



SEA TO SKY

Outdoor School for Sustainability Education Inc.
Sunshine Coast, British Columbia, Canada

INFORMATION FOR ADULT PARTICIPANTS

The following is intended to be a guide for those adults who assist Sea to Sky teachers (aka "Islanders") with program delivery. Much of what follows is common sense but we ask that you read through this so that we all are familiar with the goals of Sea to Sky Outdoor School and do what we can to insure that students experience the best possible learning opportunity. The job of an adult volunteer or guardian requires physical and mental stamina ... and a sense of humour. If you have any questions or concerns ask a teacher or one of us at Sea to Sky. We welcome feedback anytime. We are all in this together and we need each other for support and encouragement. Your special skills can contribute to this program so let us know what they are. Thank you for volunteering. Let's have a great 'adventure' together!

1. Helping out on arrival day

Everyone is responsible for carrying their own pack on board the ferry or water taxi. Avoid the baggage service if travelling on BC ferries - it will slow down the group at the other end. Assist teachers with 'crowd control' and ensuring that the group is all together when it's time to disembark. If all participants have readily accessible 'GO GEAR' (see Packing List) it will streamline the arrival and beginning of the Outdoor School experience. Encourage students to use washrooms on the ferry and to arrive with a full water bottle.

2. Student Discipline

No physical discipline is to be used with students. Student behavior which compromises safety or learning opportunities for others must be dealt with in a firm but appropriate manner. If you find yourself getting angry ask for help. If you find a student who is consistently taking away from the outdoor school experience, feel free to consult the islander/teacher team in order to find opportunities for the student to give back to the community during GAP time. "GAP Zappers" can be an effective tool to encourage students to be positive members of the outdoor school community.

3. Volunteer Roles

a) Cabin Supervision

Due to the long, full days of Sea to Sky programs that challenge students both mentally and physically, cabin supervision needs to encourage behavior that guarantees that all students receive the sleep they need. Any student that is disruptive after silence is requested will be asked to relocate their sleeping bag to a place with closer adult (teacher?) supervision. *As the cabin captain here are a few tips:*

- Cabin No-No's: shoes, eating, fires, locked doors, visiting;
- Stop Sleep Interrupters: truth or dare, raids, ghost stories, gross-out contests, bullying, beeping watches;
- Washrooms are not in the cabins so a few tips: use facilities before bedtime, buddy system at night, flashlights in the ready position.
- If uncomfortable with a situation use lead teacher or Islander for back-up; find out curfew time and insist on silence. Consult with lead teacher regarding approach to be taken with 'noise makers'.
- Keep it neat; students encouraged to keep stuff in or close to their pack; last day is cabin cleaning day; property damage gets pinned on perpetrator;
- Create a caring culture in your cabin. We discourage students from calling home while at Outdoor School unless circumstances warrant it. Consult an Islander.

b) Adventure or Clan Groups

Sea to Sky staff must have at least one other adult accompanying their small groups at all times for safety. We encourage you to share in the student's learning and excitement by **joining** the group, whether it be large or small. Support the Sea to Sky teachers in their efforts to give students the very best possible educational experience. Curiosity and focused attention will rub off on others. Logbooks are given to all students and adults. Be seen taking notes as you can be a powerful role model to the students around you. Ask questions! If you are unable to join the group please arrange a replacement adult to fill in while you are away.

c) Mealtime

You are the designated adult at your table of 7-9 students. A few tips:

- encourage students to eat slowly, relax, be civilized, keep noise down. Please ensure good table manners.

- watch for 'POTS' sign and silence table when it is up.
- we are a Food Waste free zone; encourage your table to be food waste free; 'food fights' are taboo.
- anyone leaving the table has the Photon (yellow plastic ball on string - one per table) - our *traffic controller*.
- POTS list for students who based on behaviour remain behind after the meal is over and receive a task(s).
- *duty dude* (student volunteer on a rotating basis) from each table stays behind to wipe tabletop & stack chairs.

4. Role Modeling

What you say is not nearly as important as what you do and what you communicate non-verbally. Sea to Sky places a premium on respect; self-respect, respect for others and respect for our natural home. Reinforce these values whenever you can. Rough, destructive or aggressive behavior should not be tolerated. Students need to understand that they will be responsible for the cost of repairing anything that is broken. Please don't rough house with students at any time. Aggressive behaviour usually escalates to something worse. Some students when 'stirred up' have little judgment as to when to stop. Adherence to the property rules re: alcohol and smoking need to be upheld.

5. Phones and the 'wired world'

In as much as we can, Sea to Sky promotes 'Island Time' where participants are free of the demands and distractions of the wired world. Early in the program you will have the opportunity to put your watch, phone and any other electronic device in our Island Time Box. We will keep it safe for the duration of the program. For those adults who take the island time challenge they often find it transformative. Students are all encouraged to take this challenge which includes cameras as well. If letting your phone go while at Sea to Sky is unimaginable, please be very discreet when using it. Slipping away at mealtimes or during Gap time if you have to make a call is our preference. Hopefully students do not witness the use of cel phones while at Outdoor School. Keeping them turned off is very appreciated. **Watches** are also not on the equipment list and everybody is encouraged to either leave them at home or have us look after them. It is a freedom that we hope will be embraced by all. In order that the group makes meals on time and that a challenging schedule can be followed *Islanders* need to be the exceptions.

6. Medical Conditions and Safety

Refer all first aid concerns to a Sea to Sky teacher (even band aids!). Adults providing cabin supervision should be familiar with student medical conditions or other circumstances requiring attention. Administering any medications to students (as instructed by respective parents) is the parent or teacher supervisor's responsibility. Running at night is very high risk and therefore not permitted. Please enforce.

7. Respect for Diversity

Sea to Sky programs are designed to respect children of all backgrounds and religious faiths. Your care at helping to ensure that Sea to Sky programs remain inclusive is greatly appreciated.

8. Attitude

"Life is 10% what happens to us and 90% how we respond to it." Try to maintain a positive mental attitude no matter what the circumstances. In as much as is possible do everything with enthusiasm. It's contagious. Students will look to you for cues. Get involved. Have fun.

9. Island Name

Sea to Sky Outdoor School encourages students, teachers and parents alike to take on an 'island name' during the program. This can be anything from the natural world which is animate or otherwise. Samples of new identities might be *Sunrise, Arbutus, River, Daisy, Sea Otter, Cougar, Granite or Cloud*. You will be introduced in the Community Meeting at the beginning of the program.

10. Sustainability Education

We are an outdoor school for sustainability education. Our programs take an active, participatory, multi-dimensional, humour rich approach to learning that embraces the outdoor classroom. We make every effort to nurture values, attitudes, knowledge and skills that help each of us increase our resilience and contribute to a better, more just world. Musicality, cutting edge science, theatre, simplicity are just a few of the tools we use in our learning to live lightly. We are all in this program together – an adult team with members from both your school and ours, so share your gifts whatever they are that will help us make this an unforgettable 'ed-venture' and life experience for all.

"Only with the heart can one see rightly for what is essential is invisible to the eye."

Antoine de St. Exupery