



PROGRAM SUMMARY – MAS 201 Mountain Camp

Offered Jointly by: HeLa Ventures and Progressive Academy

Location: Cavalcade Group Camp area, 64 Km West of Nordegg

Dates: **Session 201 MC- 1: August 16 - 21, 2021**
 Session 201 MC- 2: August 23 - 28, 2021

HeLa Staff: Lana Ohler-Madsen, Keo Ohler, Kenny Lord, additional guides and support staff.

Progressive Academy Teachers: Henry Madsen, Brett Pawlyk

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.

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

Email: mas@progressiveacademy.ca

Fee: \$810.00

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 in Rocky and Nordegg are also available.

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 201 Mountain Camp

Program Description: MAS 201 Mountain Camp has been designed to be combined with the in-city program to provide a well-rounded physical and outdoor educational experience. Concepts introduced through the online learning experience and the Phys. Ed. 20 curriculum will be applied in this program and expanded on through an experiential education framework. The Mountain Camps have been designed to accommodate small numbers and follow AHS COVID guidelines.

GOAL: The goal of the six day program is to provide students with the opportunity to experientially meet curriculum objectives for CTS module options and expand on curriculum outcomes achieved in Phys Ed 20, utilizing outdoor pursuit activities as the medium for the experience. The emphasis in this course is on leadership skills, emergency response and the foundational pre-requisites to continue the path towards obtaining certifications needed to become an outdoor guide.

SPECIFIC OBJECTIVES:

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

1. apply concepts learned through the Physical Education 20 curriculum, utilizing outdoor pursuits activities as the medium;
2. experience leadership in a variety of outdoor pursuit activities in a safe and supportive environment;
3. present a plan for an extended outdoor excursion;
4. develop and demonstrate the basic knowledge needed to build safe anchors and choose proper knots when top rope climbing;
5. develop competency in basic skills to live comfortably in a wilderness setting;
6. identify and demonstrate care and maintenance of mountain bikes, and introductory mountain bike skills;
7. achieve Paddle Canada Camping Basics skills certificate;
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:

Day 1:	Arrival at the camp, introductions, set up of camp
Day 2:	Intermediate Wilderness living skills (Paddle Canada Camping Basics*)
Day 3:	Climb set up and introductory climbing on real rock, and backcountry biking
Day 4:	Climbing (climb set up, belay, rappel)
Day 5:	Ridge hike
Day 6:	Take down camp, clean area and equipment, Leave No Trace principles,
Day 6:	Debrief and Goodbyes!

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 terrain conditions present any threat to a safe, enjoyable trip for the students.

Curriculum Covered and Credits: The curriculum that will be covered during the 6 day period includes 3 CTS credits:

- WLD 1130: Outdoor Survival (1 credit)

- WLD 2920 - Project B – Safety systems for top roped climbing on real rock (1 credit)
- WLD 2130 - Outdoor Excursions (1 credit)

Prerequisites include:

- Physical Education 10 or 20 (5 credits in-city program)
- WLD 1910: Paddle Canada Intro Skills Lake Tandem
- WLD 1100: online component of MAS 101 (1 credit)
- HSS 1080 - Leadership Foundations 1 (1 credit online)
- Standard First Aid/CPR/AED: Students who do not already have a SFA certificate, may take this course through MAS in the spring. Details regarding course offerings will be available soon. This is a 1 credit course and includes certification (HCS 2020).

*Please note: Through the completion of the full MAS 201 program, students have the opportunity to receive 2 certificates including: 1) Paddle Canada Intro Skills Canoe tandem; and 2) Standard First Aid with CPR and AED.

The Phys. Ed. 20 course is composed of an online component, and a one week, day camp program offered in Edmonton, Calgary, and Rocky Mountain House. HSS 1080 is an online course that must be completed prior to attendance at the out trip. For clarification, please see the 201 Course summary on our website.

In addition to the credit objectives completed in the above courses, the program will focus on safety skills in the outdoors and Leave No Trace 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 out trip will be supplied. Students will be taught how to use Mora knives during the in-city component of the MAS 201 program. These knives may be purchased on the last day of the in-city program (optional) and may be brought with them for the out trip. The fee for the knife is \$15.00.

Teaching Staff: The program will be taught by certified and qualified experts in the field. Alberta certified teachers will oversee the program.

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, please complete the online registration form located at <https://mountainadventure.school/register/>. An Assumption of Risk form will also be required to be completed, **signed by both the legal guardian and student**, and emailed or mailed to Progressive Academy by April 30, 2021. 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).

Thank you very much for your interest in Mountain Adventure School. We know that your experience will again be fun and memorable! Please feel free to contact us at any time for further information.

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