

## Teacher Field Trip Guide for Project SNOW at Mt. Bachelor



for the greatest good

Dear Educator,

This Teacher Guide is designed as a resource for teachers or leaders, who are planning a trip to Mt. Bachelor for the **Project SNOW (Studying Nature Outdoors in Winter)** snowshoe program. This guide will help you, your students, and chaperones prepare for the field trip, and notify participants of important policies, expectations, and safety concerns.

This Guide is divided into 3 sections:

[Teacher Checklist \(page 2-Before Trip; page 3-Day of Trip & After Trip\)](#)

[Student & Chaperone Expectations \(page 4\)](#)

[Safety Concerns \(page 5\)](#)

**Project SNOW (Studying Nature Outdoors in Winter)** offers your students a unique opportunity to study winter ecology while snowshoeing at Mt. Bachelor. Project SNOW's Education Programs help you create a connection between your students and their local natural world by bringing them into contact with alpine plants, animals, hydrology and geology. Education programs are offered to schools & education groups in the winter from January to March. Deschutes National Forest and Discover Your Forest (non-profit partner) are pleased that you and your students have chosen this program to enhance your outdoor education experience and hope that in the future we can continue to provide opportunities for your students to gain a better understanding of their local environment.

Sincerely,

*Becky Yaeger*

Becky Yaeger  
Conservation Education Specialist  
Discover Your Forest

## Teacher Field Trip Guide for Project SNOW at Mt. Bachelor

### Teacher Checklist for Project SNOW

✓ Check each item as you complete tasks to prepare for the field trip:

<b>A. Before the field trip:</b>	Confirm booking info with Becky Yaeger, Conservation Education Specialist Email: <a href="mailto:Rebecca.yaeger@discovernw.org">Rebecca.yaeger@discovernw.org</a> Office: 541-383-5557 Cell: 443-604-5903
<b>1. Confirm driving route, arrival, and departure times* with trip bus driver:</b>	*Find out if your bus driver has an <i>afternoon bus route because it may interfere with your departure time</i> . All groups meet at the Forest Service Snowshoe Hut located near the shuttle bus circle at Mt. Bachelor's West Village Lodge. <a href="#">Map &amp; directions</a> .
<b>2. School Engagement Fund:</b>	If your school need assistance with costs of bussing or substitutes, apply for assistance through the Children's Forest of Central Oregon's <a href="#">School Engagement Fund</a> .
<b>3. Extreme Weather Plans:</b>	With your school's principal, review the school district's policies regarding extreme weather & determine a plan of action. <a href="#">Mt. Bachelor Weather Forecast</a>
<b>4. Lunch plans:</b>	Groups may stay for lunch and use the downstairs (bagged lunch) area of the West Village Lodge at Mt. Bachelor. Please pack water bottles & sack lunches.
<b>5. Gear: Make sure all program attendees wear appropriate winter gear</b>	All participants will be provided with snowshoes to borrow for free.  It is recommended that youth & adults wear the following: <u>Base layers</u> or long underwear; <u>Insulating layer</u> - sweater, fleece, sweatshirt (wool or synthetic material is better than cotton); pants can be worn but <b>avoid jeans or cotton that get wet &amp; cold</b> ; <u>Outer layer</u> - winter coat with hood, snow pants, snow boots, hats, gloves/mittens, scarf/neck warmer, warm non-cotton socks.  There is a limited supply of winter gear that can be borrowed. Contact us about this ASAP.
<b>6. Adaptive equipment or supports (Fees):</b>	Project SNOW is free. If a student requires adaptive supports, such as equipment or extra staff from Oregon Adaptive Sports (OAS), there may be a fee. <a href="#">Contact OAS</a> ASAP if arranging equipment or staff support.
<b>7. Medications/Special Needs:</b>	Determine if any students need medications and which adult will be assigned to stay with this student to administer meds during the trip. Inform Becky of any other special needs.
<b>8. Every Kid in a Park or Every Kid Outdoors pass (Optional for 4<sup>th</sup> grade only)</b>	All 4 <sup>th</sup> graders can obtain their <a href="#">Every Kid in a Park</a> or Every Kid Outdoors pass that allows them and their families to visit National Parks and other federal lands or waters for free! Use the pass as often as possible at the start of 4 <sup>th</sup> grade through August before 5 <sup>th</sup> grade.

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### Teacher Checklist for Project SNOW



Check each item as you complete tasks for the day of and after the field trip:

<b>B. Day of field trip:</b>	Things to bring; structure & expectations for the field trip.
<b>1. Items to pack:</b>	Pack lunches, water bottles, all winter gear, and medications (if needed).
<b>2. Student groups:</b>	If there are 20+ students, be ready to divide them into smaller groups. The number of small groups depends on the number of instructors working that day. Ask Becky for details
<b>3. Keep possessions on the bus or in private vehicles:</b>	When you arrive to the site, <i>leave backpacks and lunches on the bus</i> . As part of <i>Leave No Trace</i> , it's easier for students to limit what they carry to only those items needed. After the program, retrieve lunches from the bus and eat downstairs in the West Village Lodge.
<b>4. Last minute issues:</b>	ASAP, call Becky at 443-604-5903, or other Lead Volunteer Ranger contact # (if provided).

