



National Outdoor Recreation
and Conservation School



Exploring, Discovery, Learning

St. Louis WOW School

April 30, 2022



What Is WOW?

- WOW is a National Outdoor Recreation and Conservation School that introduces families and individuals to a variety of outdoor activities.
- WOW is a hands-on learning experience that attracts a wide range of ages, interests and abilities.
- WOW is a great family outing with an educational component.
- WOW teaches basic skills necessary for families and individuals to enjoy outdoor activities in a safe and responsible manner.
- WOW is a leisure-time recreational activity with health benefits that promote the quality of life while enjoying the outdoors.
- WOW is taught by knowledgeable instructors.

For more information regarding registration, contact Wonders of Wildlife at 417-225-1162.

For more information about activities, contact the Missouri Department of Natural Resources at 314-340-5792 or toll free at 800-334-6946. Forms are also available online at mostateparks.com/wow

REGISTRATION OPENS March 1, 2022 and closes April 22, 2022.

Priority will be given to first-time participants. To ensure that the registration process is fair to everyone, registration will only be accepted by mail. Registrations postmarked after April 22, 2022 will be accepted only if space is available and are subject to a nonrefundable \$10 late fee.



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PROGRAM INFORMATION

Mission Statement

WOW National Outdoor Recreation and Conservation School is designed to teach participants how to enjoy a wide range of outdoor recreation activities while practicing personal safety and outdoor responsibility. Each WOW course will include outdoor skill, conservation, and safety and ethics components.

General Information

WOW is designed as an annual event and offers a comprehensive educational program through selected courses and workshops. Some courses are designed to provide a complete range of instruction, while others deal with only one topic. Each year, the program will vary depending on requests and previous participation.

Location

WOW will be held April 30, 2022 in Forest Park in St. Louis. Check-in will be held behind the Dennis and Judith Jones Visitor and Education Center at the Lindell Pavilion, which is located on Grand Drive in the northern area of the park next to the handball court.

Registration

WOW School registration is now online. To register online or for fillable forms, please visit <https://wondersofwildlife.org/education/wow-school/>.

WOW St. Louis registration opens March 1, 2022, and closes April 22, 2022. Each individual must pre-register for all educational programs in which they participate. The registration fee is \$15 per individual and will cover instruction, use of equipment and lunch for Saturday classes.

To ensure that the registration process is fair to everyone, registration will only be accepted by mail and online. Sorry, absolutely no registrations will be accepted by phone, fax or email. Registrations received after April 22, 2022, will be accepted only if space is available and will be subject to a \$10 late fee.

In order to ensure that as many families that desire to participate are able to register, priority will be given to first-time registrants. Previous participants are welcome to register, but are encouraged to explore additional opportunities at other WOW events around the state. For information on other WOW events, visit mostateparks.com/wow.

To register for WOW, you must:

- Complete a registration form for each participant age 13 and older. Participants ages six to 12 must be registered in the same course as parent/guardian. A parent/guardian must attend classes with a child age six to 12 — max of two children per adult please.
- If you are unable to register online, you can fill out a registration form and mail to the address below. No registrations will be accepted by phone, email or fax.
- Please keep in mind, if you mail in your registration form, you will not have date priority.

- Number your course choices one through ten in the order of your preference, with one being your first choice and ten your last choice. This is very important! Classes fill up quickly. Every attempt will be made to enroll you in your top three choices.
- Enclose payment in full; make checks payable to WOW School STL.
- Financial assistance is available; see page four.
- Sign and return the liability/photo release and registration form.
- Mail registration materials and payments to:
 Wonders of Wildlife
 Attention: WOW School STL
 500 W Sunshine Springfield MO 65807

Please note: If any of the above (registration information, payment, liability/photo release) is not received, your registration will not be processed.

Confirmation Letter

Participants will receive a confirmation letter after registration has been completed (please allow three weeks for processing). The letter will provide the list of classes in which the participant has successfully been enrolled, any special instruction for the courses, (including clothing or equipment needs), a detailed map of the WOW campus and special event information. The confirmation letter is meant to ensure that participants are aware of their responsibilities and expectations before arriving at WOW.

Program Changes

Organizers reserve the right to cancel, reschedule or relocate any proposed offering without prior notice. Examples of why a program offering could be canceled include insufficient enrollment or emergency cancellations by the instructors. Organizers also reserve the right to substitute instructors if necessary.

