



PRINTER FRIENDLY PITPC MASTER TASK LIST 2019

THE PADDLE IN THE PARK CONTEST TASKS FULL MASTER LIST :: DATED July 1, 2019

9(+1) REWARDS AND REASONS TO SPEND TIME IN NATURE EVERYDAY THIS SUMMER

REWARD #1	REWARD #2	REWARD #3	REWARD #4	REWARD #5	REWARD #6	REWARD #7	REWARD #8	REWARD #9	REWARD (+1)

Welcome to the 2019 *Paddle In the Park Contest* (PITPC)! Be sure to visit our website paddleintheparkcontest.ca and read all the rules and regulations before you start your PITPC adventure. To take part in the PITPC #PADDLEPOINTS Challenge, complete just one, some, or all of the #PADDLEPOINTS Tasks on the following pages, and upload your photos to paddleintheparkcontest.ca to be entered to win various prizes, including a *Swift Canoe!* Each photo is worth up to 10 PADDLE POINTS each, and you only need to submit 1 (one) photo for each reward category - for a total of just 10 (ten) photos. Just remember to include the official 2019 PITPC Flag/Paperwork for full PADDLE POINTS!

PITPC PAPERWORK	PADDLE POINTS RECIEVED	PADDLE POINTS PAPERWORK DETAILS
	10 PADDLE POINTS	DISPLAY YOUR 2019 PAPERS, FLAGS, OR DECAL (ANY 2019 FLAG DESIGN) IN PHOTO AND RECEIVE A TOTAL OF 10 PADDLE POINTS FOR THAT REWARD TASK.
	5 PADDLE POINTS	DISPLAY ANY PAST PITPC FLAG (PREVIOUS DESIGNS FROM 2013-2017) IN PHOTO AND RECEIVE A TOTAL OF 5 POINTS FOR THAT REWARD TASK.
HASHTAG #RewardsAreOutThere	5 PADDLE POINTS	DISPLAY THE OFFICIAL PITPC HASHTAG IN PHOTO AND RECEIVE A TOTAL OF 5 POINTS FOR THAT REWARD TASK.
NO FLAG/ NO HASHTAG	1 PADDLE POINT	NO FLAG OR OFFICIAL PITPC HASHTAG DISPLAYED IN PHOTO AND RECEIVE A TOTAL OF JUST 1 PADDLE POINT FOR THAT REWARD TASK.

Get your free 2019 PITPC Flags & Paperwork here:
paddleintheparkcontest.ca/downloads/

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REWARD [1] Brighten Your Grey Matter

Studies have found forest walking, or spending time doing activities in nature, shows evidence of lower levels of frustration, higher concentration and an increase in positive emotions for children and adults. It has also been found that memory performance and attention spans improved by 20% after people spent just an hour interacting with nature. Other research has found spending days in nature, away from electronic devices, is linked with 50% higher scores on a test for creativity. See more: paddleintheparkcontest.ca

Choose and complete one photo task from the list below and submit it to our website under this Reward category: **REWARD [#1] Brighten Your Grey Matter**

Possible PADDLE POINTS Value	 Completed	PITPC Task	PITPC Task Description
10		"Express yourself!"	Photo of your favourite place to paddle (any lake, river, or other body of water suitable for canoeing is acceptable).
		Feeling Inspired	Photo of you or someone in your group, painting, drawing or writing while "Out There".
		The Art Of Paddling	Selfie or photo of you and your friends alongside any canoe or wilderness themed painting, print, or mural.
		Keep The Beat Strong	Photo of a harmonica, guitar, or other recognizable instrument being played by you (or a friend) in camp or on the portage.
		History Lesson	Photo of you (or your friends) with any historical park monument, plaque, or identifiable marker that interests you.