<b>C. After the field trip:</b>	Review concepts, write thank you letters, & consider making a donation.
<b>1. Review:</b>	Check for student understanding of field trip concepts by doing an in-class review.
<b>2. Thank You Letters:</b>	Have students <i>write Thank You letters to the Volunteer Forest Service Rangers</i> to share their favorite part and what they learned during the program. <b>Letters can be mailed to:</b> Discover Your Forest, Becky Yaeger, 63095 Deschutes Market Rd. Bend, OR 97701
<b>3. Donations</b> (optional):	Project SNOW education programs are free. However, if you would like to donate, please do so by visiting our <a href="#">Donate page</a> . Donations help support funding for free field trips, Title I school field trips, bus transportation, adaptive equipment, and adaptive assistance.

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## Student & Chaperone Expectations for Project SNOW

The following information provides Expectations for Students & Chaperones. Please review this info prior to your trip.

### 5 Finger Contract for Students (Recommended for Elementary students)

- **Thumbs Up** stands for **Respect**. Respect yourself by staying warm & dry, dust off snow from clothing, don't lie in the snow if you are cold, and use the restroom before hiking. Respect classmates, teachers, chaperones, Rangers, and other users at Mt. Bachelor.
- **L** (thumb & pointer finger) stands for **Leave No Trace**. We all own public land, therefore it's our responsibility to take care of the land we are using today. Please don't leave any trash or belongings behind, and don't take natural objects home with you.
- **W** (hold up 3 fingers) stands for **Watch out for your buddy**. We have assigned you to colored groups so we can keep you safe on the trails. You must inform your Ranger if you need to leave the group & if it is safe, they will allow you to go with a buddy/chaperone.
- **4 fingers make a talking mouth. Close it.** This is a reminder to you that when a Ranger is talking, you should be **listening**. We may use the Quiet Coyote symbol to ask for your quiet attention. We want you to talk too, please raise your hand to be called on.
- **The pinky** stands for the **little things that matter**. Please learn lots of little details today, especially about *Snow's Impacts on Life & Land*.

### Chaperone Meeting

- **Thank You** for being here for the field trip and for assisting the students with learning. Many students will also need assistance with their snowshoes. Please take time to learn how to adjust your own, and be ready to help students with their snowshoes throughout the day.
- Please at all times encourage and model **Leave No Trace**. This is especially important while on the trails.
- Support **student learning**. Assist Rangers with activities when asked. Give students time to think & answer, don't provide answers for them. During small group work, repeat main questions asked by Rangers and help clarify info or terms.
- **Your role is to supervise and discipline** students. Supervise students near tree wells or potential snow bomb areas & make sure they are out of hazards way. Make sure you arrange yourself and other chaperones in the front, middle, and back of the student line while hiking. Encourage students to focus during activities. Please model good attention towards the Rangers, remind students to listen, and allow students who can't focus to take a brief break with you.
- A teacher or chaperone is responsible for **escorting a student back to facilities if a need arises**. Always inform a Ranger before leaving.
- Avoid or limit **Phone Calls or Side Conversations**. If necessary, please ensure another chaperone can provide supervision while you briefly stand off to the side so as not to interrupt discussions or activities.

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## Safety Information for Project SNOW

### Safety Concerns

We want you and your students to enjoy Project SNOW at Mt. Bachelor in the safest and most comfortable manner. Feel free to copy this safety information and send it home with your parent letters. Everyone wins if everyone is prepared. Your students get more out of the field trip, you get more student learning and parent chaperones have a more enjoyable time.

### Remember...

- Be aware of the weather. Conditions can be cold, wet, and have high winds causing wind chill factors to drop well below freezing.
- To best experience the snowshoe program, encourage all participants to wear appropriate winter gear. It's best to dress in layers (base, insulating, and outer layers) and avoid wearing cotton which gets cold when wet. Discover Your Forest has a limited supply of winter gear for students to borrow, and it's possible to arrange drop off & pick up at schools/classes.
- Pack a First Aid Kit and student medications (if needed).
- **Encourage Leave No Trace.** Even though the group is visiting a ski resort, it is still on the National Forest. Encourage good stewardship of our public lands.
- Bring water bottles and drink plenty of fluids. Being hydrated will lessen the severity of accidents that could occur.
- There are snow hazards to be aware of during the snowshoe trip. Look up to avoid snow bombs, look down to stay away from tree wells, and look all around for other skiers and snowboarders traveling downhill. When stopping, look for sky above and stay still while skiers and snowboarders move around you. Make sure the group stays together, inform others immediately if you see a hazard, and help each other out in the deep snow.
- Pace yourself when doing vigorous activity.
- To encourage students of all ability levels to attend Project SNOW, inform Becky of any special accommodations that might be needed. For adaptive equipment or extra staff support, contact [Oregon Adaptive Sports](#) ASAP to inquire about their services.
- Don't feed wildlife. Human food can harm wildlife if eaten, or cause their food stores to rot resulting in wildlife starvation. Feeding wildlife can result in injuries such as bites, and is also detrimental to wildlife that come to rely on humans for food.