

**Trip Guidelines & Expectations:**  
***Connecting Land to Teaching Pedagogy:***  
***A land-based learning experience at Writing-on-Stone***

Faculty/Unit: Werklund School of Education

Department: Undergraduate

Faculty Hosts: Professor Jennifer MacDonald & Professor Teresa Fowler, Werklund School of Education

**Name of Field Activity:**

Connecting Land to teaching Pedagogy: A Land-Based Learning Experience at Writing-on-Stone

**Activity Travel Dates:**

Departure: September 2, 2019

Return: September 4, 2019

**Description of Field Activity:**

3 day, 2 night field trip to the Writing-on-Stone Provincial Park in Southern Alberta. Includes walking, Rock Art tour led by Alberta Parks, camping, and potential Milk River wading/ crossing.

The Werklund School of Education is committed to working alongside and learning from Indigenous Elders, leaders, and communities. As part of Connecting Land to Teaching Pedagogy, Bachelor of Education students and others were invited to attend a 3-day field trip to Writing on Stone, working with a Blackfoot Elder and Werklund faculty to better understand how they can incorporate the Land into their teaching.

This opportunity includes a series of land- and place-based experiences that will increase participants' understanding of Indigenous ways of knowing, and better prepare them to integrate different Indigenous perspectives in their teaching. Participants will also have the opportunity to share their experiences with other students and contribute more richly to discussions in EDUC 530: Indigenous Education.

**Site Location:**

Writing-on-Stone Provincial Park

**Type of Activity:**

Professional Learning Opportunity for Werklund School of Education students

**Number of Participants:**

Up to 24 students plus accompanying faculty members (2-6)

## Participant Rules and Guidelines

### **Stewardship** (from Writing on Stone)

We all share responsibility for protecting and respecting Writing-on-Stone / Áísínai'pi - the plants and animals, habitats and formations, and rock art.

This sacred landscape is extremely fragile.

- Please stay on trails at all times to prevent soil erosion and damage to plants and landforms.
- Do not deface rock art or landforms.
- If you see artifacts, please leave them in place and contact park staff.
- Damaging any cultural resource, including rock art, may result in a \$50,000 fine and a one-year jail sentence.
- Public tours and interpretive programs at Writing-on-Stone / Áísínai'pi are an important educational tool. They help visitors appreciate and understand this landscape and the need for responsible stewardship.

### **General Equipment and Clothing: Preparation and Prevention are the Keys to Safety**

- Trip leaders/ faculty hosts will carry 2 first aid kits for all activities

### **All students will come to fieldtrip with:**

- Attitudes and behaviors conducive to safe field trip practices and respect for cultural sites and practices, each other, the trip leaders, and the surrounding environment
- A day pack appropriate for carrying lunch, snacks, water, and a jacket while hiking/ walking
- Clothing appropriate for camping and outdoor activity in the full seasonal range of local weather
  - E.g. It may be hot during the day, but cooler at night; rain is also possible
- Other personal and safety equipment as noted in the attached packing list and described below

### **DO NOT bring any of the following items to the field trip:**

- Guests or pets
- Your own vehicle without prior approval
- Your bike, skateboard, or roller blades
- Flares or fireworks
- Alcoholic beverages
- Recreational/illegal pharmaceuticals or drugs/ narcotics
- Firearms or weapons of any kind

### **Allergies and medications:**

- Participants are advised to bring all required and/ or anticipated medication with them, including allergy pills or epi pens
- Participants are asked to share with leader if allergies may occur, how to recognize them, and how to address the issue. Please also advise the trip leader of any other pertinent medical issues or conditions

### **At Campsite: Exercise General Caution and Respect for your Fellow Campers**

- Respect each other's space, property, and privacy
- Tents should be reasonably spaced; guy lines should be kept short and away from main access routes; Tent pegs should be driven right into the ground
- Keep noise to a minimum, especially in the evening and at night