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REWARD [2] Step Your Workout Up A Notch

Forget the gym. Walking and running outside has more benefits than using a treadmill or track – and is actually a more strenuous work out. First off, you stride differently when walking or running outdoors. Studies have found that outside fitness sessions use more muscles, and we even flex our ankles more when we walk or run outside. Secondly, once in a while the terrain changes on an outdoor trail – we walk or run downhill, and that stresses muscles differently than running on flat or uphill terrain. “In studies comparing the exertion of running on a treadmill and the exertion of running outside, treadmill runners expended less energy to cover the same distance as those striding across the ground outside, primarily because indoor exercisers face no wind resistance or changes in terrain, no matter how subtle.” As well, the change of scenery helps to make it more reinforcing to exercise outside. In fact, it has been suggested that people who engage in outdoor pursuits are that much more likely to exercise regularly. It seems that it is a lot more boring to work out in a gym than it is to engage in an outdoor activity. In other words, when you go for a paddle or a hike it seems less like exercise and more like fun! See more: paddleintheparkcontest.ca

Choose and complete just one photo task from the list below and submit it to our website under this Reward category: **REWARD [#2] Step your Workout Up A Notch**

Possible PADDLE POINTS Value	 Completed	PITPC Task Title	PITPC Task Description
10		Way Of The Voyageur	Carrying a big backpack on a portage.
		Off Road	Any hiking picture or nature walk.
		Just Get "Out There"	Photo of you taking part in any outdoor activity that involves being in a Provincial or National Park or other wilderness area.
		Is it Summer Yet?	Take a photo of yourself or a friend portraying your method of keeping fit for paddling and portaging in the off season (doing nothing at all or even a bit of reading counts too).
		Portage Kings & Queens	Photo of you or your friend(s) portaging a canoe solo or tandem.

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REWARD [3] Nature Is Medicine

Along with reports of helping symptoms of anxiety and depression, it has been found those who live in the areas with the most amount of green space have lower levels of cortisol (known as the stress-hormone), and their self-reported feeling of stress were lower than those who spent more time in urban settings. It has also been found that children's ADHD symptoms are greatly reduced when in the presence of nature (with findings consistent across age, gender, income groups, communities and geographical locations). So what's the recommended dosage? Well, just two minutes of exposure to nature can help to relieve some of the physical symptoms of stress and after 2 hours our memory and attention span increases by 20%. Yet, after 2 consecutive days (or more) of spending time in a forest or green setting, our levels of cancer fighting white blood cells increase by 50%. Looks like spending time engaging with nature everyday is the the perfect dose! See more: paddleintheparkcontest.ca

Choose and complete one photo task from the list below and submit it to our website under this Reward category: **REWARD [#3] Nature Is Medicine**

PADDLE POINTS Value	 Completed	PITPC Task Title	PITPC Task Description
10		Camp Life - Between The Covers	Photo of you relaxing and reading a book or a photo of your favourite book in a camp setting.
		Canoescape	Photo of your canoe, kayak, or paddle board in any wilderness setting.
		Fire's Burning	Any campfire photo taken at night. (If you are unable to have a fire in your area, then you may substitute a lantern for this task.)
		Flora Focus	An interesting photo of any native tree, plant or flower within a Provincial or National Park. (Please be respectful of your surroundings.)
		Show us your Best Bannock	Show us your best Bannock or other outdoor (camping or campfire) recipe with a photo of your finished product.

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REWARD [4] Your Health & Life Depends On It

Spending time engaging with nature can increase the quality of your health and life span. Pennsylvania researchers found that patients in rooms with tree views had shorter hospitalizations, less need for pain medications, and fewer negative comments in the nurses' notes, compared to patients with views of just a brick wall or no view, etc. Studies have also found that spending time outside in natural settings brings about a 50% lower risk of diabetes, a 50% lower risk of heart attack and even a 30% lower risk of colon cancer. And in a study in the American Journal of Preventative Medicine, researchers found that people experienced more deaths from heart disease and respiratory disease when they lived in areas where trees had disappeared. So, really, not spending time in nature everyday could end up being the death of you. See more: paddleintheparkcontest.ca

Choose and complete one photo task from the list below and submit it to our website under this Reward category: **REWARD [#4] Your Health & Life Depends On It**

PADDLE POINTS Value	 Completed	PITPC Task Title	PITPC Task Description
10		Cabin Fever Task:	Is city life or being stuck at home getting to you? Do you wish you were lakeside right now? Show us your best cabin fever face at home or at work (can be a selfie or group photo).
		The Exploration	Photo of you or your trip partners planning your route with maps.
		On the Water Trail	Paddling a canoe, kayak or paddle board photo of any kind. Please remember to have all paddlers wear a lifejacket or PFD for this photo!
		After Glow	Photo of you/your friend's wild look right after a camping or canoe trip...just before you head back to civilization. You know, when you look a little scruffy or dirty but totally happy!
		Home Away From Home	View from/or of your favourite campsite of the season.

