



**MOUNTAIN ADVENTURE
SCHOOL**
SUMMARY SHEET 2017

PROGRAM SUMMARY – MAS 201

Offered Jointly by: HeLa Ventures and Progressive Academy

Location: HeLa Ventures Field School, located 24 km. West of Rocky Mountain House

Dates:

Session 201-3: August 1 – August 14 or

Session 201-4: August 18 – 31, 2017

Departure: 9:00 AM Monday Day 1 from Progressive Academy (13212 106 Ave NW, Edmonton)

Arrival home time: 2:00 PM Day 14 to Progressive Academy

Transportation: Transportation will be provided by yellow school bus for the duration of the program.

HeLa Staff: Lana Ohler-Madsen, Travis Hollands, additional guides and support staff.

Progressive Academy Teachers: Brett Pawlyk, Shawn Andersen

Emergency Contact Information: Camp Phone: (403) 845-4325; Lana: (780) 932-4820;

Edmonton office: (780) 468-1492

Email: mas@progressiveacademy.ca

Fee: \$1365.00 (to be paid online upon registration)

Special dietary requirements (gluten-free, lactose-free, vegan etc.): \$140.00 per student. No surcharge for vegetarian or nut free diets.

The fee includes: meals, accommodations, curriculum instruction and supplies, guiding, equipment, and transportation.

MAS 201

GOAL: The goal of the fourteen-day program is to provide students with the opportunity to experientially meet curriculum objectives for Physical Education 20, and CTS module options utilising outdoor pursuit activities as the medium for the experience. The emphasis in this course is on leadership skills, wilderness first aid, and the foundational prerequisites to continue the path toward achieving certifications needed to become an outdoor guide.

SPECIFIC OBJECTIVES:

Over the course of fourteen days the students will have the opportunity to:

- apply concepts learned through the Physical Education curriculum, utilising outdoor pursuits activities as the medium;
- experience leadership in a variety of outdoor pursuits activities in a safe and supportive environment;
- study and demonstrate first-aid skills and procedures, including cardiopulmonary resuscitation (CPR) and automatic external defibrillator (AED), for dealing with emergency situations;
- present a plan for an extended outdoor excursion (river trip);
- develop and demonstrate proficiency in tandem and solo canoe skills on the lake;
- develop and demonstrate the basic knowledge needed to build safe anchors and choose proper knots when top rope climbing;
- demonstrate and become advocates for care and protection of the environment;
- foster an interdependent relationship between themselves and other individuals and between themselves and the environment.

Brief Overview of Activities: the program itinerary will follow the MAS 101 schedule closely to create a leadership/mentoring environment. Physical Education activities will be similar to MAS 101 but will focus on developing proficiency in specific skills and teaching strategies of those skills.

- Day 1: Lake Canoeing (WLD 1910)
- Day 2: Onsite classroom sessions (Leadership, Phys. Ed, HSS 1100) River safety session.
- Day 3: River Day – Blue Bridge – Rocky, whitewater skills training (Phys Ed.)
- Day 4: Onsite (HCS 2020 – First Aid)
- Day 5: Onsite (HCS 2020 – First Aid)
- Day 6: Climb/Hike (Phys. Ed., WLD 2910)
- Day 7: Down Day (laundry, CTS, packing for out-trip, WLD 2130)
- Day 8 – 11: Out-trip. This river trip will consist of a 4-day river excursion on the North Saskatchewan River, starting in the heart of the Rocky Mountains and ending in the foothills. The focus will be on exploring the valley of this Canadian Heritage River and taking a leadership/mentoring role for the MAS 101 students. This portion of the program will enhance and further develop knowledge of cooking in the outdoors, camping and hard skills acquired previously (Phys. Ed, WLD 2130, HSS 1100, HCS 1080).
- Day 12: Onsite (CTS, Phys Ed)
- Day 13: Onsite/Biking (CTS, Phys Ed evaluations) Debrief
- Day 14: Breakfast, packing, final good-byes and departure

PLEASE NOTE: The times indicated on the schedule are tentative. During the program, we will be on a flexible schedule in order to meet the needs of the group. For safety reasons, we reserve the right to alter the schedule and activities should the weather or river conditions present any threat to a safe, enjoyable trip for the students.

Curriculum Covered and Credits: The curriculum that will be covered during this 2-week period includes Physical Education (5 credits), and 6 CTS credits. The CTS credits include:

- Standard First Aid/CPR/AED (HCS 2020) – 1 credit (includes certification)
- Leadership Foundations 1 (HSS 1080) – 1 credit
- Nature and Wellness (HSS 1100) – 1 credit
- Project A – Paddle Canada Introduction Lake Skills Tandem and Solo (WLD 1910) – 1 credit
- Project B – Safety systems for top roped climbing or real rock (WLD 2910) – 1 credit
- Outdoor Excursions (WLD 2130) – 1 credit

In addition to the credit objectives completed in the above programs, the program will focus on safety skills in the outdoors, and No Trace Camping principles.

Equipment: All group equipment will be supplied by HeLa Ventures. Students will be provided with a full list for personal equipment to bring. Tents for the river trip will be supplied. Due to space issues at the campsites, the tents will be shared with other students (gender specific).

Teaching Staff: The program will be taught by certified Alberta teachers. Experts in the field will assist with the teaching of outdoor pursuits and Phys. Ed program objectives.

Safety Policies: All programs are delivered with safety as the first priority and are led by highly trained and certified guides. A copy of our safety policies may be provided upon request. Please contact mas@progressiveacademy.ca, and we will send a copy electronically. Please feel free to contact our Director, Lana Ohler-Madsen at any time with questions or concerns.

Assumption of Risk and Medical Forms: In order to participate in the program, we require that a parent/guardian of each participant completes the Assumption of Risk form and completes the medical information component of the registration form. The completed forms should be returned to Progressive Academy by mail or email by July 15. If there are any medical or dietary issues we should be aware of in advance, please contact Lana by phone or email (see below).

Thank you very much for your interest in Mountain Adventure School. We know that your experience will be once again fun and memorable!

Please feel free to contact us at any time for further information. For registration, fees and document inquiries please contact Progressive Academy mas@progressiveacademy.ca or (780) 455-8344. For information on the program, medical and dietary issues, safety and accreditation, please contact Lana (see below).

Sincerely

The MAS Team

c/o Lana Ohler-Madsen
Director, HeLa Ventures Ltd.
780-468-1492 (office), 780-932-4820 (cell)