### **Food, Fire, and Cooking**

- Keep food at adequate temperature if required or carry no temperature sensitive foods.
  - Note that refrigeration facilities are available, but shared, so plan accordingly
- Be cautious and follow leader and park officials' directions regarding water is taken from to drink and cook
- Only use safety matches, or preferably long nosed electronic lighters. Cigarette lighters are not to be used. Strike match away from body and light stove from the side not above.
- Participants to avoid wearing flammable nylon material next to the skin. Long hair should be tied back.
- Move slowly near the fire; use work gloves if adding or arranging wood
- Ensure that stoves are operated in a clear open area at least 1 metre (preferably 3 metres) from tents. Under no circumstances are stoves to be operated inside tents or other enclosed spaces
- Ensure that stove is placed on firm flat surface on ground and that the pan/kettle is properly set on stove. Participants to be briefed on the measures to be taken in the event of burns. Stove to be attended at all times; ensure all excess fuel has burned off and allow to cool before handling. Try to avoid using the supplied 'extinguishing ring' whenever possible/ applicable
- All cooking pots and utensils to be thoroughly cleaned to remove all trace of food
- Ensure adequate space to open and serve hot food and water without risk of scalding or burning.
- All surfaces where food is to be served from should be cleaned with anti bacterial cleaner.
- Wash hands before preparing and/ or serving food, cover cuts, and tie back long hair

### **Hiking & Walking**

- It is recommended that you use the washroom facilities before the Rock Art tour. There are vault toilets in the preserve but they are not near the trail.
- Use the buddy system and stay with the group, between front and sweep leaders
- Use planned routes agreed by instructors based upon conditions and ability. Stay on locally recognized and marked nature trails and walks
- Let the leader know if you are leaving the group at any point
- Carry/ wear your whistle at all times to be used only if you are lost or experiencing an emergency
- If lost, stay where you are, blow your whistle, and wait for help
- Carry a flashlight/ headlamp carried if suspected back late or out in the dark
- Do not go near the edge of any cliff
- A mobile or satellite telephone with pre-set emergency numbers will be carried by the party leader at all times.

- Pre-arranged rendezvous point(s) will be established before the activity begins in case members of the party become lost or separated. This could be Group Campsite A or other park location
- Group leader will have list of all participants on the trip with their emergency contacts
- Regular headcounts will be conducted
- While walking/ hiking, respect the unique nature of the terrain and take your time

## Heat & Sun

### Participants should have adequate protective clothing, food, and water supplies:

- During the day the main constraint can be the heat – often between 30-40 °C on summer days. There is no shade along the trail on which the tour is conducted. Please keep this in mind when preparing for your tour
- Please bring 2-3 refillable water bottles for the day trip, sunscreen, and hat,
- Appropriate clothing must be worn according to present and anticipated weather conditions
- Make sure you are wearing a hat and apply sunscreen before and during the walk
- Bring sufficient food and water appropriate to planned activities; We will have powdered electrolyte replacement tabs and portable water jugs available. .
- We may need to modify or curtail the activity if prevailing weather or river conditions are inappropriate for the group or the planned activity
- Take frequent rest breaks and be sun / heat aware
- Notify the faculty host if you feel unwell or are concerned with the heat/ sun

### To avoid heat exhaustion or similar:

- Drink plenty of water at a moderate rate. During hot weather, drink a minimum of four litres of water a day.
- Wear a hat, appropriate clothing, and sunscreen
- Avoid over-exertion during the hottest part of the day.
- Take frequent breaks in a cool or shaded area if possible to let your body cool off.
- Avoid foods and drinks that increase dehydration like excessively salty treats, and caffeine

## River and Water Safety:

### \*We may be crossing the Milk River at a shallow point:

- If river conditions are stable and low at the point of crossing and no water quality advisories are in effect.
- Weather forecasts will be assessed beforehand as appropriate
- Prior local knowledge will be sought and acted upon, especially regarding depth and nature (currents, backwash) of water and any specific hazards
- A guide rope or other group river crossing techniques along with safety provisions such as throw-ropes stationed downstream may be used according to availability of appropriate anchors and trip leader and Elder's experience and instructions.
- River safety assessment to be conducted with group at the water. The group will be looking for hazards, listening to / smelling water, water levels, force of water to:
  - Consider current, speed, white-water/ white caps
  - Look for debris / visibility considerations
  - Consider rocks, fish and rattlesnakes in the water

- Leaders will discuss with park officials and do day-of assessment
- If conditions are not deemed safe for any reason, we won't do the crossing and an alternate plan will be made.
- Leaders will have access to, and be competent in, the use of suitable rescue equipment (e.g. throw-line and/or reaching pole)
- Leaders will also review basic self-rescue techniques with group: If you lose your footing and fall into the river, do not attempt to stand up immediately as you may be pushed back under by the current; point your feet downstream with toes up to avoid entrapment; if deep enough, lift your toes and hips to the surface, float on your back, angle your head/ body towards shore, and use your hands/ arms as sculls to guide you to a calmer/ slower section of water
- \*We want to ensure all participants are safe and feel comfortable. Please make your trip leader aware of your comfort level and experience with water and any other related concerns you may have
- **\*\*Participants must wear suitable good quality closed toe and heel style runners or hiking boots** to guard against slips and cuts on rocks/glass/cans etc...; running shoe style water shoes (not neoprene slippers) would also be appropriate for the river crossing.

