



**MOUNTAIN**  
ADVENTURE SCHOOL

**2020**

## **PROGRAM SUMMARY**

### **MAS 301**

#### **Option A and Option B**

**Offered Jointly by:** HeLa Ventures and Progressive Academy

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

**Dates: Session 301-3: August 1 – 14, 2020**

Departure: 9:00 AM Day 1 from Progressive Academy (13212 106 Ave NW, Edmonton)  
Return to Edmonton: 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](mailto:mas@progressiveacademy.ca)

**Fee:** \$1,775.00

\*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 301: Introduction to Adventure Leadership

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**PREREQUISITES:** MAS 201 or 202

**GOAL:** MAS 301 is offered in two versions: MAS 301 A which includes Physical Education 30 plus 6 CTS credits; or MAS 301 B which provides 10 CTS credits. Both programs provide opportunity for students to experientially meet curriculum objectives utilizing outdoor pursuits activities as the medium for learning. The emphasis in MAS 301 is outdoor leadership, providing opportunities for students to gain both knowledge and skills in leading a variety of outdoor adventure activities. Students will have the opportunity to achieve foundational canoeing certifications and gain experience in wilderness emergency response. Successful students will have the qualifications required to gain employment as an Outdoor Leader in a number of Alberta summer camps.

### **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 outdoor leadership in a variety of activities in a safe and supportive environment;
3. Develop and simulate an emergency response plan for a typical adventure activity;
4. Develop and demonstrate the skills required for Paddle Canada Waterfront Instructor, Paddle Canada Moving Water Skills Tandem and Paddle Canada Camping Basics (Option B only) certifications;
5. Develop and demonstrate the skills and decision making processes required to be an outdoor guide;
6. Plan, develop and implement a menu for an extended excursion;
7. Demonstrate and become advocates for care and protection of the environment;
8. Foster an interdependent relationship between themselves, other individuals and the environment;
9. Obtain employable skills and experience as an Outdoor Leader.

### **Brief Overview of Activities:**

- Day 1: Onsite (Leadership Foundations)
- Day 2: Lake Canoeing – PC Waterfront Instructor course
- Day 3: Lake Canoeing – PC Waterfront Instructor course
- Day 4: Lake Canoeing – PC Waterfront Instructor course; Wilderness First Aid
- Day 5: River Day – Blue Bridge – Brierley's, whitewater skills training
- Day 6: Laundry/Gymnastics
- Day 7: Out-trip planning/Pack for out-trip
- Day 8 – 13: Out-trip. The 301 out-trip will consist of a 3-day camping trip in the heart of David Thompson country where students will experience mountain biking, hiking and rock-climbing. This will be followed by a 3-day river excursion on the North Saskatchewan River. The focus will be on exploring the valley of this Canadian Heritage River while developing outdoor leadership and guiding skills. This portion of the program will build on knowledge of cooking, camping and hard skills acquired previously. The trip will culminate mid-afternoon Day 13, providing opportunity for debriefs and reflection.
- 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:

#### Option A

- Phys Ed 30 (5 credits)
- WLD 3130 - Outdoor Leadership (1 credit)
- HCS 2910 - Project B First Aid in a Wilderness Context (1 credit)
- WLD 3910 - Project C Paddle Canada Moving Water Skills\* (1 credit)
- WLD 2100 - Outdoor Cooking Practice (1 credit)
- WLD 2950 - Advanced Practicum Paddle Canada Waterfront Instructor \* (1 credit)
- HSS 2080 - Leadership Fundamentals 2 (1 credit)

#### Option B (For students that do not wish to take Phys Ed 30)

- WLD 3130 - Outdoor Leadership (1 credit)
- HCS 2910 - Project B First Aid in a Wilderness Context (1 credit)
- WLD 3910 - Project C Paddle Canada Moving Water Skills\* (1 credit)
- WLD 2100 - Outdoor Cooking Practice (1 credit)
- WLD 2950 - Advanced Practicum Paddle Canada Waterfront Instructor\* (1 credit)
- HSS 2080 - Leadership Fundamentals 2 (1 credit)
- WLD 3920 - Project E Intermediate Climbing Skills (1 credit)
- WLD 3140 - Intro to Guiding (1 credit)
- HSS 2910 - Leadership in Moving Water (1 credit)
- WLD 3950 - Advanced Practicum Paddle Canada Camping Basics\* (1 credit)

\*Certifications from Paddle Canada

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.

**Pre-course requirements:** This program will require students complete a pre-course package by the due date, June 30. Option A will require completion of a pre-course package for Phys. Ed. 30, Leadership Foundations 2, and Outdoor Leadership. Option B will require completion of a pre-course package for Leadership Foundations 2, Outdoor Leadership, and the Camping Basics program. Teachers will be available by phone or email for support with these packages, if required.

**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](mailto: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 301. 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  
Progressive Academy/Hela Ventures  
13212 106 Avenue  
Edmonton, AB T5N 1A3  
Office: 780 455 8344 ext 1002  
Lana Ohler-Madsen, Director: (780) 932-4820