Fall Program Guide
Additional Programs starting Oct/Nov

New! In-Person & Virtual Programs

Registration opens: Mon, Oct 5 at noon
Registration closes: Fri, Oct 9, at noon
Safety Plan

In order to ensure the safety of all participants, families, staff and volunteers, we are introducing a variety of new COVID-19 protocols:

- **Screening.** Before each session, CAN staff will screen parents/guardians and participants for COVID-19 symptoms and ask questions about recent travel outside of Canada or potential exposure to a confirmed COVID-19 case.

- **Personal safety.** CAN staff will teach and enforce diligent hand hygiene, respiratory hygiene and physical distancing.

- **Additional procedures** will be in place to ensure that toileting, first aid and facility/equipment usage adheres to all health regulations. Personal Protective Gear is optional for participants.

The outlined protocols above are detailed in our Safety Plan.

*All parents, guardians and/or participants must read the full document and agree to the protocols before their enrollment is confirmed in any CAN program.*
Restart Plan

As expected, our upcoming year will look much different due to the safety, financial and logistical challenges created by COVID-19. We are currently in Phase 3 of our Restart Plan.

- Beginning Fall 2020, we will slowly reintroduce up to 25% of in-person programs each season.

- Programs being re-introduced will be dependent on:
  
  **Ongoing Health Orders:** Would it be safe?
  **Facility Availability:** Are facilities open, available and accepting external bookings?
  **Funding:** Do we have the necessary financial support?
  **Staffing:** Do we have the necessary personnel to safely run the program?
  **Physical Distancing:** Programs requiring close physical contact (ie swim) will be put on hold until they can be safely reintroduced.

These key points are detailed in the CAN Restart Plan.
Canucks Autism Network (CAN) provides programs to individuals with autism and their families, while promoting acceptance and inclusion through community engagement and training initiatives across BC and beyond.

The CAN team consists of a diverse group of trained staff, experienced support workers and dedicated volunteers who administer programs in safe and supportive environments.

**Interested in signing up for CAN programs?**
If you are interested in participating in CAN programs, you must first sign up for an online CAN Participant Membership. Please visit: [https://canucksautismprograms.ca](https://canucksautismprograms.ca) to begin this process.

**Already a member?**
If you are already a member and you know that registration is open for programs that interest you, please log into your account and continue to complete your program registration at: [https://canucksautismprograms.ca](https://canucksautismprograms.ca).

Reminders of upcoming Canucks Autism Network programs and registration dates can be accessed through the CAN monthly email newsletter. [Access past newsletters.](#) | [Sign up to receive newsletters.](#)
Lower Mainland

Langley
- Active*
- Multisport*

Surrey
- Active*
- Multisport*
- Youth & Adult Monthly Program

New Westminster
- Active*
- Multisport*

Vancouver
- Active*
- Family Experience
- Multisport*
- Skate*
- Youth & Adult Monthly Program

Virtual Programs

Children, 7-12 yrs
- Virtual Hockey Workshop*

Youth, 13-17 yrs
- Coding Workshop (Beginner & Intermediate)
  See program page for registration dates.

Adult, 18+ yrs
- Coding Workshop (Beginner & Intermediate)
  See program page for registration dates.

Vancouver Island

Nanaimo & Victoria
- Family Experiences*

*Registration for these weekly programs will open on Monday, October 5th at noon, and close on Friday, October 9th at noon. Registration updates will be sent via email by end of day, Friday October 16th.

Please note: Programs listed in RED are tentative, as we are still awaiting confirmation from facilities. Please recognize that changes and cancellations may still occur after registration requests are submitted due to challenges with facility bookings.
Online registration for Fall programs will open from Monday, October 5, at noon to Friday, October 9, at noon. **CAN Membership** is required for registration.

