

Name:
Session:

Dear Parents,

Welcome to the Mississippi Headwaters Audubon Society's Spearhead Young Naturalist Program! Your child will have a wonderful time exploring the MN Northwoods.

1. Program hours are **9:00 am to 3:30 pm** Monday through Friday.
2. **Required: Aqua shoes water bottle long pants close-toed shoes**
Suggested: t shirt sweatshirt swimsuit, towel rain gear
 sunscreen socks insect repellent hat small backpack or fanny pack
 change of clothing and shoes (can be stored at the lab) **NO SANDALS**

Children WILL get wet and muddy as they hike, wade and swim so old, comfortable clothes are best. Bring a **life jacket** if available. Life jackets must be worn while boating.

3. Bring a **sack lunch** and **beverage** daily. Snacks will be offered morning and afternoon. Refrigerator space and microwave are not available for lunches. Cold water is always available for drinking. And please, provide lunches that have minimal packaging, to reduce waste.
4. **Ticks** are abundant at Spearhead and throughout north central MN. Lyme Disease and other tick-borne illnesses can be acquired by anyone who spends time in the woods. Check for deer ticks and have children shower or bathe daily after their outdoor adventures. Long, lightweight pants tucked into socks are best. For more information, visit the MN Dept of Health website:
<https://www.health.state.mn.us/diseases/tickborne/index.html>
5. Covid-19 precautions are in place. Both instructors have completed vaccinations and will follow guidelines in the Covid document at www.spearheadMHAS.org.
6. **Please provide any pertinent medical or other information on the enclosed medical release. If your child has special needs, please let us know. Bee stings, poison ivy, leeches, ticks and other natural hazards are always possible in the Northwoods.**
7. The children will be physically active and busy all day so discipline is not usually a problem. Any child presenting a discipline problem may be sent home at the discretion of the instructor.
8. Parent volunteers are always welcome. A parent can help supervise the first hour or two every morning and at other times, too. Prearrange with the naturalists if you can help out.
9. A very brief parent orientation meeting will be held at 9:00 am **on the first day of each session.**

Contacts:

Neilson Spearhead Center 218-444-8672 Spearhead/YNP cell phone 218-214-2312
Email: ynp@spearheadmhas.org

Neilson Spearhead Education Committee members will supervise the program weekly. Please call a committee member if you have concerns or a change in plans.

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