

# Cottonwood Canyons Foundation Field Trips: **Adult Supervisor's Guide**

## ***About these field trips:***

Our Snowshoe and Silver Lake Fieldtrips are based on standards laid out by the Utah State Science Core and take place in summer, autumn and winter fieldtrips. They are part of the education programs of the nonprofit Cottonwood Canyons Foundation, Salt Lake City Department of Public Utilities Watershed and the Wasatch-Cache National Forest.

## ***Why am I being asked to participate?***

Past experience has repeatedly shown that the more participating teachers and adults take an active part in field trip activities—modeling interest, enthusiasm and listening skills—the more attentive the students remain and the more successful the endeavor is likely to be.

## ***What am I expected to do?***

### **1. ENJOY THE OUTING.**

We think that you, too, will find our activities stimulating and informative. Given the nature of the setting, we need help keeping the group together, listening and following the rules set by the guide. Feel free to enjoy the activities, but ***PLEASE be cautious, to not reveal answers to questions intended for the young people.*** The best contribution you can make here is curiosity and appreciation, *not* teaching.

### **2. BE AN ATTENTIVE SUPERVISOR.**

It is the duty of the Cottonwood Canyons Foundation staff and volunteers to provide primary leadership and teaching during the field trip. However, the unfamiliar outdoor setting with its wide-open space and all its distractions creates a challenge to student focus and concentration. This is where you come in. We ask that you assist by placing yourself in the circle among the students, remaining fully attentive to the discussion or activity-taking place, and monitoring the behavior of students near you. An effective yet silent technique to “reel in” temporarily distracted students is to simply step behind them for a moment, place your hand on a shoulder, point to the proper focus of their attention, and step away. ***During the snowshoe fieldtrips, please help students put their snowshoes back if they have fallen off.***

### **3. BE PREPARED FOR THE OUTING.**

Weather in the mountains varies dramatically. For snowshoe fieldtrips, waterproof and warm footwear is essential. Dress in synthetic (not cotton!) layers that you can either use to warm up or cool down. Be sure to bring hats and gloves and check the weather before heading out. The outing will last roughly 1.5 hours and will entail a stop and start pace. The snow can be deep even on snowshoes. Please review weather and make sure you are prepared! Bathroom facilities are available only at the beginning and end of the fieldtrip.

### **4. EMERGENCIES:**

Very occasionally a child has to have an emergency bathroom break. No child is allowed to wander off unaccompanied, so providing an escort is one of the things that the accompanying adults have to do. And in theory (although it has not happened yet!) a child may have to be taken back to the car park for a “time out” - this is a learning activity, and one child should not be allowed to disrupt everyone else's opportunities.