



SENSORY GUIDE

Welcome! The information in this sensory guide can be used in advance of your visit to be prepared for a fun and safe experience at Cold Front. We encourage you to share this guide with guests that would have a better experience by having sensory information provided in advance.

Cold Front is an outdoor event. As is the case with most outdoor spaces and events, it can sometimes be difficult to predict the sensory environment as a result of weather, natural smells and the volume of visitors. This guide will provide an overview of sensory information attendees may encounter at the Cold Front event.

Please note this is guide may not include all activities and sensory information, but does include most of the more stimulating activities. Visit our webpage for general information about visiting Cold Front.

coldfrontduluth.com

LOCATION: Bayfront Festival Park, 350 Harbor Dr. Duluth, MN

DATE: Saturday, February 1, 2025

SCHEDULE: The event runs from Noon – 6pm. Use the provided information to determine good times for you and your guests to visit Cold Front. Traditionally the crowd is larger from 12 – 3 pm.

- All day activities
 - DJ Music
 - Ice Skating
 - Snow Play Activities
 - Luge Sledding
 - Craft and Activity Stations
 - Fires, Marshmallows, and Hot Chocolate
 - Cross Country Ski Loop
 - Fat Bike Demos
- Scheduled activities
 - 12 – 3 pm: Youth Dog Sled Rides
 - 1 – 4 pm: Hay Rides
 - 2 – 4 pm: Adult Snowshoe Kickball Tournament
 - 5:15 pm – 6pm: Ice Rink Dance Party

SENSORY TENT + SNOW PLAY AREA

The Sensory Tent will be located in the Snow Play Area (see map below). The Sensory Tent will be a 3-walled 10x10 tent with seating, headphones, and blankets – a good spot to take a break from over stimulation. A snow play area will have an obstacle course, snow play equipment, yard games, and sports equipment.

SOUNDS:

- During Snowshoe Kickball there may be loud cheering, otherwise this will be a quieter space.

FEELINGS:

- Activities in this area will involve being in the snow which may be cold and or wet.

OTHER SENSORY EXPERIENCES:

- This is an unstructured play space. Free-creative play is encouraged.



TRACTOR RIDE

Attendees will have the opportunity to go for a tractor ride around the Bayfront Festival Park grounds. A safety stair is provided for loading onto the trailer. The trailer can accommodate up to 15 riders and the ride lasts about 10 minutes.

SOUNDS:

- The tractor motor will be loud.

SMELLS:

- Tractor exhaust
- Smells from the straw bales.

FEELINGS:

- The ride may be bumpy and the tractor may start and stop creating a swaying motion.
- Riders sit on straw bales in the wagon which may feel hard and scratchy.

OTHER SENSORY EXPERIENCES:

- Depending on the time of day you may have to stand in line to wait for a tractor ride.

SAFETY CONSIDERATIONS:

- While the tractor will not be moving quickly, you should stay out of the path of the tractor and be sure not to run in front of it.
- While riding in the wagon you are required to stay seated the entire time.



LUGE SLEDDING

Sledding hills have been built for attendees to ride down. They are built to look like a luge run. Sleds are available for everyone to use.

SOUNDS:

- Loud laughing or screaming may occur while others are sledding down the hills.

FEELINGS:

- Walking up the hill with the sled may make you feel tired.
- Sledding down the hill can be bumpy and fast.

OTHER SENSORY EXPERIENCES:

- Depending on the time of day you may have to stand in line.
- There may not be enough sleds for everyone so sharing and taking turns will be important.



FIRE PITS AND ROASTING MARSHMALLOWS

There will be fire pits placed around the Cold Front grounds. They are used to warm up and to make a s'more.

SOUNDS:

- Crackling from the fire.

SMELLS:

- There will be the smell of smoke around the fire pits.

FEELINGS:

- The fire pits are there to warm up if you are getting cold.

TASTES:

- A station will be available for you to roast marshmallows

OTHER SENSORY EXPERIENCES:

- Depending on the time of day you may have to stand in line.