**Registration**

- Registration requests first go to a PENDING status, meaning that no spots are provided on a first-come, first-served basis.
- The registration system has a ranking feature that allows participants to identify the order of preference for program requests.
  - While we do our best to accommodate preferences, they are **not** guaranteed.
  - Participants are encouraged to request and rank all programs and locations of interest in order to help us better identify demand. This will help guide our future programming decisions and highlight areas most in need of fundraising support.
- **Programs listed in RED are TENTATIVE.**
  - We are awaiting confirmation from these facilities.
  - Please keep this in mind when submitting registration requests that changes and cancellations may occur as we work with our partners to finalize bookings.
Waitlists

- Due to the popularity of certain programs, waitlists will occur.
- Try not to be discouraged by waitlists. Being on a waitlist will positively impact your chances of enrolment for future seasons.

Registration Guidelines

- Our goal is to accommodate as many unique individuals with autism as possible throughout the year.
- Enrolment decisions are based on various factors, including program demand, a participant’s registration history with CAN, and a participant’s current and past program registration ranking.
**A fun introduction to fundamental movement skills**

The purpose of the Active program is to teach participants with autism, and their siblings, fundamental movement skills in a safe and supportive environment.

Learning basic skills such as running, jumping, throwing and balancing helps children build the confidence necessary for a lifetime of sport and physical activity.

This program is designed to give children the opportunity to be active and work on introductory skills through games.
## FALL ACTIVE LOCATIONS & TIMES

<table>
<thead>
<tr>
<th>City</th>
<th>Facility</th>
<th>Day of the Week</th>
<th>Time</th>
<th>Start Date</th>
<th>Finish Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Langley</td>
<td>TOCA Field</td>
<td>Saturday</td>
<td>6:00pm-6:45pm</td>
<td>Nov 7</td>
<td>Dec 12</td>
</tr>
<tr>
<td>New Westminster</td>
<td>Futbol 5</td>
<td>Monday</td>
<td>5:15pm-6:00pm</td>
<td>Nov 2</td>
<td>Dec 7</td>
</tr>
<tr>
<td>Surrey</td>
<td>Cloverdale Athletic Park</td>
<td>Sunday</td>
<td>4:00pm-4:45pm</td>
<td>Nov 8</td>
<td>Dec 13</td>
</tr>
<tr>
<td>Surrey</td>
<td>Upland Sports Centre</td>
<td>Friday</td>
<td>5:00pm-5:45pm, 6:00pm-6:45pm</td>
<td>Nov 6</td>
<td>Dec 11</td>
</tr>
<tr>
<td>Vancouver</td>
<td>Britannia Community Centre</td>
<td>Monday</td>
<td>5:00pm-5:45pm</td>
<td>Oct 26</td>
<td>Nov 30</td>
</tr>
<tr>
<td>Vancouver</td>
<td>Hillcrest Field</td>
<td>Saturday</td>
<td>3:15pm-4:00pm</td>
<td>Nov 7</td>
<td>Dec 12</td>
</tr>
<tr>
<td>Vancouver</td>
<td>West Point Grey Community Centre</td>
<td>Thursday</td>
<td>5:30pm-6:15pm</td>
<td>Nov 12</td>
<td>Dec 17</td>
</tr>
</tbody>
</table>

Reg opens: Mon, Oct 5 at noon | Reg. closes: Fri, Oct 9 at noon
**Coding Workshop for Youth and Adults (13+)**

**Program Structure**
- **Duration:** 1 day event, 1.5hrs
- **Season:** Fall
- **Cost:** No cost
- **Siblings:** No

**Session Structure:**
Activities vary every month

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**Coding for Beginners**

An introduction to coding and will be open to any participants who are interested in trying out and learning about programming languages.

**No prior experience in coding is required.**

Participants will need to have a working computer to join the meeting and access the MIT website. We will ask that a helping adult be nearby to support the participants as needed.

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**Coding for Intermediates**

This workshop will be open to participants who have some prior knowledge and experience in coding and are ready for something a bit more advanced. This workshop is an introduction to HTML and CSS programming languages and will cover certain concepts in web design.

An information package will be sent out to those registered to provide them with step-by-step information on how to download and install Visual Studio Code which is the IDE required for this workshop. Participants will also be provided with a schedule beforehand. We will ask that a helping adult be nearby to support the participants as needed.