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PRINTER FRIENDLY PITPC MASTER TASK LIST 2019




REWARD [5] Boost Your Health & Fight Disease

How do wild spaces help our health and well being over urban spaces? Studies have found that leisurely forest walks, compared with urban walks, yield a 12.4 percent decrease in the stress hormone cortisol, a seven percent decrease in sympathetic nerve activity, a 1.4 percent decrease in blood pressure, and a 5.8 percent decrease in heart rate. On subjective tests, study participants also report better moods and lower anxiety.

Spending time in nature can even help fight disease and cancer by increasing NK (Natural Killer) cells that are innate and essential to a healthy immune system. During one study, participants who agreed to regular a.m. & p.m. nature hikes, showed a 40% increase in their NK cells thru blood tests. A month later, their NK count was still 15% higher than when they started the study. However, those who participated in urban walking trips showed no change in NK levels. See more: paddleintheparkcontest.ca

Choose and complete one photo task from the list below and submit it to our website under this Reward category: **REWARD [#5] Boost Your Health & Fight Disease**

PADDLE POINTS Value	 Completed	PITPC Task Title	PITPC Task Description
10		Horizon Line Up	Photo or selfie of you and/or your friends on shore pictured beside any waterfall.
		Finding Yourself In Nature	Photo of you or a friend looking out over a lake or forest view.
		Relaxing At Home	In the tent, selfie.
		Signs Of Camplife	Any camp sign selfie while "Out There".
		Doctor's Advice	Photo of you reading the <i>Reward [5] Boost Your Health & Fight Disease</i> (above text) to someone who doesn't spend much time "Out There".

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REWARD [6] Feel The Mystery & Magic Of Our World

Breathing in the fresh forest air has long been thought to cure many ailments. In Japan, a historical belief exists in the health benefits of shinrin-yoku, or “forest bathing”. But what exactly is in the magical forest atmosphere where so many creatures live and dwell? We know trees absorb carbon dioxide and in turn produce oxygen as well as help to clean pollutants from the air. But as for the other compounds, turns out we don’t actually know. In California, researchers found 120 chemical compounds in the mountain forest air – but they could identify only 70 of them. It’s all still a mystery. What ever it is, we are not the only creatures that depend on trees as a source of oxygen and life. Forests are home to countless animals, plants and other species. If you have ever come across a moose while on the water or in the quiet of the woods then you know, there is truly something magical in the experience of respectfully viewing a wild animal in it’s natural habitat. In fact, it can be quite exhilarating (especially if it’s a bear)! See more: paddleintheparkcontest.ca

Choose and complete one photo task from the list below and submit it to our website under this Reward category: **REWARD [#6] Feel The Mystery & Magic Of Our World**

PADDLE POINTS Value	 Completed	PITPC Task Title	PITPC Task Description
10		Capturing The Moment	Any wilderness sunrise or sunset photo.
		Connecting With Nature	Any wildlife picture. Note: points will be subtracted if any wildlife look harassed by your camera or approach, for getting too close to wildlife (chipmunks and birds excluded) in any way that we deem as overly intrusive, dangerous or unnecessary.
		Natural Artist	Take a photo of any beautiful or interesting natural feature that reminds you of art; can be a rock, a unique tree, a reflection... or anything!
		Bow Paddling	Any canoe bow photo with canoe paddle.
		To Yoke	Photo of you or a friend in a yoga or meditation style pose in any wilderness setting where the subject featured in the photo is on the water in a canoe or on a paddle board!

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REWARD [7] Build Independence & Relationships

Besides your personal health, spending time in wilderness with your partner and young ones has social rewards too. "Family experiences in the outdoors—especially those that include a little challenge or require a little work—afford great opportunities to build children's competence and encourage their autonomy, even as we emphasize the importance of interdependence within the family group."

