



Mountain Adventure School (MAS)

Summer School Programs

Imagine spending two weeks at a summer camp, gaining skills in a variety of outdoor pursuit activities and achieving high school credits! Mountain Adventure School (MAS) provides just this opportunity. MAS offers a variety of programs for students entering Grades 10 – 12 that will provide training and experience in outdoor leadership, and provide foundational skills and certifications for guiding in the adventure education field. Through MAS, students will receive opportunities to explore, live and play in the natural environment, encouraging a personal understanding of the importance of our environment and societal need for stewardship. Based on an experiential education model, professional teachers and guides facilitate learning that is hands-on in a setting that is positive, supportive and fun.

During the summer students may enroll in one or more of the programs offered. The courses outlined below have been designed to be flexible and provide credits in courses that students require. Options for students who have obtained credits in MAS during previous years are available as well as options for students who are new to MAS.

Due to the condensed length of these courses, the learning environment is fast paced and students are required to have strong reading and writing skills. Because it is an intense program, it is not recommended for students with a history of severe anxiety, depression or learning disabilities.

COURSES

FOUNDATIONAL COURSES: Two options are available as foundational courses for the Mountain Adventure School: MAS 101 and MAS 100. These courses provide CALM and Phys. Ed 10/20 as well as the fundamental skills required in outdoor pursuits' activities. Students will take only one of the following courses.

MAS 100 – Foundation to Mountain Adventure School (Condensed)

Prerequisites: None

Dates: July 21 – July 31, 2018

Cost: \$1375

Course Content (9 credits)

1. CALM (3 credits)
2. Phys. Ed. 10 (5 credits)
3. WLD 1130 - Outdoor Survival Skills (1 credit)

MAS 100 is a great course for those with busy summers! MAS 100 is similar to MAS 101, but is slightly condensed and offers 9 credits in only 11 days. It is ideal for students who have not taken or completed CALM or Phys. Ed. 10, which are mandatory credits required to graduate from High School. Through a combination of outdoor pursuit activities and classroom sessions, students will experientially meet curriculum objectives for these two courses plus 1 CTS module (total of 9 credits)!

Course Description: Living and learning in a camp setting, students will be introduced to lake and river canoeing, hiking, mountain biking, rock climbing and rappelling, wilderness living skills and more! Intermixed with these adventure activities will be classroom theory sessions, and amazing opportunities for both personal growth and group development. The program will culminate with a three day river trip allowing students to utilize the skills they have acquired. Concepts of environmental awareness and stewardship will be emphasized throughout the program.

There is a pre-package that must be completed prior to the beginning of the course. Access to instruction and assistance with the pre-package will be available.

MAS 101 – Foundation to Mountain Adventure School

Prerequisites: None

Dates: June 30 – July 13 (Session 1) or Aug 1 - Aug 14 (Session 3) or Aug 18 - Aug 31 (Session 4)

Cost: \$1575

Course Content (11 credits)

1. CALM (3 credits)
2. Phys. Ed. 10 (5 credits)
3. FOR 1010 - Forests and Society (1 credit)
4. WLD 1100 - Outdoor Cooking Theory (1 credit)
5. WLD 1130 - Outdoor Survival Skills (1 credit)

MAS 101 is the foundational course for our Mountain Adventure School (MAS) programs. It is ideal for students who have not taken or completed CALM or Phys. Ed. 10, which are mandatory credits required to graduate from High School. Through a combination of outdoor pursuit activities and classroom sessions, students will experientially meet curriculum objectives for these two courses plus 3 CTS modules (total of 11 credits).

Course Description: Living and learning in a camp setting, students will be introduced to lake and whitewater canoeing, hiking, mountain biking, rock climbing and rappelling, wilderness living skills and more! Intermixed with these adventure activities will be classroom theory sessions, and amazing opportunities for both personal growth and group development. During the final week, the skills achieved throughout Week I will be put into practice with a culminating three day river trip. Through the program, students will learn No Trace Camping Principles and become familiar with the forest, its uses, and controversial issues regarding the forest industry. Concepts of environmental awareness and stewardship will be emphasized throughout the program.

There is a pre-package that must be completed prior to the beginning of the course. Access to instruction and assistance with the pre-package will be available.

INTRODUCTION TO OUTDOOR LEADERSHIP SERIES - The following courses are designed for students interested in obtaining leadership skills in outdoor pursuits' activities, or who are interested in guiding as future employment. Three options are available: MAS 200, MAS 201 and MAS 202. MAS 200 and 201 are designed as the "next steps" to those students who have taken MAS 100/101. Students who are new to MAS and do not have either of the foundational courses (MAS 100/101) will register in MAS 202.