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**VIRTUAL CODING WORKSHOP DATE & TIMES**

<table>
<thead>
<tr>
<th>City</th>
<th>Facility</th>
<th>Activity</th>
<th>Date &amp; Time</th>
<th>Reg. Opens</th>
<th>Reg. Closes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Virtual</td>
<td>Zoom</td>
<td>Coding Workshop for Beginners</td>
<td>Sun, Nov 15th 10:00am-11:30am</td>
<td>Mon, Oct 12 at noon</td>
<td>Fri, Oct 16 at noon</td>
</tr>
<tr>
<td>Virtual</td>
<td>Zoom</td>
<td>Coding Workshop for Intermediates</td>
<td>Sun, Nov 15th 12:00pm-1:30pm</td>
<td>Mon, Oct 12 at noon</td>
<td>Fri, Oct 16 at noon</td>
</tr>
</tbody>
</table>
Family Experiences (All Ages)

Fun for the whole family!

The purpose of a Family Experience is to provide families with opportunities to enjoy a variety of fun activities in a safe, supportive and non-judgmental environment.

Canucks Autism Network offers a range of activities throughout the year that are open to the entire family, with all ages welcome.

Due to the nature of Family Experiences, 1:1 support is not available, however, each Family Experience is supported by many helpful volunteers.

FALL FAMILY EXPERIENCES LOCATIONS & TIMES

<table>
<thead>
<tr>
<th>City</th>
<th>Facility</th>
<th>Activity</th>
<th>Date &amp; Time</th>
<th>Reg, Opens</th>
<th>Reg.Closes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nanaimo</td>
<td>McNab’s Farm</td>
<td>Visit the Corn Maze!</td>
<td>Sun. Oct 18th 9:00am-12:00pm 1-hour timeslots</td>
<td>Mon. Oct 5 at noon</td>
<td>Fri. Oct 9 at noon</td>
</tr>
<tr>
<td>Victoria</td>
<td>Galey Farms</td>
<td>Visit the Pumpkin Patch!</td>
<td>Tue, Oct 20 4:00pm-7:00pm 1-hour timeslots</td>
<td>Mon, Oct 5 at noon</td>
<td>Fri. Oct 9 at noon</td>
</tr>
<tr>
<td>Vancouver</td>
<td>VanDusen Botanical Gardens</td>
<td>Festival of Lights</td>
<td>Thu, Nov 26 4:00pm-9:00pm</td>
<td>Mon, Nov 2 at noon</td>
<td>Fri, Nov 6 at noon</td>
</tr>
</tbody>
</table>

Please note: Programs listed in RED are tentative. We are awaiting confirmation from facilities. Please keep in mind when making registration requests that changes and cancellations may occur as we work with our partners to finalize bookings.
Monthly Youth and Adult Program (Ages 13+)

Try new things. Connect!

The purpose of the youth and adult monthly programs is to provide the opportunity for youth and adults with autism to get together and have a good time in a safe and supportive environment, without committing to multiple sessions.

Activities vary each month so that you can connect with others who have similar interests and also try something new!

Program Structure
Duration: 1 day event, length varies from 1-3hrs
Season: Fall
Cost: No cost
Siblings: No
Session Structure: Activities vary

LOWER MAINLAND MONTHLY YOUTH & ADULT PROGRAM LOCATIONS & TIMES*

<table>
<thead>
<tr>
<th>City</th>
<th>Facility</th>
<th>Activity</th>
<th>Date &amp; Time</th>
<th>Reg. Opens</th>
<th>Reg. Closes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surrey</td>
<td>Bear Creek</td>
<td>Park Clean Up</td>
<td>Sat, Nov 14; 13-17yrs @ 9:30am 18+yrs @ 11:30am</td>
<td>Mon, Oct 12 @ noon</td>
<td>Fri, Oct 16 @ noon</td>
</tr>
<tr>
<td>Vancouver</td>
<td>CAN Office</td>
<td>Arts &amp; Crafts</td>
<td>Sat, Dec 12; 13-17yrs @ 5:00pm 18+yrs @ 7:00pm</td>
<td>Mon, Nov 9 @ noon</td>
<td>Fri, Nov 13 @ noon</td>
</tr>
</tbody>
</table>
An introduction to various sports

The purpose of the Multisport program is to provide participants with autism, and their siblings, a fun introduction into the world of sports!

