



PROGRAM SUMMARY – MAS 101 Mountain Camp

Offered Jointly by: HeLa Ventures and Progressive Academy

Location: Cavalcade Group Site, Kootenay Plains, Clearwater County, AB

DATES: **Session 101 MC-1: July 12 – 16, 2021**
 Session 101 MC-2: July 19 – 23, 2021
 Session 101 MC-3: July 26 – 30, 2021
 Session 101 MC-4: August 2 – 6, 2021
 Session 101 MC-5: August 26 – 20, 2021

HeLa Staff: Brett Pawlyk, Derek Warrior, additional guides and support staff.

Progressive Academy Teachers: Brett Pawlyk, additional teachers as required

Emergency Contact Information: Brett's cell: (780) 862-3497; Camp Phone: (403) 845-4325;
Lana's Cell (780) 932-4820

Transportation: Transportation is not included but may be arranged. Due to COVID we have provided opportunity for parents to drop their child(ren) off and pick up at the camp location. There is a possibility that bussing in small groups may be arranged from Edmonton. Please contact us at the email below should you be interested in bus transportation. Additional fees for bus transportation will apply.

Drop off time: 11:00 AM Day 1, at Cavalcade Group Site (64 Km West of Nordegg on Hwy 11.
Google Maps link: <https://goo.gl/maps/KoEf7YFMZq2bF6wZA>).

Pick up time: 2:00 PM Day 5, at Cavalcade Group Site

Please note: Should parents wish to camp after the drop off, camping is available at numerous locations in the area. Visit www.albertaparks.ca for more information. Numerous hotel/Airbnb accommodations can be found in Rocky Mountain House and Nordegg.

Email: mas@progressiveacademy.ca

Fee: \$675.00

Special dietary requirements (gluten-free, lactose-free, vegan etc.): \$50.00 per student. No surcharge for vegetarian or nut free diets.

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

MAS 101 MOUNTAIN CAMP

PROGRAM DESCRIPTION: The MAS 101 trip has been designed to be combined with the in-city MAS 101 program, the online CALM and CTS courses to provide a well-rounded Physical Education, and outdoor educational experience. The Mountain Camp provides an opportunity for students to learn from an experiential education framework, and apply concepts and skills achieved through the online and in-city programs. The camps will be small in numbers of students and will follow all necessary AHS COVID guidelines.

Prerequisites: Phys. Ed. 10 through MAS 101 (in-city program), WLD 1100 (online component). It is also recommended to have completed or be enrolled in CALM (online).

GOAL: The goal of the five day out trip is to enrich the learning experience of the MAS 101 program. The camp allows students to experientially meet curriculum objectives for CTS module options and to apply concepts from CALM and Phys. Ed 10 utilizing outdoor pursuit activities as the medium for the learning.

SPECIFIC OBJECTIVES:

Over the course of five 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 wilderness living skills, outdoor cooking, survival, rock-climbing, rappelling, hiking and backcountry biking.
7. Develop an interdependent relationship between themselves, other individuals, and the environment.

Brief Overview of Activities:

Day 1:	Meet at Cavalcade Group Site. Set up camp and Wilderness Living Skills
Day 2:	Wilderness Living Skills, Survival Skills, Outdoor Cooking, Backcountry Biking
Day 3:	Rock Climbing and Rappelling
Day 4:	Interpretive Hiking
Day 5:	Pack up, clean up area (Leave No Trace principles) and Depart.

PLEASE NOTE: This schedule is 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 present any threat to a safe, enjoyable trip for the students.

Curriculum Covered and Credits: The curriculum that will be covered during the 5-day period includes enhancement of online courses, plus 1 Career and Technology Studies credit as follows:

- WLD 1130 (Outdoor Survival Skills)

*Practical application of WLD 1100 will also be included. The course must be completed prior to the camp.

The program will focus on teaching safety skills in the outdoors and Leave No Trace principles.

Please see the detailed description of credits involved in MAS 101 on our website.

Equipment: All group equipment will be supplied by HeLa Ventures. Students will be provided with a packing list outlining personal equipment to bring. Tents will be supplied (following current COVID guidelines).

Teaching Staff: Experts in the field will assist with the teaching of outdoor pursuits and Physical Education. All curriculum objectives will be guided by certified AB teachers.

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.

Registration, Assumption of Risk and Medical Forms: In order to participate in the program, we require that a parent/guardian of each participant completes the online registration including medical form located <https://mountainadventure.school/register/>. The Assumption of Risk form must also be completed and returned to Progressive Academy via email or mail by April 30, 2021. This form will be emailed to you upon receipt of your registration. **All forms must include the legal guardian's signature as well as the student's signature.** If there are any medical or dietary issues that we should be aware of in advance, please contact Lana by phone or email (see below).

Parent Information Presentation: Parent information sessions will be held online. Details regarding the presentations 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.

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