



MAS 201

SUMMARY SHEET 2019

PROGRAM SUMMARY – MAS 201

This program is offered jointly by Progressive Academy and HeLa Ventures

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

Dates:

**Session 202-3 August 2 – August 19, 2019; or
Session 202-4 August 18 – 31, 2019**

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.

Program Director: Lana Ohler-Madsen

HeLa Staff: Derek Warrior, Quinn MacIntyre, additional guides and support staff.

Progressive Academy Teachers: Brett Pawlyk, David Merkosky

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

Email: mas@progressiveacademy.ca

Fee: \$1665.00 (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 utilizing outdoor pursuit activities as the medium for the experience. The emphasis in this course is on leadership skills, wilderness first aid, and the foundational pre-requisites to continue the path towards obtaining certifications needed to become an outdoor guide.

SPECIFIC OBJECTIVES:

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

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

Brief Overview of Activities: The focus of MAS 201, is learning and living in the outdoors. A large portion of the program will take place in a wilderness camp setting where students will have the opportunity to learn and apply more advance wilderness living skills. Students will also have the opportunity to experience leadership; both is a leader and follower position.

- Day 1: Orientation; Onsite introduction to courses (Leadership, Excursions)
Day 2: Lake Canoeing; 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: Laundry, pack and depart for out-trip. The “out-trip” will consist of a 6 day experience in the heart of the David Thompson Country. Day 1 will involve arriving at the out-trip location, setting up camp, and learning Wilderness Living Skills
Day 7: Continuation of Wilderness Living skills (students build shelters that they can sleep in...if they wish!)

- Day 8: Climbsite prep and Bike/WLS: the group will pack up and move to another location close to the climbsite. Half of the group will work on climbsite theory and setup. The other half will enjoy a day of biking on the Frontier Lodge trails, and continue with WLS projects.
- Day 9: Climbsite set up and Bike/WLS: Alternate groups
- Day 10: Climb and Hike: Half of the group will transport to the climbsite from the camp, and spend the day climbing, rappelling, and utilizing skills learned during the climb prep day. The other half will enjoy a spectacular hike up the Snow Creek Valley.
- Day 11: Climb and Hike: Alternate groups. Pack up camp in the AM prior to the day's activities.
- Day 12: Raft and Onsite: Debrief out-trip, Finalize projects
- Day 13: Full Day hike with the rest of the MAS students
- 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: The curriculum that will be covered during this 2 week period includes:

- Physical Education (5 credits);

Plus 6 CTS credits (one credit each)

- HCS 2020 - Standard First Aid/CPR/AED (includes certification)*
- HSS 1080 - Leadership Foundations 1
- WLD 1910 - Project A – Paddle Canada Introduction Lake Skills Tandem (includes a certificate)*
- WLD 2910 - Project B – Safety systems for top roped climbing on real rock
- WLD 2920 – Intermediate Project C: Intermediate Wilderness Living Skills
- WLD 2130 Outdoor Excursions

There will be a course package sent to the students well in advance that must be completed and handed in electronically or by mail by the deadline provided. Students will also be required to bring a copy of their work with them. This will allow students to be familiar with the concepts prior to the course. Teacher assistance by email will be available as students complete the packages.

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 out 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 that will be sent to you following registration. The completed form must be returned to Progressive Academy by mail or email. The medical information component of the online registration form must also be fully completed. 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 again be fun and memorable!

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

Sincerely

MAS Team
Progressive Academy/Hela Ventures
13212 106 Avenue
Edmonton, AB T5N 1A3
Office: [780 455 8344 ext 1140](tel:7804558344)
Lana Ohler-Madsen, Director: (780) 932-4820