Cancellation Policy

Cancellation and refund requests must be submitted in writing prior to April 22, 2022 to Wonders of Wildlife, Attention WOW School STL, 500 W Sunshine, Springfield, MO 65807.

Absolutely no refunds will be given after April 22, 2022. All cancellation requests are subject to a nonrefundable \$10 service fee. When applicable, refunds will be processed after a three-week (minimum) waiting period.

Age Requirements

Participants must be six years of age or older to attend WOW classes. An adult must accompany children age six to 12 to all classes and program activities — one adult per two children, please. (This means that the parent/guardian must be registered for and attend the same class as the child.) Discretion will be left to the parent/guardian to determine whether a child age 13 or older is capable of attending classes unsupervised.

Physical Activity Guide

To help participants anticipate what physical levels to expect for each course, a physical activity rating system has been created with ratings listed in the description of each course.

- Low: Requires minimal physical skill/endurance. Ex. Lecture-based and hands-on activities in a classroom setting.
- Moderate: Requires moderate physical skill/endurance. Ex. Lecture-based and hands-on activities while standing and short walks.
- High: Requires high levels of skill/endurance. Ex. Lecture-based and hands-on activities while standing, hiking, lifting and full-body movement.

Special Needs

In compliance with the Americans with Disabilities Act, WOW will make all reasonable efforts to accommodate people with special needs. Please enclose a letter with your registration form stating any special needs you might have.

Transportation

Participants are responsible for their own transportation to and from Forest Park. Shuttles will be made available to participants for some courses. Shuttles will depart and return from the twin lot in front of the Dennis and Judith Jones Visitor and Education Center.

Financial Assistance

Financial assistance for registration will be available for participants who are in need. To obtain a financial assistance form, call 417-225-1162 or email us at gregistration@wondersofwildlife.org.

COURSE DESCRIPTIONS

You must be pre-registered for WOW to participate.

On-site registration is not available.

Three courses will run from 9:30 a.m. to 4 p.m. on Saturday.

The following WOW courses will be offered during the day on Saturday.

There are ten different courses 90-minute each. Participants must meet the enrollment requirements and attend the specific course in which they have been enrolled.

Enrollment is limited to 15 participants per course.

BASIC CAMPING SKILLS

MISSOURI STATE PARKS

Physical Activity: Moderate

Be ready to conquer your first time setting up camp. Feel more confident and avoid unneeded stress and anxiety and how to get a good night sleep when camping. Participants will learn organizing and packing tips, practice setting up a tent, cooking on a portable propane/butane stove using pots and pans, tips on preparing easy one-pan skillet meals, and camping hygiene tips. Come to know important safety tips, Missouri State Parks campground etiquette, and follow the Leave No Trace principles. You will be inspired to try camping on your own! We will have a WOW follow up on Sept. 17-18, 2022 at Robertsville State Park if you want to try your new skills.

BASIC FISHING

MISSOURI DEPARTMENT OF CONSERVATION

Physical Activity: moderate

Get hooked on fishing! Intended for beginners but then again fishing is fun for everyone and a great way to promote outdoor learning for children using observation and discovery. Become familiar with the basics of fishing from casting to reeling them in. You will also learn how to identify various species of Missouri game fish, and try your hand at catching some of them! Bait and equipment are provided.

BEGINNING ARCHERY

MISSOURI STATE PARKS

Physical Activity: Low/Moderate

Age Requirement: 9 & up

Learn the basics of target archery shot in an open field with the target lined up in a row. Like Robin Hood, you too can enjoy a time-honored sport that is growing in popularity. It's fun, inspiring, a good workout and a great family activity. As with many other sports this course will cover archery safety, ethics and shooting techniques and equipment selection. Students will learn one or two skills and adequate time to practice what you learn.

BEGINNING CANOEING

U.S. ARMY CORPS OF ENGINEERS
U.S. FISH AND WILDLIFE SERVICE

Physical Activity: Moderate

Getting into a canoe and paddling on the lake is a great experience to be enjoyed and can be a most important accomplishment for everyone. This course will offer hands-on learning to teach individuals how to properly enter and exit a canoe as well as basic paddling strokes used to safely navigate a canoe. Once everyone is familiar with these basics on land, you will head to the lake to practice what you learned.

BEGINNING KAYAKING

MISSOURI STATE PARKS
U.S. ARMY CORPS OF ENGINEERS

Physical Activity: Moderate

Imagine floating in a calm body of water in a kayak enjoying the sights and sounds of nature. Kayaking is a relaxing way for everyone from beginners to the amateurs to enjoy the sport. Kayaking only require a few basic skills to paddle successfully and is understood by most beginners therefore easy to learn. This course will teach you how to properly enter and exit a kayak as well as basic paddling strokes used to safely maneuver a kayak. Once everyone is familiar with these basics on land, you will head to the lake to practice what you have learned.

