



MOUNTAIN ADVENTURE SCHOOL SUMMARY SHEET 2018

PROGRAM SUMMARY – MAS 301

Offered Jointly by: HeLa Ventures and Progressive Academy

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

Dates: Session 301-3: August 1 – 14, 2018

Departure: 9:00 AM Day 1 from Progressive Academy (13212 106 Ave NW, Edmonton)
Return to Edmonton: 2:00PM Day 14 to Progressive Academy

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

Program Director: Lana Ohler-Madsen

HeLa Staff: David Erasmus, Keo Ohler, additional guides and support staff.

Progressive Academy Teachers: Brett Pawlyk, additional teachers, as required.

Emergency Contact Information: Camp Phone: (403) 845-4325;
Lana's Cell (780) 932-4820; Edmonton office: (780) 468-1492

Email: mas@progressiveacademy.ca

Fee: \$1750 (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 301

PREREQUISITES: MAS 201 or 202

GOAL: The goal of the fourteen day program is to provide students with the opportunity to experientially meet curriculum objectives for CTS module options utilizing outdoor pursuit activities as the medium for the experience. The emphasis in MAS 301 is outdoor leadership, providing opportunities for students to gain both knowledge and skills in leading a variety of outdoor adventure activities. Students will have the opportunity to achieve foundational canoeing certifications and gain experience in wilderness emergency response. Successful students will have the qualifications required to gain employment as an Outdoor Leader in number of Alberta summer camps.

SPECIFIC OBJECTIVES:

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

1. experience outdoor leadership in a variety of activities in a safe and supportive environment;
2. develop and simulate an emergency response plan for a typical adventure activity;
3. develop and demonstrate the skills required for Paddle Canada Waterfront Instructor and Paddle Canada Moving Water Skills Tandem certifications;
4. develop and demonstrate the skills and decision making processes required to be an outdoor guide;
5. plan, develop and implement a menu for an extended excursion;
6. demonstrate and become advocates for care and protection of the environment;
7. foster an interdependent relationship between themselves and other individuals and between themselves and the environment;
8. obtain employable skills and experience as an Outdoor Leader.

Brief Overview of Activities:

- Day 1: Lake Canoeing
- Day 2: Lake Canoeing (Waterfront Instructor)
- Day 3: Theory presentations (Waterfront Instructor); River safety session.
- Day 4: River Day – Blue Bridge – Rocky, whitewater skills training
- Day 5: Climb
- Day 6: Down Day (laundry, CTS, packing for out-trip)
- Day 7 - 10: 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 while developing outdoor leadership and guiding skills. This portion of the program will build on knowledge of cooking, camping and hard skills acquired previously
- Day 11: Wilderness Response to First Aid
- Day 12: Onsite/bike
- Day 13: Ridge hike
- Day 14: Breakfast, pack, final good-byes and depart

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:

1. WLD 3130 Outdoor Leadership (1 credit)
2. HCS 2910 - Project B Wilderness response to safety – develop an emergency response plan for one of the outings – understand the standard of care (1 credit)
3. WLD 3920 - Project E Paddle Canada Intermediate Moving Water Skills tandem* (1 credit)
4. WLD 3910 - Project C Paddle Canada Moving Water Skills tandem* (1 credit)
5. WLD 2100 - Outdoor Cooking Practice (1 credit)
6. WLD 3140 - Intro to Guiding (1 credit)
7. WLD 2950 - Advanced Practicum Paddle Canada Waterfront Instructor Certification* (1 credit)
8. HSS 2910 - Project B Leadership in moving water canoeing (1 credit)
9. HSS 2080 - Leadership Fundamentals 2 (1 credit)
10. FOR 1100 – Forest Use and Protection (1 credit)

*Certifications from Paddle Canada

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 a copy will be sent to you electronically. Please feel free to contact the Program Director, Lana Ohler-Madsen at any time with questions or concerns.

Assumption of Risk and Medical Forms: In order to participate in the program, a parent/guardian of each participant must complete the Assumption of Risk form and complete 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 for your interest in Mountain Adventure School 301. We know that your experience will be fun and memorable!

Please feel free to contact us at any time for further information.

Sincerely

The MAS Team

c/o Lana Ohler-Madsen
Director, HeLa Ventures Ltd.
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