFD/Lifejacket Information](#)

## WHAT ARE TRIP SHOES AND CAMP SHOES?

All Gould Lake programs ask students to bring "trip shoes". Trip shoes are footwear to be worn during the day while travelling. They should have plenty of ankle support and be rugged enough to handle portages and hiking. Due to the lack of support, your typical water-shoe or pair of sandals are not appropriate trip shoes. A good example of a trip shoe would be an older pair of hiking boots/shoes.

If a student is planning on purchasing a new pair of boots, it is strongly recommended that they buy them before the summer and wear them around to work them in.

Camp shoes are footwear that are intended to be worn while in camp. They must still be able to be secured to your child's foot and be closed toed (ie. Flip-flops, or other backless/strapless shoes are not appropriate).

## SUMMER 2020 DISCOUNTS

**Trailhead Kingston** (272 Princess St. Kingston) offers 15% OFF and **Smith Army Surplus** (86 Princess St, Kingston) offer's 10% OFF from June 1st to August 31st 2020, on any regular priced items being used on a Gould Lake Trip. Please state you are a Gould Lake student purchasing gear for trip when you get to the cash!



# After Trip

## CHILDREN'S FITNESS TAX CREDIT

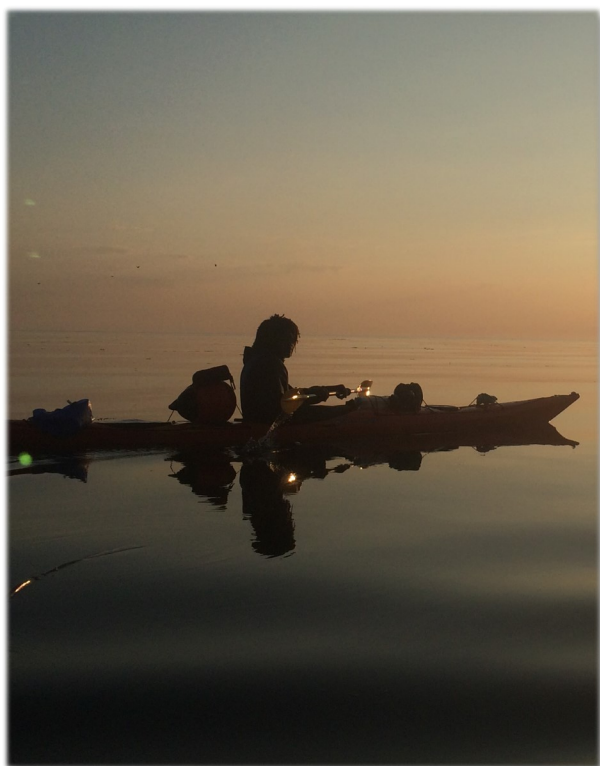
Please note that since 2017 the CFTC is no longer available. We will still send a official tax receipt in late September/early October for your own records.

## STUDENT ACHIEVEMENT FORMS

Student Achievement Forms, as well as tax receipt are mailed out to students late September or early October.

Students outside the LDSB will be mailed a copy of the credit council summary, as well as, a duplicate of the Student Achievement Form.

Please contact the Gould Lake office for any additional information regarding these forms.



## SUPPORT GOULD LAKE

Gould Lake has multiple fundraisers to which you can donate to year-round. If you would like to sponsor a student or help us in other ways you can find information on our website under ABOUT US or call the Gould Lake office (613-376-1433).

Upon donation (over \$10.00) to any of our Charitable Trusts you may choose to receive a receipt that you can later claim as a Charitable Tax Credit.

### Friends of Outreach (F.O.O.)

F.O.O. is a charitable trust fund that was formed in 1996 consisting of Gould Lake Staff and Parents. Its primary function is to raise money for students with financial limitations, which will allow them the opportunity to attend the Summer Programs. F.O.O. raises funds through public donations, Gould Lake staff initiatives, and the sale of F.O.O. merchandise during the summer and at the Annual Summer Slideshow.

### Denis Reed Fund

Was established to recognize the founder of the Outreach Program upon his retirement. This fund is used to further assist Students with tuition subsidization.

### Gould Lake Charitable Trust

The Gould Lake Charitable Trust Fund is used for the further development of Gould Lake Programming. It can provide funds to assist in purchasing new equipment such as canoes and kayaks as well as support other Gould Lake initiatives.

### Adam Woogh and Annie Casson Fund

Established in 2011, this fund is used to further assist Students with tuition subsidization.

*Look at the footprints you've made.*

