

STAYING SAFE

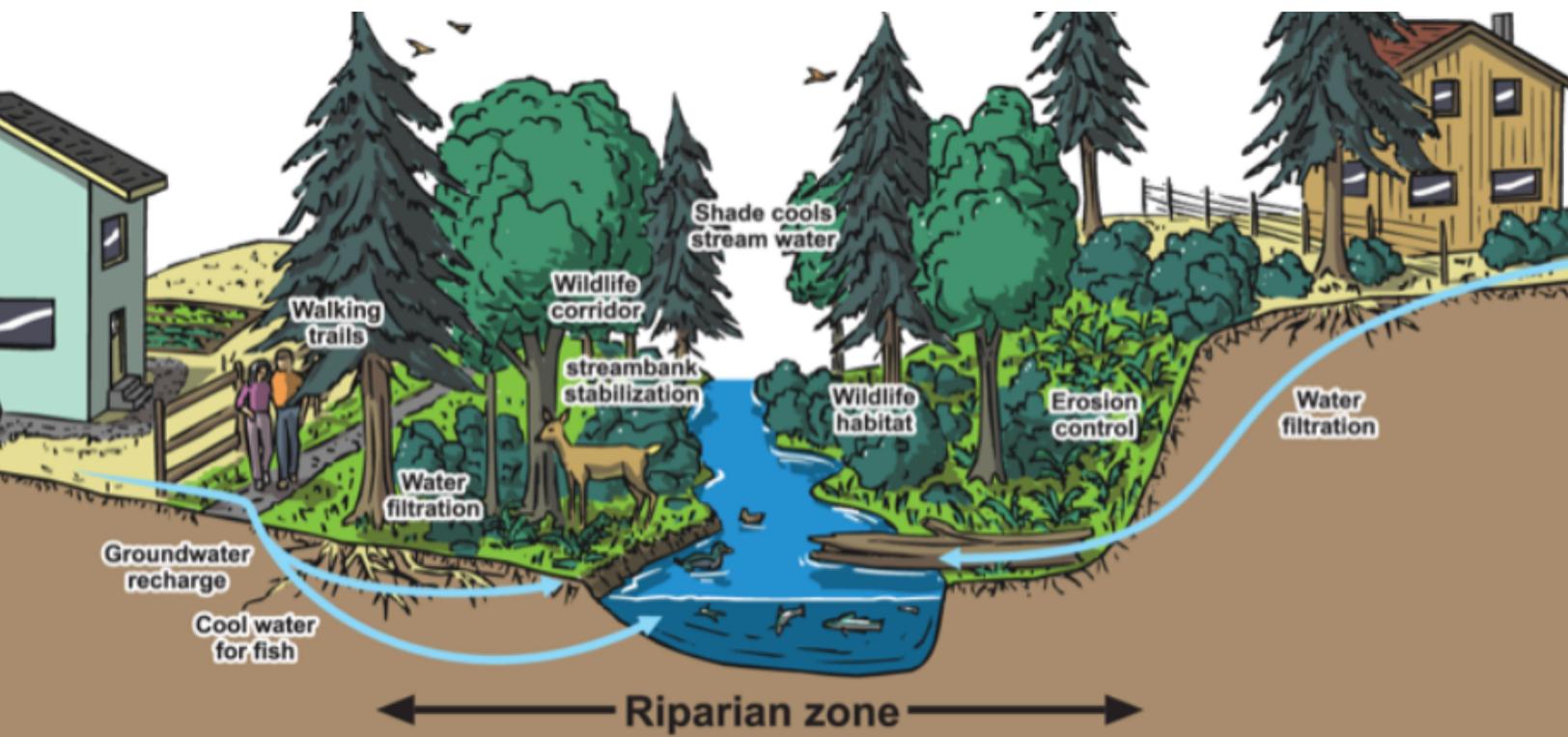


Here are some things to keep in mind when exploring outside:

- Stay home if you feel sick, if you have been in contact with anyone who has tested positive, or if you are under self-quarantine.
- Practice physical distancing and best hygiene practices when you see other people in nature.
- Bring your own mask, hat, snacks, water, sunscreen, and bug spray. Make sure to bring back any garbage you have so you can properly get rid of it at home.
- Tell someone where you are going and when you will be back.
- Watch wildlife from a safe distance and do not try to handle them.
- Do not pick any wildflowers or plants - please leave nature for everyone to enjoy.
- Wear long sleeves and long pants if walking in a wooded area. Learn more about tick safety: <https://www.ontarioparks.com/parksblog/how-to-protect-yourself-from-ticks/>

THE RIPARIAN ZONE

- Shoreline ecosystems, or riparian zones, are very important and valuable habitat for land-based and water-based wildlife.
- The shoreline area includes the first 30 metres of land around a lake or river. It is considered the “ribbon of life” because it supports 70% of land-based wildlife and 90% of aquatic species at some point in their lifetime.
- Native wildlife species like birds, mammals, insects, fish, reptiles, and amphibians depend on shoreline habitat for food, water, shelter, and breeding.



ACTIVITY #1: SKETCH IT!

*Sketch a section of shoreline along Junction Creek!
Make sure to include the riparian zone – the area
between the water and the tree line.*