

## What to Expect at The Forge?

### Introduction

As an innovative leader in outdoor recreation, The Forge is a state-of-the-art adventure park designed to deliver unique year-round activities for adventurers of all ages and abilities. They are a purpose-built social enterprise that provides countless opportunities for guests to experience elevated outdoor adventure.

Featuring a versatile and wide-ranging mix of recreational activities set among a reclaimed natural landscape, the park offers an escape to tranquil and interactive green space.

Here, guests can also test their personal boundaries while engaging with a passionate community of like-minded outdoor enthusiasts.

### Experience

In general, Outdoor Education programs aim to change the way people think, feel, and behave as they push individual limits in a safe environment. The experiences will also reinforce our school-wide goals for all students to ***Be Respectful, Be Ready, and Be Safe***. During the day at the Forge, students will work together in two programs: Orienteering Trek and Survival.

#### Orienteering Trek:

- *Master your navigational skills using a map and compass. Orient your map so it matches what you see around you while exploring nature in The Heritage Quarries. Combine your map and compass to find designated markers in the park and make your way through the course to win with the lowest elapsed time!*

#### Survival:

- *Key components of survival are covered in a fun and interactive way using shelter building with tarps, identifying, and observing invasive plants & trees as well as prairie flora & fauna. The experience is a great way to forge friendships, establish leadership skills and teamwork.*

### How should we dress for the course?

The Forge is an outdoor park and operates in all weather conditions. Be sure to wear sunscreen. Appropriate clothing and footwear can mean the difference between a successful, positive experience to one that would rather be forgotten. Specifically, you should wear shoes that cover the toes and heel and wear loose (not overly baggy) fitting, older clothing. Close toed heeled shoes (gym shoes) are required.

### Lunch?

All students must bring a disposable sack lunch, including a snack and a drink.