

# Foresthood

To increase time spent in urban forests during the childhood years

All days are 9am to 3:30pm in Assiniboine Forest. Drop off after 8:30am, pick up by 4pm.

Pick up and drop off will be at the parking lot of Assiniboine Forest on Grant Ave\*\*

\*\*If temperatures are cold we will do pick up and drop off at the Duck Pond in Assiniboine Park, families would be notified the day before\*\*

## Foresthood Supply List

<p>Winter</p> <ul style="list-style-type: none"><li>• Two winter hats that cover ears and stay on</li><li>• Neck warmer - no scarves</li><li>• Two pairs of warm, waterproof mitts</li><li>• One warm, waterproof snowsuit</li><li>• Warm, waterproof boots</li><li>• Wool socks</li><li>• Three base layers - thermal shirt and pants, middle layer (wool or fleece), sweater layer (wool or fleece)</li></ul>	<p>Spring</p> <ul style="list-style-type: none"><li>• Rain boots</li><li>• Rain suit - jacket &amp; pants or one-piece</li><li>• Extra insulation on cold days</li><li>• Running shoes</li><li>• Wool socks</li><li>• Sun hat</li><li>• Warm sweater or jacket</li><li>• Bug jacket (optional)</li></ul>
<p>Summer</p> <ul style="list-style-type: none"><li>• Rain boots</li><li>• Rain suit - jacket &amp; pants, or one-piece</li><li>• Running shoes (no sandals)</li><li>• Light, long sleeved shirt</li><li>• Sun hat</li><li>• Bug jacket (optional)</li></ul>	<p>Fall</p> <ul style="list-style-type: none"><li>• Rain boots</li><li>• Rain suit - jacket &amp; pants or one-piece</li><li>• Extra insulation on cold days</li><li>• Running shoes</li><li>• Wool socks</li><li>• Sun hat</li><li>• Warm sweater or jacket</li><li>• Bug jacket (optional)</li></ul>
<p>All Seasons:</p> <ul style="list-style-type: none"><li>• Small backpack for items not being worn</li><li>• Lunch and snacks</li><li>• Water bottle</li><li>• Two extra change of clothes</li></ul>	

During the program Momenta staff will have a cell phone (on silent) that will be used in case of emergencies.

We will have snacks on hand when needed throughout the day. There will be a porta-potty at Assiniboine Forest for our use during all programs.

At pick up, your child might be dirty or muddy!

Payment and Completed Forms (front and back) must be received one week before the first PD day selected.

Total cost is \$40 + GST per day = \$42.00

We accept cash or cheque. We can also accept e-transfers to [krista@experiencemomenta.com](mailto:krista@experiencemomenta.com)

Forms can be e-mailed, mailed, faxed or dropped off!  
Here are the details for each of these options.

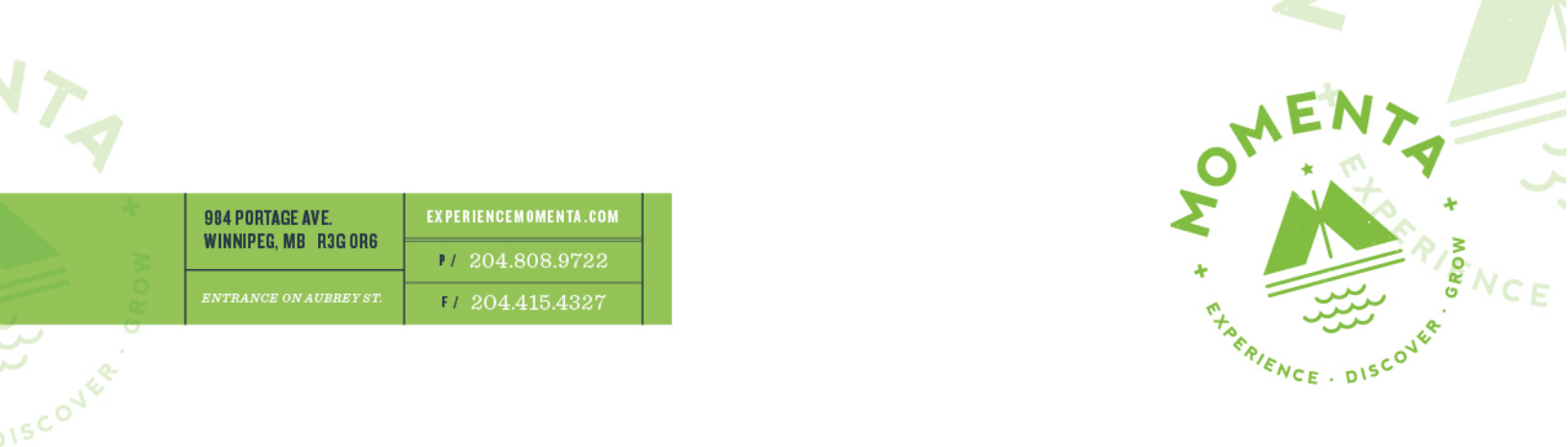
Email: [krista@experiencemomenta.com](mailto:krista@experiencemomenta.com)

Mail or Drop Off: 984 Portage Ave., Winnipeg, Manitoba, R3G 0R6  
(If you are dropping off, our entrance is on Aubrey and we have a locked mailbox to the left of our door)

Fax: 204-415-4327

Email [krista@experiencemomenta.com](mailto:krista@experiencemomenta.com) if you have any questions.





984 PORTAGE AVE. WINNIPEG, MB R3G 0R6	EXPERIENCEMOMENTA.COM
	F / 204.808.9722
ENTRANCE ON AUBREY ST.	F / 204.415.4327

**Foresthood - Please indicate which program/days you are registering for**

- Tuesday Mornings February & March (St.Vital Park)
- Tuesday Mornings April & May (Crescent Drive Park)
- Wednesday Afternoons April & May (King's Park)
- Fridays Mornings April & May (King's Park)
- Forest Babies (Thursday) Spring 2018 (Crescent Drive Park)

**Full Day Foresthood on Non-Instructional Days**

- January 5 - all divisions
- February 2 - all divisions
- March 2 - Louis Riel
- March 9 - DSFM
- March 16 - all divisions
- March 26 - all divisions
- March 27 - all divisions
- March 28 - all divisions
- March 29 - all divisions
- April 20 - all divisions
- May 7 - WSD
- June 8 - Louis Riel
- June 15 - Pembina Trails & St. James

Participant Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_  
 Name of Parent or Guardian \_\_\_\_\_ Address \_\_\_\_\_  
 email address \_\_\_\_\_  
 Home Phone (\_\_\_\_) \_\_\_\_\_ Work or Cell Phone (\_\_\_\_) \_\_\_\_\_  
 Doctor's Name \_\_\_\_\_ Doctor's Phone \_\_\_\_\_ Manitoba Health Number \_\_\_\_\_  
 Emergency Contact Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Does the participant	Yes	No
Have any medical or behavioural issues that we should be aware of		
If yes please explain:		
Plan to take prescription or non-prescription (over the counter) medication during the program		
If yes please explain:		
Have any food allergies or dietary restrictions		
If yes please explain:		

**Parent's or Guardian's Agreement**

1.I agree to permit the use of photographs or videos in which my child appears in any Momenta publication including posting on the internet Yes \_\_\_\_\_ No \_\_\_\_\_

2.In consideration of being allowed to participate in any way in Momenta's athletic/sports program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:  
 The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown physical and legal, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full