Participants will enjoy games and drills that work on a variety of skills used in various sports.

This program is designed to provide a fun, safe and supportive environment for all those taking part.

Program Structure

Duration: 60-minutes, once per week, for 6 weeks

Seasons: Fall, Winter, Spring

Cost: No Cost

Siblings: Yes

Session Structure: Individual practice and group games that work on skills relating to physical literacy, and a variety of sports.

Participants can prepare for this program by reviewing the Multisport Activity Storybook.
### FALL MULTISPORT LOCATIONS & TIMES

<table>
<thead>
<tr>
<th>City</th>
<th>Facility</th>
<th>Day of the Week</th>
<th>Time</th>
<th>Start Date</th>
<th>Finish Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Langley</td>
<td>TOCA Field</td>
<td>Saturday</td>
<td>7:00pm-8:00pm</td>
<td>Nov 7</td>
<td>Dec 12</td>
</tr>
<tr>
<td>New Westminster</td>
<td>Futbol 5</td>
<td>Monday</td>
<td>6:15pm-7:15pm</td>
<td>Nov 2</td>
<td>Dec 7</td>
</tr>
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<td>Upland Sports Centre</td>
<td>Friday</td>
<td>7:00pm-8:00pm</td>
<td>Nov 6</td>
<td>Dec 11</td>
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<td>Britannia Community Centre</td>
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Reg opens: Mon, Oct 5 at noon | Reg. closes: Fri, Oct 9 at noon
Skate (Ages 3-6)

The Skate program provides participants with autism the opportunity to develop basic skate skills in a safe and supportive environment. This introductory program focuses on balance, control and agility.

Program Structure

Duration: 30 mins, once per week, for 6 weeks
Seasons: Fall, Winter
Cost: $30
Siblings: No
Session Structure: Warm-up, skill practice, group games.
Equipment: Participants must provide their own skates and helmet due health concerns.

See more here: Skate Activity Storybook

Learn the joy of skating!

SKATE (3-6YRS) FALL LOCATIONS & TIMES

<table>
<thead>
<tr>
<th>City</th>
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<th>Finish Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vancouver</td>
<td>Britannia Community Centre</td>
<td>Saturday</td>
<td>10:00am-10:30am</td>
<td>Nov 14</td>
<td>Dec 19</td>
</tr>
</tbody>
</table>

Please note: Programs listed in RED are tentative. We are awaiting confirmation from facilities. Please keep in mind when making registration requests that changes and cancellations may occur as we work with our partners to finalize bookings.

Reg opens: Mon, Oct 5 at noon | Reg. closes: Fri, Oct 9 at noon
Skate (Ages 7-12)

SKATE (7-12YRS) FALL LOCATIONS & TIMES

<table>
<thead>
<tr>
<th>City</th>
<th>Facility</th>
<th>Day of the Week</th>
<th>Time</th>
<th>Start Date</th>
<th>Finish Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vancouver</td>
<td>Britannia Community Centre</td>
<td>Saturday</td>
<td>10:30am-11:00am</td>
<td>Nov 14</td>
<td>Dec 19</td>
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<td></td>
<td></td>
<td></td>
<td>11:00am-11:30am</td>
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</table>

Please note: Programs listed in RED are tentative. We are awaiting confirmation from facilities. Please keep in mind when making registration requests that changes and cancellations may occur as we work with our partners to finalize bookings.
Virtual Hockey Workshop (Ages 7-12)

Stay active online

This program series in partnership with Doug Lynch and Sportgo, will provide children and youth with autism the opportunity to try virtual ball hockey in the comfort of their home.