"Whether caring for a garden, paddling a canoe across a lake, or setting up a campsite, everyone has responsibilities and cooperation is key. even the youngest child in the family can come to see that he or she has something to contribute to the common good. not only is that crucial to the child's developing sense of self, but it allows the adults in the family to see the child's competencies, decision-making, and problem-solving abilities. this furthers the mutual trust and respect within the family—again, key ingredients for enduring close relationships." See more: paddleintheparkcontest.ca

Choose and complete one photo task from the list below and submit it to our website under this Reward category: **REWARD [#7] Build Independence & Relationships**

PADDLE POINTS Value	 Completed	PITPC Task Title	PITPC Task Description
10		All in the Family	Any generational family photo while "Out There". Must depict 3 or more generations!
		Draw Nearer	Group shot or selfie taken around the campfire at night.
		Tenting It	Outside the tent group shot or selfie.
		Camp Kitchen	Photo of any meal (at camp or on the trail) with you and/or your friends eating together while "Out There".
		Everything Old is New Again - Honour System	Take someone new "Out There".. Someone who has never been before, someone who you have never been with, or someone who has been "Out There" before but not in a long time.

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REWARD [8] Sleep Better, Feel Better

Spending quality amounts of time in a natural setting can also help increase your quality of sleep. Studies show that being exposed to natural sunlight helps set the body's internal clock; which helps to tell us when to sleep and eat, and helps to normalize hormonal functions that occur at specific times thru out the day. But what's more, studies have shown it only takes two hours of forest walking to improve the following sleep characteristics; actual sleep time, immobile minutes, self-rated depth of sleep, and sleep quality. In fact, Researchers say that tent camping for a week can actually reset the entire system (or biological clock) that governs our sleeping patterns. We don't have to tell you how rewarding a good night sleep is – when we sleep better, we feel better. But did you know quality of sleep can even effect weight loss?! Yes, weight loss! So make sure you get “Out There” today so you can get a good sleep tonight. See more: paddleintheparkcontest.ca

Choose and complete one photo task from the list below and submit it to our website under this Reward category: **REWARD [#8] Sleep Better, Feel Better**

PADDLE POINTS Value	 Completed	PITPC Task Title	PITPC Task Description
10		Camp Tasks	Photo of where/how you bear/animal proof of your food situation when camping overnight.
		Window View	View of the outside from inside your tent.
		Siesta	Picture of you or a friend taking a nap anywhere "Out There".
		Morning Smile	Photo of you or a friend - before the food pack is opened for breakfast.
		Outside Inn	Any selfie with a camp sign while “Out There”.

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[9] We Have To Use It So We Don't Lose It

Our parks and forests are built on a user-based system of management where industrial motives continually edge out the needs of our natural ecosystems. If we do not respectfully use, enjoy, and celebrate the forests, parks, and other green spaces we have left, there is a greater chance we will slowly – but surely – lose it to industry. So do your part and get outside. Paddle the lakes and rivers. Portage and hike the trails. It is good for you and environmental policy too. See more: paddleintheparkcontest.ca

Choose and complete one photo task from the list below and submit it to our website under this Reward category: **REWARD [#9] We Have To Use It So We Don't Lose It**

PADDLE POINTS Value	 Completed	PITPC Task Title	PITPC Task Description
10		Hug A Ranger	Any photo of a you and a Park Ranger, Conservation Officer, or Park Staff (Provincial or National Parks).
		Park Promotion	Any photo of you or your friends/family taking part in any official Provincial or National Park sanctioned activity, event, or function. (examples.. wolf howl, movie, outdoor educational experience).
		Show the parks some love	Provincial or National Park signage, selfie.
		Carry Over	Any portage sign with you or your friends, selfie accepted.
		Proof of Purchase	Selfie of you or photo of your friend(s) with your camp Provincial or National Park permit(s).

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[(+1)] There Are Rewards To Getting “Out There”

Out of all the benefits and rewards of spending time in a wilderness park this summer, when you take part in our 2019 Paddle Points event by completing some or all of this “Task List”, you can earn points towards gear and prizes, including a chance to win a *Swift Canoe*... all so you will hopefully keep spending more time in nature! See more: paddleintheparkcontest.ca

Choose any one of our sponsors and take a photo that represents them in a positive way (eg. photo using their products, visiting their location or a creative representation of the spirit of their product or service) and submit it to our website under this Reward category: **REWARD**

[(+1)] There Are Rewards To Getting “Out There”

Get full **PADDLE POINTS** for every photo entry with the *free* 2019 PITPC Paperwork available online here: paddleintheparkcontest.ca/downloads/

Safe travels and good luck “Out There”!

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