MAS 200: Introduction to Outdoor Leadership (Condensed – 11 days)

Prerequisites: MAS 100 or 101

Dates: July 21-31, 2018

Cost: \$1465

Course Content (9 credits):

- Phys. Ed. 20 (5 credits)
- HCS 2020 - Standard First Aid/CPR/AED (1 credit - includes certification)
- HSS 1080 - Leadership Foundations 1 (1 credit)
- WLD 1910 - Project A – Paddle Canada Introduction to Lake skills Tandem (1 credit)
- WLD 2130 -Outdoor Excursions (1 credit)

Course Description: MAS 200 is a condensed version of the *Introduction to Outdoor Leadership* series, designed for students who have limited time in their busy summers. The program is the next step for students who have taken MAS 100 or 101 and are keen on continuing to advance their skills and knowledge in outdoor activities. The program will focus on leadership skills, first aid, and the foundational pre-requisites to continue the path towards obtaining certifications needed to become an outdoor guide. The MAS 200 curriculum builds on skills acquired in the foundational courses in both lake and river canoeing, and culminates with a 4 day camp out in the heart of the Rocky Mountains offering wilderness living skills, climbing, hiking, and biking from a base camp!

There is a pre-package that must be completed prior to the beginning of the course. Access to instruction and assistance with the pre-package will be available.

MAS 201: Introduction to Outdoor Leadership (14 days)

Prerequisites: MAS 100 or 101

Dates: Aug 1 – Aug 14 (Session 3) or Aug 18 – Aug 31 (Session 4)

Cost: \$1665

Course Content (11 credits):

Phys. Ed. 20 (5 credits)

HCS 2020 - Standard First Aid/CPR/AED (1 credit - includes certification)

HCS 1910 – Project A First Aid in a wilderness context – 1 credit

HSS 1080 - Leadership Foundations 1 (1 credit)

WLD 1910 - Project A – Paddle Canada Introduction to Lake skills Tandem (1 credit)

WLD 2910 - Project B – Safety systems for top roped climbing on real rock (1 credit)

WLD 2130 -Outdoor Excursions (1 credit)

Course Description: MAS 201 moves students along the pathway to becoming outdoor leaders. This 14-day course will focus on leadership skills, wilderness first aid, and the foundational pre-requisites required to obtain certifications needed to become an outdoor guide. MAS 201 provides an exciting mix of water based and dry land outdoor pursuits' activities. The program includes Paddle Canada skills programs in lake and river canoeing, and an introduction to white water rafting. The program **also** includes a 5 day out trip in the heart of the Rocky Mountains offering wilderness living skills, climbing, biking and hiking from a base camp! No Trace Camping Principles will be woven into the curriculum throughout the program.

There is a pre-package that must be completed prior to the beginning of the course. Access to instruction and assistance with the pre-package will be available.

MAS 202: Introduction to Outdoor Leadership with Foundations

(For students who are new to MAS but have achieved credits in CALM)

Prerequisites: None

Dates: Aug 1 – Aug 14 (Session 3) or Aug 18 - Aug 31 (Session 4)

Cost: \$1665

Course Content (11 credits);

Phys. Ed. 20 (5 credits)

HCS 2020 - Standard First Aid/CPR/AED (1 credit - includes certification)

HCS 1910 – Project A First Aid in a wilderness context (1 credit)

HSS 1080 - Leadership Foundations 1 (1 credit)

WLD 2910 Project A – Safety systems for top roped climbing on real rock (1 credit)

WLD 1130 - Outdoor Survival Skills (1 credit)

WLD 2130 - Outdoor Excursions (1 credit)

Course Description: This course is available for students who have achieved credits for CALM but have not taken MAS 100 or MAS 101. MAS 202 provides the foundational skills of MAS 100/101, and combines this with the leadership skills of the *Introduction to Outdoor Leadership* series of courses. The program will focus on leadership skills, wilderness first aid, and the foundational pre-requisites required to obtain certifications needed to become an outdoor guide. Students will receive foundational skills for both lake and river canoeing, as well as an introduction to whitewater rafting. MAS 202 culminates with a 5 day out-trip offering wilderness living skills, climbing, hiking, biking and hiking from a base camp!

There is a pre-package that must be completed prior to the beginning of the course. Access to instruction and assistance with the pre-package will be available.

MAS 301 – Introduction to Outdoor Guiding

Prerequisites: MAS 200, 201 or 202

Dates: Aug 1 - Aug 14, 2018

Cost: \$1750

Students that have graduated high school are still eligible for this program. Contact us for details.

