



**MOUNTAIN**  
ADVENTURE SCHOOL

# MAS 400 Series

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Includes MAS 401, 401 Practicum & 450





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ADVENTURE SCHOOL

# MAS 401

If **STOPEATS** means more to you than putting down your (likely wooden) fork, and you would like a higher **SAMPLE** of first aid, make sure you are **A on AVPU** for this program! Join us for Wilderness Advanced First Aid in MAS 401!

MAS 401 is offered to MAS 300 graduates and provides foundational training for future jobs in the outdoor industry. The program offers a 4-day Advanced Wilderness First Aid course (the industry standard First Aid required to work in the outdoor field), and a day of onsite training tailored towards work experience.

**Prerequisite:** MAS 301

## Credits

Note: All courses are supported by Alberta Education certified teachers and may have an online component.

### Credits offered:

- HCS 3020 (First Responder 1, 1 credit)\*
- HCS 3030 (First Responder 2, 1 credit)
- HSS 1010 (Introduction to Health and Wellness, 1 credit)

\*Upon successful completion of the program students will receive certification in Wilderness Advanced First Aid offered by [Raven Medical](#).

### HCS 3020: First Responder 1

Students study and demonstrate complex first-aid skills and procedures, including cardiopulmonary resuscitation (CPR) at the Health Care Provider level. Students acquire complex techniques for sustaining life, preventing further injuries, and caring for illnesses and injuries until the next level of medical personnel arrives at a wilderness emergency scene.

# 401 Credits Continued

## **HCS 3030: First Responder 2**

Students demonstrate complex first-aid skills and procedures, including techniques for sustaining life, preventing further injuries, and caring for illnesses and injuries, until the next level of medical personnel arrives. Cardiopulmonary resuscitation (CPR) skills are applied to complex scenarios.

## **HSS 1010: Introduction to Health and Wellness**

Students examine fundamental attitudes, knowledge and skills to prepare for further study in career pathways in health, recreation and community services. Concepts related to the determinants of health, the dimensions of wellness, basic principles of anatomy, physiology and disease, and basic safety and reporting protocols for providing care to individuals in health, recreation, volunteer and community support settings are reviewed.

# Dates & Rates

## **2026 Dates:**

June 27 - July 1

## **Fee: \$842.00**

A deposit upon acceptance is required, but full payment is not due until April 15th. Payment plans available.

**Fee includes:** Transportation while at camp, instruction/teacher fees, course fees\*, meals, accommodations, and group equipment.

*\*Wilderness Advanced First Aid fees are \$525 per person. These fees are included in the MAS 401 Course fee.*

**Note:** This fee does NOT include transportation to and from camp.

## Registration opens

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## December 12th, 2025.





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# MAS 401 Practicum

The MAS 401 Practicum is an optional work experience add-on that provides valuable mentorship for those interested in working in the outdoor industry. Participants wishing to complete the work experience component must submit an application by March 1st, 2026. Those selected will participate in an interview, then, if accepted in the program, arrange a ~2 week practicum with HeLa.

*\*The practicum is an add-on option - 401 (WAFA + onsite training) MUST be completed prior to the practicum component.*

**Prerequisite:** MAS 401

## CREDITS

Note: All courses are supported by Alberta Education certified teachers and may have an online component.

### Credits Offered:

- Work Experience (3 credits)
- HCS 3000 (Workplace Safety Systems, 1 credit)\*

### Work experience

Students will work alongside guides during a 100 or 200 group as a Guide-in-Training. Throughout their shadow group, students will be mentored on the behind the scenes aspects of guiding, and will be able to use their skills and knowledge from previous years to assist in program delivery.

### HCS 3000: Workplace Safety Systems

Students gain the attitudes, knowledge and skills related to workplace health and safety and examine relevant legislation required in the workplace. This course is required in order to gain work experience credits.

# Dates & Rates

## 2026 Dates:

Work experience dates and opportunities will vary depending on the applicant. Dates will be determined through an interview with each prospective candidate.

## Fee: \$200 (administration fee)

*This fee is not payable until after you have been accepted in the program.*

**Fee includes:** Transportation while at camp, instruction/teacher fees, course fees, guiding, meals, accommodations, and group equipment.

Please note: 401 practicum students are welcome to ride the bus from and to Edmonton (with stops in Red Deer and Leduc) with the group they will be shadowing at no charge.

*Note: This is NOT a volunteer program. HeLa offsets the cost of the mentorship, living and activity expenses for assistance in the delivery of the programs.*

**Students wishing to participate in MAS 401 practicum must complete the application form by March 1st. Once we receive your application we will contact you for an interview. Fee will be payable upon registration.**

Registration will open once acceptance emails have been sent. We look forward to watching you grow into a guiding role!



## Applications due

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## March 1<sup>st</sup>, 2026





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# MAS 450

We are excited to announce that we are again offering MAS 450 to MAS 300 graduates. The program is designed to be a capstone project for the student's past credits in leadership, canoeing, and excursions. As a team, students will assist in the planning, packing, and leading of a river trip on a Grade II river in a remote location. Students wishing to participate in MAS 450 must submit an application by March 1st.

This year, MAS 450 will include 3 days of planning, skill development and preparation at HeLa, 2 days of travel (from HeLa to the river; from the river to HeLa), and 6 days on the Kootenay River (from McLeod Meadows to Canal Flats). The Kootenay river is located in the Kootenay Valley in southeast British Columbia. It provides a remote experience, though has emergency road access along the majority of the route. The river is Grade 2, with Class 2 – 3 rapids.

**Prerequisite:** MAS 301

## CREDITS

**Credits offered:**

- 4 CTS High School Credits. These credits will be individually designed based on the needs of the students.





# Dates & Rates

**Dates:** Dates TBA based on permits and interest

**Note:** A mandatory pre trip planning zoom meeting will take place the evening of June 22 (6:30 - 8:00). This is mandatory for all participants. If this date does not work for you, please indicate this on your application form so we can make adjustments.

**Fees: \$2880.00**

Fee is not payable until you are accepted in the program. A \$200.00 deposit upon acceptance is required, but full payment is not due until June 30th, 2026. Payment plans available.

**Fees include:** Transportation to and from the Kootenay river, instruction/teacher fees, course fees, guiding, meals, accommodations, group equipment, National Park permit fees, campground fees, and shuttle fees.

**Note: This fee does NOT include transportation to and from camp.**

Due to park restrictions, spots on the trip are limited. Students wishing to participate in MAS 450 must complete the [application form](#) by March 1st, 2026. Registration will open once acceptance emails have been sent. We look forward to paddling with you!



Applications due

March 1<sup>st</sup>, 2026



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**MAS registration opens**

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**December 12th, 2025.**

**401P + 450 applications due**

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**March 1st, 2026.**

**Thank you for your interest**

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**in our programs!**