



MOUNTAIN
ADVENTURE SCHOOL

2020

PROGRAM SUMMARY

MAS 350 Excursions

Offered Jointly by: HeLa Ventures and Progressive Academy

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

Dates: July 13 – 24, 2020

Departure: 9:00 AM Day 1 from Progressive Academy (13212 106 Ave NW, Edmonton)
Return to Edmonton: 3:00 PM Day 12 to Progressive Academy

Transportation: Transportation will be provided by a 15 passenger van for the duration of the program.

HeLa Staff: Jenna Broder, Derek Warrior, additional guides and support staff.

Progressive Academy Teachers: Brett Pawlyk

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

Email: mas@progressiveacademy.ca

Fee: \$2,220.00

*Special dietary requirements (gluten-free, lactose-free, vegan etc.): \$120.00 per student. No surcharge for vegetarian or nut free diets.

The fee includes: meals, accommodations, curriculum instruction and supplies, guiding, equipment, and transportation.

MAS 350 - EXCURSIONS

PREREQUISITES: MAS 301*

*spots may open for MAS 201/202 students. Students without MAS 301 must apply in person.

GOAL: The goal of the twelve-day program is to provide students with the opportunity to experientially meet curriculum objectives for CTS module options utilising outdoor excursions as the medium for the experience. This course is designed to provide the skills and knowledge necessary to travel efficiently and safely in the wilderness for extended periods of time.

SPECIFIC OBJECTIVES:

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

1. Experience leadership in a variety of outdoor pursuits activities in a safe and supportive environment;
2. Develop competency in wilderness navigation techniques;
3. Develop and demonstrate the skills required for Paddle Canada Wilderness Camping Skills;
4. Present a plan for an extended outdoor excursion (river trip);
5. Experience meal planning and food management in the context of extended wilderness travel;
6. Become advocates for care and protection of the environment through stewardship and outdoor recreation;
7. Demonstrate an understanding of the relationship between consumerism and our environment;
8. Foster an interdependent relationship between themselves, other individuals and the environment.

Brief Overview of Activities:

- Day 1-2: Onsite classroom sessions and preparations for the river trip
- Day 3: Drive to Missinipe, Northern Saskatchewan
- Day 4-11: Fly in to the access of the Churchill River, Black Bear Island Lake and spend 8 glorious days on the river canoeing back to Missinipe!
- Day 12: Drive back to Edmonton and final good-byes

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:

1. WLD 1080 – Angling and Fish Management Theory (1 credit)
2. WLD 1060 – Wilderness Navigation (1 credit)
3. HSS 2920 – Project C Intro to River Rescue (1 credit)
4. HSS 2950 – Intermediate Practicum Paddle Canada Wilderness Camping Skills (1 credit)*
5. FOD 1010 – Food Basics (1 credit)
6. FOD 1040 – Meal Planning 1 (1 credit)
7. FOD 1910 – Special Project A Food management for extended wilderness travel (1 credit)
8. ENS 1010 – Stewardship (1 credit)

9. ENS 1910 – Project A Stewardship in Recreation (1 credit)
10. ENS 1030 – Consumerism (1 credit)

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 Packages: We will provide you with a pre-course package to be completed and handed into Progressive Academy (by email, fax or hard copy) by June 30. Pre-course work will be required for Stewardship, Consumerism and Paddle Canada Wilderness Camping skills programs. Access to instruction will be available through phone, email or meetings with teachers.

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. 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 very much for your interest in Mountain Adventure School 350. 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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