FAMILY CANOEING

U. S. ARMY CORPS OF ENGINEERS
AND U.S. FISH AND WILDLIFE SERVICE

Physical Activity: Low/Moderate

Exploring the outdoors as a family can provide an opportunity to discover and appreciate the natural world and for family bonding. Outdoor learning experiences enjoyed with children is a great way to make special memories. Canoeing is a low impact recreational activity with great benefits for nearly everyone. It is only natural for some children to hesitant about getting into a canoe. Family canoeing is a great way for children to whet their appetite for spending time out on the water and overcoming any worries they may have. This course introduces adults and children to the excitement of canoeing safely and professionally. All equipment including paddles and approved life jackets will be provided.

ORIENTEERING

ST. LOUIS ORIENTEERING CLUB

Activity level: low/moderate

If you love outdoor adventure and want something exciting and challenging this sport is for you. Find all the checkpoints printed on the map making your way through various terrain using a compass and a map and find all the check points printed on the map. This sport can be played by people of all ages and abilities. It is easy to learn and a fun way to exercise the body and mind. Combining walking or running maneuvering in addition to course strategizing and map reading while going to places of interest in forest park.

OUTDOOR COOKING

MISSOURI STATE PARKS

Physical Activity: Moderate

This is a family-oriented course to introduce participants ages six and older to outdoor cooking, which will include the many different uses of Dutch ovens and pie irons in preparing your meals. Each family member will have an opportunity to prepare part of a meal. You will be required to sample your own cooking. You will also return home and WOW your family with some recipe ideas for your next outdoor adventure.

PEDALING IN THE PARK

Physical Activity: Moderate

Age Requirement: 9 & up

Connect with the outdoors on a relaxing bicycle ride through Forest Park. The program will begin with a short talk about bicycle safety, properly fitting equipment, and the great places to go bicycling in the St. Louis area. Then the group will be off on a ride on Forest Park's level, paved bicycle trail. Participants will stop along the way and learn some history of the park as well as investigate some of its natural features. Bicycles and helmets will be provided at no cost to participants. Participants must use the bicycles provided by the instructor. Please include each participant's height on the registration form for properly fitting bicycles.

URBAN HIKING/CITY NATURE CHALLENGE MISSOURI STATE PARKS

Physical Activity: Low

In the heart of St. Louis are a number of low impact hiking trails to connect with urban nature in Forest Park. Hiking is engaging for all ages and a great way to experience the benefits of nature. Enjoying nature awakens some basic senses to watch, listen and learn and appreciate the local environment. Participants are guided on a hiking trail embracing the urban environment for the purpose of observing and documenting the natural urban environment by taking a photo. During the hike look for basic connections in the environment such a plants, insects, birds, water or a spider web, animal tracks, landmarks or other unique natural features that captures your attention to document your nature observations. Participants are provided with a list of words that can possibly describe an animal, things in the environment, or form an idea in the mind. Using the list of words take turns playing "I spy" by describing the nature around you and then taking a photo. Example: I spy something that is yellow. Nature can be really engaging for all ages.

HIKING TRAILS

EMERSON GRAND BASIN LOOP

A moderately trafficked loop trail that offers scenic views and is good for all skill levels. The trail is primarily used for hiking, walking, nature trips, and bird watching.

Length: 2.5 mi

Elevation gain: 85 ft.

Route type: Loop

1 hr. 4 min.

PICNIC ISLAND LOOP

Moderately trafficked loop trail that offers scenic views and is good for all skill levels. The trail is primarily used for walking, running, nature trips, and bird watching.

Length 1.1 mi

Elevation gain 16 ft.

Route type Loop

27 min.

HEELS PATH AND PRAIRIE BOARDWALK

A one mile lightly trafficked loop trail that features a lake and is good for all skill levels. The trail is primarily used for walking and nature trips. Dogs are also able to use this trail but must be kept on leash.

Length: 1.0 mi.

Elevation gain: 29 ft.

Route type: Loop

25 min.

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City of St. Louis

Forest Park Forever



Gateway Region YMCA

St. Louis County Parks

St. Louis Orienteering Club

St. Louis is Proudly Sponsored by

Missouri State Parks



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