



MOUNTAIN
ADVENTURE SCHOOL

2020

PROGRAM SUMMARY

MAS 101

Offered Jointly by: HeLa Ventures and Progressive Academy

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

Dates:

Session 101-1: June 27 – July 10, 2020

Session 101-2: July 16 – 29, 2020

Session 101-3: August 1 – 14, 2020

Session 101-4: August 17 – 30, 2020

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

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

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

HeLa Staff: Keo Ohler, Derek Warrior, additional guides and support staff.

Progressive Academy Teachers: Brett Pawlyk, David Merkosky, additional teachers.

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

Email: mas@progressiveacademy.ca

Fee: \$1,595.00

*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 101

GOAL: The goal of the fourteen day program is to provide students with the opportunity to experientially meet curriculum objectives for CALM, Physical Education, and CTS module options utilizing outdoor pursuit activities as the medium for the experience.

SPECIFIC OBJECTIVES:

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

1. Apply concepts learned through the CALM and Physical Education curriculum, utilizing outdoor pursuits activities as the medium;
2. Experience a variety of outdoor pursuits activities in a safe and supportive environment;
3. Experience leadership from both a leader and group member perspective;
4. Experience group development and team building concepts;
5. Develop an understanding of care and protection of the environment;
6. Develop basic competency in a variety of outdoor skills including flat and whitewater canoeing, climbing, back country biking, hiking and wilderness living;
7. Develop an interdependent relationship between themselves, other individuals and the environment.

Brief Overview of Activities:

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| Day 1: | Lake Canoeing |
| Day 2: | Onsite classroom sessions |
| Day 3: | River Day – Blue Bridge – Brierley’s, whitewater skills training (Class II Max) |
| Day 4: | Onsite classroom sessions |
| Day 5: | Rappel/Hike and Forestry/Oil industry tour |
| Day 6: | Onsite classroom sessions |
| Day 7: | Climb/Hike |
| Day 8: | Down Day (laundry, onsite classroom sessions, packing for out-trip, social) |
| Day 9 – 11: | Out-trip. This river trip will consist of a 3 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, wilderness survival skills, outdoor cooking theory, safety in the backcountry and outdoor pursuits’ skill development |
| Day 12: | Onsite/Biking |
| Day 13: | Full Day Ridge Hike, Evaluations and Debrief |
| 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 the 2 week period includes Physical Education 10, CALM and 3 Career and Technology studies, as follows:

- Physical Education 10 (5 credits)
- CALM (3 credits)
- WLD 1130 (Outdoor Survival Skills)
- WLD 1100 (Outdoor Cooking Theory)
- FOR 1010 (Forests and Society)

In addition to the credit objectives completed in the above courses, the program will focus on teaching 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 packing list outlining 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, Phys. Ed and the CALM 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. Please ensure that you inform us if there are any medical and/or dietary issues that we should be aware of in advance.

Parent Information Presentation: Parent information sessions will be held at Progressive Academy and in Calgary in mid-June. Details regarding the session will be emailed to registrants in early May.

Thank you for your interest in Mountain Adventure School. Through this experience we know that participants will learn a lot, have tons of fun, and make lasting memories and friendships!

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

Sincerely,

MAS Team
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Edmonton, AB T5N 1A3
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