



MOUNTAIN
ADVENTURE SCHOOL

2020

PROGRAM SUMMARY

MAS 202

Offered Jointly by: HeLa Ventures and Progressive Academy

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

Dates:

Session 201-2: July 25 – August 7, 2020

Session 201-4: August 17 – 30, 2020

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

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

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

HeLa Staff: Lana Ohler-Madsen, 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: \$1,685.00

*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 202

GOAL: The goal of the fourteen day program is to provide students with the opportunity to experientially meet curriculum objectives for Physical Education, 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 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. Develop competency in basic skills required to live comfortably in a wilderness setting;
8. Demonstrate and become advocates for care and protection of the environment;
9. Foster an interdependent relationship between themselves, other individuals and the environment.

Brief Overview of Activities: this schedule will follow the MAS 101 schedule closely to create a leadership/mentoring environment. Phys. Ed. Activities will be similar to MAS 101 but will focus on specific skills and teaching of those skills.

Day 1:	Lake Canoeing; River safety session
Day 2:	River Day – Blue Bridge – Rocky, whitewater skills training
Day 3:	Onsite (First Aid)
Day 4:	Onsite (First Aid)
Day 5:	Onsite (Leadership, excursions)
Day 6:	Laundry, pack for out trip, Excursions
Day 7:	Depart for out trip - the out trip will consist of a 6-day experience in the heart of the David Thompson Valley. Day 1 will involve arriving at the camp, and Wilderness Living skills to learn fire processes for camp cooking.
Day 8:	Intermediate Wilderness Living Skills (firelighting, shelter building, knife work)
Day 9:	Climb prep and Bike: the group will be divided into two. Half will go on a spectacular bike ride on the Fish Lake trail network. The other group will work on top-rope climbing systems in preparation for the next day
Day 10:	Climb and Hike: the group will be divided into two. Half will transport to the climb site from the camp, and spend the day climbing, rappelling. The other half will go on an interpretive hike in the valley of Snow Creek
Day 11:	Repeat of Day 9
Day 12:	Hike – full ridge top hike with interpretation
Day 13:	Raft
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, and 6 Career and Technology credits, as follows:

- Physical Education 10/20 - 5 credits
- HCS 2020 - Standard First Aid/CPR/AED – 1 credit (includes certification)
- 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
- WLD 2920 Project C – Intermediate Wilderness Living Skills

In addition to the credit objectives completed in the above courses, 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). Students will be taught how to use Mora knives during the program. These knives may be purchased on the last day of the program (optional). The fee for the knife is \$15.00.

Teaching Staff: The program will be taught by certified Alberta teachers. Experts in the field will assist with the teaching of First Aid, 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. Please ensure that you inform us if there are any medical and/or dietary issues that we should be aware of in advance.

Thank you for your interest in Mountain Adventure School 202. We know that your experience will be fun and memorable!

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

Sincerely,

MAS Team
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