



MAS 230/330

SUMMARY SHEET 2019

PROGRAM SUMMARY – MAS 230/330

Offered Jointly by: HeLa Ventures and Progressive Academy

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

DATES:

Session 1: June 29 – July 12, 2019

Session 2: July 19 – August 1, 2019

Session 3: August 2 – August 15, 2019

Session 4: August 18 – 31, 2019

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

Arrival home time: 3:00 PM Day 14 to Progressive Academy

Pre-requisite: MAS 100 or 101

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

Program Director: Lana Ohler-Madsen

HeLa Staff: Colby MacIntyre, Derek Warrior, 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; Camp Cell: (780) 993-6784

Email: mas@progressiveacademy.ca

Fee: Variable based on programming. Call for more information

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.

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GOAL: The goal of the fourteen-day workshop is to provide students with a custom built program which will offer an opportunity to experientially meet curriculum objectives for work experience and chosen CTS module options utilizing outdoor pursuit activities as the medium for the experience. Students will also be provided with valuable experience as they work with HeLa's certified Guides.

SPECIFIC OBJECTIVES:

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

1. meet chosen curriculum objectives, utilizing outdoor pursuits activities as the medium;
2. experience leadership in a variety of outdoor pursuits activities in a safe and supportive environment;
3. assist with the planning and execution of an extended river trip;
4. assist with the preparation and delivery of both water based and dry land outdoor pursuits activities;
5. gain experience with food management and meal preparation and delivery in a commercial setting;
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.

Brief Overview of Activities: this schedule will follow the MAS 101/201 schedule closely to create a leadership/mentoring environment. All activities will be similar to MAS 101 or 201, but will focus on acquiring specific hard skills and skills for teaching/leading of those activities. The actual itinerary will depend on courses chosen. Below is sample itinerary.

- Day 1: Orientation; Onsite classroom sessions and River safety session
Day 2: Lake Canoeing
Day 3: River Day – Blue Bridge – Rocky, whitewater skills training
Day 4: Onsite
Day 5: Onsite
Day 6: Climb/Hike
Day 7: Down Day (laundry, packing for out-trip)
Day 8 – 11: Out-trip. This river trip will consist of a 3 - 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 with other MAS students. This portion of the program will build on knowledge of cooking, camping and hard skills acquired previously
Day 12: Onsite
Day 13: Ridge top hiking
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: To be determined during an interview with teachers.

In addition to the credit objectives completed in the program, 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 June 15 for Session 1 and 2, and July 15 for Session 3 or 4. 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. We know that your experience will again be fun and memorable!

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

Sincerely

MAS Team
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