The program will provide experiences for children and youth with autism to make new friends, have fun and build confidence through activities online. Participants will require their own stick and ball or puck.

Program Structure

**Duration**: 45-minutes, once per week for 3 weeks

**Seasons**: Fall

**Cost**: None

**Ages**: 7-12yrs

**Siblings**: Yes

### Virtual Hockey Workshop Dates & Times

<table>
<thead>
<tr>
<th>City</th>
<th>Facility</th>
<th>Day of the Week</th>
<th>Time</th>
<th>Start Date</th>
<th>Finish Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Online</td>
<td>Zoom</td>
<td>Saturday</td>
<td>9:30am-10:15am</td>
<td>Nov 7</td>
<td>Nov 28</td>
</tr>
</tbody>
</table>

Please note: Program runs on Nov 7, 14, & 28. The program will not run on Nov 21st.

Reg opens: Mon, Oct 5 at noon | Reg. closes: Fri, Oct 9 at noon
Additional Information — Support at Programs

Participant Support

- At Canucks Autism Network (CAN) programs, participants are supported by trained program coaches, experienced support workers and dedicated volunteers
- At CAN, we strive to meet the needs of each participant through collaboration

Parent and Guardian Collaboration

- We encourage parents and guardians to speak with program coaches and staff about useful support strategies such as visual schedules first-then boards, token systems, activity storybooks, etc.

Youth and Adult Participant Collaboration

- We encourage youth and adults to speak with program coaches and staff about useful support strategies, activity preference, and any other feedback they would like to share with our team
Additional Information — Registration

Fall Weekly Program Registration Period

Online registration takes place Monday, October 5th at noon, and will close Friday, October 9th at noon.

Pending Enrolment Registration Process

- All registration requests have a status of Pending, meaning that spots are not provided on a first-come, first-served basis – this allows us to accommodate more individuals into our programs throughout the year.
- There is a program ranking feature to allow participants to communicate their order of preference for programs – we encourage participants to request more than one program, so that if we cannot enrol them into their first choice, we can try to accommodate them into their second or third choice.
- For a step-by-step guide on how to complete program registration, please watch this how to register for programs tutorial video.

Reminders

- Due to high demand, waitlists do occur.
- Enrolment decisions are based on a number of different factors, the most significant being demand for the program.
- For more information on the registration process, please read this blog post.

Program Fees

- Once confirmed, participants enrolled into a Fall 2020 program, will have a program invoice owing in their online account – families will receive additional information on how to process this program fee by the payment deadline.
- For information on payment options, including credit card, Autism Funding, and CAN fee assistance program, please see the Policies & Payment Options page of our website.

Missed Program Registration?

- Late requests may be emailed to info@canucksautism.ca, with the participant’s name and age, and program name, location, and time.
For some Canucks Autism Network programs, there is a highly subsidized program fee. CAN does not wish for a fee to act as a barrier to participation, and along with traditional payment methods (i.e. credit card, cheque, and cash) participants may also process their fee through one of the following options:

1. Autism Funding
   - Parents/guardians of participants’ ages 6-18 are able to submit a Request to Pay form to Autism Funding for the program fee
   - For participants 5yrs and younger, parents/guardians are welcome to contact Autism Funding to inquire about the eligibility of a program fee being covered through a participant’s funding

2. CAN Fee Assistance Program
   - The CAN Fee Assistance Program helps to alleviate any financial barriers to participation
   - For more information, please email: info@canucksautism.ca

3. Additional Payment Options
   - CAN is open to working with participants to process program fee payments through additional routes, including bursaries

Reg opens: Mon October 5 at noon     Reg closes: Fri October 9 at noon
Thank you to Canucks For Kids Fund and The West Coast Fishing Club Fishing For Kids Tournament for their ongoing support of individuals with autism and their families in BC.

Nanaimo
Skate

Virtual Programs
Virtual Active
Virtual Movement
Virtual Meet Ups
Virtual Challenger Baseball
Virtual Fitness
Movie Club

Kelowna
Active
Multisport

Greater Vancouver
Active
Multisport
Skate