Course Content (10 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 Intro to 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 or 3950 - 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)

*Paddle Canada Certificate Programs

MAS 301 will build on the skills obtained in the previous years to provide canoeing certifications through Paddle Canada, outdoor leadership and guiding skills, and emergency response training. Successful graduates from this program will have achieved the qualifications required to gain employment as an Outdoor Leader in many camps throughout Alberta.

There is a pre-package that must be completed prior to the beginning of the course. Access to instruction and assistance with the pre-package will be available.

MAS 350 – Excursions (Churchill River – Northern Saskatchewan)

Prerequisites: MAS 200, 201 or 202

Dates: July 16 – July 27, 2018

Cost: \$2195

Students that have graduated high school are still eligible for this program. Contact the MAS team (mas@progressiveacademy.ca) for details.

Course Content (10 credits):

1. WLD 1080 – Angling and Fish Management Theory (1 credit)
2. WLD 1060 – Wilderness Navigation (1 credit)
3. WLD 2920 – Project C Intro to River Rescue (1 credit)
4. WLD 2950 – Practicum Paddle Canada River Tripping Skills (1 credit)
5. TOU 1010 – The Tourism Sector (1 credit)
6. TOU 1120 – Adventure and Eco tourism (1 credit)
7. FOD 1910 – Special Project A Food management for extended wilderness travel (1 credit)
8. ENS 1010 – Stewardship (1 credit)
9. ENS 1910 – Project A Stewardship in Recreation (1 credit)
10. ENS 1030 – Consumerism (1 credit)

MAS Excursions is the pinnacle of Adventure Education for High School students! It is the culmination of many hours of hard work by students who have completed the MAS programs. The skills learned in previous years will be utilized on a major river expedition, planned and prepared by the students enrolled, in partnership with the guides and teachers.

The expedition involves travelling to northern Saskatchewan, where participants, teachers and guides will board a float plane to fly upriver on the Churchill. The Churchill River is a Canadian heritage river, dubbed the “fur traders highway” and was the main thoroughfare of the early explorers and trappers that opened and mapped Canada’s interior. Long forgotten, this river provides history, warm water for great swimming, whitewater and world class wilderness camping and fishing. This 8 day river trip will leave students with memories of a lifetime!

There is a pre-package that must be completed prior to the beginning of the course. Access to instruction and assistance with the pre-package will be available. Students who wish to enroll in this program must complete an interview with a MAS teacher.

Contact mas@progressiveacademy.ca for further information and instructions.

MAS 401 – Wilderness Advanced First Aid with Work Experience

Prerequisites: MAS 301 (or by application)

Dates: June 30 – July 4, 2018

Cost: \$1425*

Course Content:

1. HSS1010: Health Services Foundations (1 credit)
2. HCS3000: Workplace safety systems (1 credit)
3. HCS3020: First Responder 1 (1 credit)
4. Work Experience: (3 credits)

*For MAS graduates, a subsidy is available. Please contact mas@progressiveacademy.ca for further information.

The final course in the outdoor pursuit series provides participants with an Advanced Wilderness First Aid certification. This 40 hour course is the minimum standard for outdoor instructors or guides working outside an urban context. The main focus of this advanced wilderness first aid course is the prolonged care and stabilization of patients until a rescue team or additional resources can be obtained to help with evacuation to a medical facility. Students may combine this course with a work experience option.

There is a pre-package that must be completed prior to the beginning of the course. Access to instruction and assistance with the pre-package will be available.

INDIVIDUALIZED WORK EXPERIENCE PROGRAM

MAS 230/330 – Individualized Program

Prerequisites: MAS 100 or 101 (230); MAS 200, 201 or 202 (330)

Dates: June 30 – July 13 (Session 1); July 21 – 31 (Session 2); Aug 1 – Aug 14 (Session 3); or Aug 18 - Aug 31 (Session 4)

Cost: Variable based on programming. Call for more information.

Possible Course Content (the number of credits achieved will be dependent on the individualized program plan)

Program Example

1. Phys. Ed. 20 or 30 (3 credits)
2. HCS 3000 (1 credit – required to do Work Experience)
3. Work Experience (3 credits)*

*Session 2 students will be required to choose one of Phys. Ed. or work experience.

This program is for students who require an individually designed program and/or would like to come to MAS for more than one session. Registration in this program will be based on an interview with MAS teachers in order to design a program specifically to meet students' individual needs. MAS 230 or 330 may be taken during the same year as other MAS courses to provide valuable work experience. Please contact Progressive Academy for details. There is a pre-package that must be completed prior to the beginning of the course. Access to instruction and assistance with the pre-package will be available.