SAFETY CONSIDERATIONS:

- Do not get too close to the fire.
- Marshmallow roasting sticks are metal wires that could hurt if someone were to be poked.
- Be careful not to swing around a marshmallow that has started on fire.



YOUTH DOG SLED RIDES

Dog sled rides will be available at Cold Front. It is a very popular activity. The sled will be driven by the dog handler. The dog sled ride will have two to three passengers per ride. The ride goes in a loop around the festival grounds taking 2-3 minutes per ride.

SOUNDS:

- The dogs may be barking during the sled rides and there may be the sound of laughing or screaming by riders.

FEELINGS:

- The dog sled ride is fast.
- The dog sled ride is both smooth and bumpy.
- You may have to sit close to another person on the ride.

OTHER SENSORY EXPERIENCES:

- Depending on the time of day you may have to stand in line.

SAFETY CONSIDERATIONS:

- You must stay seated while on the dog sled ride
- Follow directions of the dog sled handler entering and exiting the sled.



CRAFTS

A few small tents will house arts and crafts for attendees to take home as a souvenir.

SOUNDS:

- The craft tents are located near the DJ.

OTHER SENSORY EXPERIENCES:

- The tents are small and may require you to be close to other people.
- You may have to share craft supplies and take turns.



ICE SKATING

Ice skating is available for free at Cold Front! Inside of the warming house you will find a Skate Attendant ready to issue you ice skates. To be better prepared, know what size your shoes are when getting the skates. Inside the warming house you will place your shoes/boots in a spot under the benches and then put on your skates.

If you need assistance we have skating aids available. Skating aids are support tools designed to push around while you skate, keeping you on your feet. When you are done skating, remove the skates and return them to the Skate Attendant.

SOUNDS:

- While skating there maybe laughing and yelling from other skaters playing on the ice.

FEELINGS:

- Ice skates do not always feel comfortable. They may feel hard and cold.
- Ice skating may make you feel unbalanced. Using the skating aid will help.

OTHER SENSORY EXPERIENCES:

- There may be a lot of people in the warming house or on the skating rink.

SAFETY CONSIDERATIONS:

- When ice skating, give others a lot of room as to avoid a collision.



ICE RINK DANCE PARTY

Cold Front ends with an ice skating dance party with moving party lights and glow sticks.

SOUNDS:

- Skaters may sing and dance and clap along with music that will be played

FEELINGS:

- Ice skates do not always feel comfortable. They may feel hard and cold.
- Ice skating may make you feel unbalanced. Using the skating aid will help.

SIGHTS:

- Glowing, multicolored lights will illuminate the ice and move around

SAFETY CONSIDERATIONS:

- Strobbing light can make people feel more unbalanced or overwhelmed by the changing speed of light and colors.



CROSS COUNTRY SKI

A cross country ski loop will be groomed around the Bayfront Festival grounds. At the cross country ski station there will be attendants available to help you pick equipment sizes.

SOUNDS:

- The ski loop is in the same area as the dog sled rides.

FEELINGS:

- Cross country skiing can make you feel unbalanced. If you fall the snow will catch you!

OTHER SENSORY EXPERIENCES:

- Depending on the time of day you may have to stand in line.

SAFETY CONSIDERATIONS:

- Stay in the ski tracks since the dog sled ride and tractor ride will also be passing through the same area. After 3 p.m. the open field will be much quieter for skiing.



EVENT MAP

Please note this is a general layout, and is subject to change leading up to the event.



1-Ice Rink + Curling
2-Tractor Rides
3-Snow Play Area
4-Sensory Tent
5-Craft + Activity Tent

6-Sledding Luge
7-Fat Bike Loop
8-Hot Chocolate Station
9-Johnny Bs Food Truck
(for purchase)

10-Cross Country Skiing
11-Youth Dog Sled Rides
12-Palm Swings
13-Giant Ski Races
14-Adult Volleyball

Event map is subject to change

