



PROGRAM SUMMARY – MAS 301 Mountain Camp

Offered Jointly by: HeLa Ventures and Progressive Academy

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

Dates: Session 301 MC August 2 – 7, 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: \$850.00

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 6, 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, equipment, and fees for the Paddle Canada (nationally recognized) certificate.

MAS 301 Introduction to Adventure Leadership

PROGRAM DESCRIPTION: MAS 301 Mountain Camp has been designed to be combined with the MAS in-city program and online courses to provide a well-rounded physical and outdoor educational experience. Concepts introduced through the online learning experience and the Phys. Ed. 30 curriculum will be applied in this program and expanded on through an experiential education framework. Additional CTS credits have been included that will provide students with employable skills in the outdoor camping industry. The Mountain Camps have been designed to accommodate small numbers and follow AHS COVID guidelines.

PREREQUISITES: MAS 201 or 202 plus a current Standard First Aid with CPR and AED certificate

GOAL: MAS 301 Mountain Camp will provide an 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 certificates and gain experience in wilderness emergency response. Successful students will have the qualifications required to gain employment as an Outdoor Leader in several 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 to achieve Paddle Canada Camping Basics skill certificate;
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:	Arrive, set up camp, wilderness living skills
Day 2:	Paddle Canada Camping Basics and Backcountry Biking
Day 3:	Climbing (includes climb setup, belay and rappel)
Day 4:	Wilderness First Response and bushcraft
Day 5:	Ridge Hike
Day 6:	Break camp, clean up area, Leave No Trace practices

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 covered during the 6 day Mountain Camp program includes:

- WLD 2130 – Outdoor Excursions (1 credit)
- HCS 2910 - Project B: First Aid in a Wilderness Context (1 credit)
- WLD 2950 - Advanced Practicum Paddle Canada Camping Basics Skills* (1 credit)
- HSS 2080 - Leadership Fundamentals 2 (1 credit in combination with online and in city components)

*Certification 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 requires that students complete the Phys. Ed. 30 online and in city components, plus the online theory component of HSS 2020 (Leadership Fundamentals 2). Students must also possess a Standard First aid with CRP and AED certificate*.

*Note: MAS will be offering Standard First Aid with CPR and AED during the spring in Edmonton and Rocky Mountain House. Further details will be available shortly.

Equipment: All group equipment will be supplied by HeLa Ventures. Students will be provided with a full list for personal equipment to bring. Tents will be supplied. The program will be small in numbers and will follow all AHS COVID 19 protocols.

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, please complete the online registration form located at <https://mountainadventure.school/register/>. Assumption of Risk forms must also be completed and **signed by both the student and the student's legal guardian** and returned to Progressive Academy by mail or email by April 30, 2021. If there are any medical or dietary issues we should be aware of in advance, please contact Lana by phone or email (see below).

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.

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