#### General water safety:

- Participants will clean and cover cuts and wounds with waterproof plasters/ band aids
- Please exercise caution at all times when near the edge of the water and while wading in or crossing the river.
- Participants will:
  - Follow the advice and directions of the group leaders and park rangers at all times
  - Be aware of the potential dangers of sudden and rapid immersion in cold water
  - Avoid areas of stagnant water
  - Exercise caution around water at all times by not running, jumping, or diving, pushing, dragging, or ducking others under
  - Be aware of slipping hazards such as seaweed or wet (dark coloured), slippery rocks at water's edge
  - Be aware of the plan and liaison point if someone is missing from group
- \*As we will not have PFDs (lifejackets), **no swimming in river will be permitted**

#### Fire:

- We will check and monitor local weather and wildfire conditions
- Evacuation points will be confirmed with participants in advance and the group will work with Alberta Parks should an evacuation be necessary

#### Animals:

- Leaders will make group aware of rattlesnakes and identification
  - Rattlesnakes may be present. Please see the attached Rattlesnake fact sheet prepared by Alberta parks.
    - Participants to wear closed toe shoes
  - Any animals showing aggression or appearing to be nervous should be avoided at all times.

- Participants to stay on trails, avoid rock piles / bushes; stay out of long grass; don't put hands / feet in cracks; don't walk under ledges or reach above you if you can't see where you are putting your hands; don't touch or handle snakes (even ones that look dead); do not poke / disturb / harass or throw things at the snakes.
- If bitten, stay calm, do not run / move a lot, immobilize bitten area / keep it below heart level; go to see a park ranger or hospital. Do not slash bite wound / suck venom / apply tourniquet. Do not try to harm or kill snake.
- If you see a snake: stand still, monitor location of the snake; snakes tend to bite only if threatened, cornered, and/ or stepped on.
- When in an area with ticks, participants are advised to wear long trousers and use insect repellent; Check for ticks every evening; Upon return from the trip, be aware of the signs and symptoms of Lyme disease; See a doctor if any symptoms occur.
- Participants should avoid handling or touching animals in case of contracting infectious diseases and illnesses, especially gastro enteritis, salmonella, leptosporosis and cryptosporidium

#### **Roads / Driving:**

- The University of Calgary does not provide insurance for privately owned vehicles (including those of employees or students). Employees and students may use their personal automobile while on University business; however it is the employee/ student insurance that will apply in an accident situation. Anyone who is carrying passengers must be aware of this as they should ensure they have appropriate coverage.
- Using a professional driver and coach: We will be providing a coach for the trip from U of C to the Writing on Stone group campsite. The next day, the students will be transported on an Alberta Parks bus to the visitor information center on an Alberta Parks tour of the Rock Art in the Writing on Stone Provincial Park. On the third day, a coach will pick them up from the campsite, and they will return to the University of Calgary campus.
- Some students may wish to drive themselves / drive with their fellow students, but it is discouraged as the coach is offered.
  - \*Please notify trip organizers if you intend to drive yourself
- No staff or faculty to drive students.
- Faculty host to have separate private vehicle on-site for emergencies.

#### **Limited/ Remote Cell Reception and Medical Services:**

- Cell reception is patchy, but generally stronger at prairie level near Writing on Stone Visitor Centre; a pay phone is available at the camp store
- Limited power outlets are available at the group campsite, but please note that priority will be given to faculty safety phone charging
- During the initial briefing designated muster areas will be pointed out in the event of an emergency (Group Campsite A or other as directed)
- Nearest hospital is Milk River Hospital: Address: 517 Centre Ave NE, Milk River, AB T0K 1M0; Hours: Open 24 hours; Phone: (403) 647-3500; Milk River Health Center is a 27 minute drive (approx. 40 km) away.