

PEDALS & PJs - GIRL GUIDE SLEEPOVERS AT NORTH SHORE BIKE PARK - 2024

Participants will require:

1. SG.2 Permission Form **signed and handed in to Unit Guider** (*these will be given to the event organizer on-site after your youth arrive*) - **MUST BE HARD COPY**
2. North Shore Bike Park waiver **signed/initialed and handed in to Unit Guider** (*these will be given to the event organizer on-site after your youth arrive*) - **MUST BE HARD COPY**
3. H.1 Health Form **kept with Unit Guider** (*Guiders can print paper copies from ePACT or simply have ePACT access on your smartphone/device during the event - these do not need to be provided to the event organizer, but please have them on-hand and be aware of any youth needs*)
4. H.3 Medication Form (*only if a child uses prescriptions or OTC medications*) **brought to the event with any medication** (*to be kept with Unit Guider / Unit First Aider*)
5. Personal gear (*see kit list*)
6. Dinner (*please eat before arriving or upon arriving - check out the mall food court, open until 6pm, for convenient options*)

Arrival/Departure Instructions:

- At least 1 adult volunteer from each unit should arrive early before 5:45pm to welcome families/youth from your unit. Units will gather in the mall hallway outside the park.
- Families should arrive to check in with a Unit Guider between 5:45-6:00pm. Families will be asked to immediately depart once checked in so we have enough space for youth to settle in.
- Guests/spectators may not remain in the park - only registered attendees will be present in the NSBP.
- Morning pick-up is at 8:15am. Please exit promptly as we are hosting daytime activities for other Girl Guides immediately following this sleepover.
- Parking is available at Capilano Mall for family drop-offs/pick-ups; please follow any posted signage. Overnight parking is available for volunteers remaining on-site.
- Transit access is easily available; there are many bus routes that pass by Capilano Mall.

Schedule:

Evening

Dinner before arrival or eat bagged dinner before activities start

5:45-6:00pm: Participant arrivals

6:15pm: Opening and safety info

6:30pm: Activity rotation #1

7:30pm: Activity rotation #2

8:30pm: Activity rotation #3

Mug-up / evening snacks

Campfire songs

Ready for bed & bedtime

Morning

Packing up

Breakfast

8:00am: Closing and thank-yous

8:15am: Participant departures