



# **MOUNTAIN ADVENTURE SCHOOL SUMMARY SHEET 2018**

## **PROGRAM SUMMARY – MAS 200**

**Offered Jointly by: HeLa Ventures and Progressive Academy**

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

**Dates:**

**Session 200-2: July 21-31, 2018**

Departure: 9:00 AM Day 1 from Progressive Academy (13212 106 Ave NW, Edmonton)

Arrival home time: 2:00 PM Day 11 to Progressive Academy

**Transportation:** Transportation will be provided by yellow school bus for the duration of the program.

**Program Director:** Lana Ohler-Madsen

**HeLa Guides:** Derek Warrior, Kiera Madsen, additional guides and support staff.

**Progressive Academy Teachers:** Steve Chase, David Merkosky, additional teachers

**Emergency Contact Information:** Camp Phone: (403) 845-4325;

Lana's Cell (780) 932-4820; Edmonton office: (780) 468-1492

**Email:** [mas@progressiveacademy.ca](mailto:mas@progressiveacademy.ca)

**Fee:** \$1465 (to be paid online upon registration)

Special dietary requirements (gluten-free, lactose-free, vegan etc.): \$110.00 per student. No surcharge for vegetarian or nut free diets.

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

## MAS 200

---

**Pre-requisite: MAS 100 or MAS 101**

**GOAL:** The goal of the eleven-day program is to provide students with the opportunity to experientially meet curriculum objectives for Physical Education 20, and CTS module options utilizing outdoor pursuit activities as the medium for the experience. The emphasis in this course is on leadership skills, wilderness first aid, and the foundational pre-requisites to continue the path towards obtaining certifications needed to become an outdoor guide.

### **SPECIFIC OBJECTIVES:**

Over the course of eleven 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 leadership in a variety of outdoor pursuits activities in a safe and supportive environment;
3. study and demonstrate first-aid skills and procedures, including cardiopulmonary resuscitation (CPR) with automatic external defibrillator (AED) in for dealing with emergency situations;
4. present a plan for an extended outdoor excursion (river trip);
5. develop and demonstrate proficiency in tandem canoe skills on the lake;
6. develop and demonstrate the basic knowledge needed to build safe anchors and choose proper knots when top rope climbing;
7. demonstrate and become advocates for care and protection of the environment;
8. foster an interdependent relationship between themselves and other individuals and between themselves and the environment.

**Brief Overview of Activities:** the program itinerary will provide students with the opportunity to work on advanced outdoor and survival skills. Students will utilize leadership skills as they practice with their own group.

- |         |   |
|---------|---|
| Day 1:  | Lake Canoeing   |
| Day 2:  | River Day – Blue Bridge – Rocky, whitewater skills training   |
| Day 3:  | Onsite (First Aid)  |
| Day 4:  | Onsite (First Aid)  |
| Day 5:  | Onsite (First Aid and Climb prep)   |
| Day 6:  | Plan for out trip, pack and depart. The out trip will consist of a 4-day experience in the heart of the David Thompson Valley.  |
| Day 7:  | Climb – the group will transport to the climb site from the camp, and spend the day climbing, rappelling, and utilizing skills learned during the climb prep day.   |
| Day 8:  | Wilderness Living Skills/Bike: the group will be divided into two. Half will go on a spectacular bike ride into the valley of Snow Creek. The other group will work on WLS. The group will switch at lunch. |
| Day 9:  | Hike – full ridge top hike with interpretation  |
| Day 10: | Raft Day  |
| Day 11: | Breakfast, pack, final good-byes and depart   |

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:** The curriculum that will be covered during this 11-day period includes Physical Education (5 credits), and 4 CTS credits.

The CTS credits include:

- Standard First Aid/CPR/AED (HCS 2020) – 1 credit (includes certification)
- Leadership Foundations 1 (HSS 1080) – 1 credit
- Project A – Paddle Canada Introduction to Lake Skills Tandem (WLD 1910) – 1 credit
- Outdoor Excursions (WLD 2130) – 1 credit

In addition to the credit objectives completed in the above programs, the program will focus on safety skills in the outdoors, and No Trace Camping 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 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](mailto:mas@progressiveacademy.ca), and a will be sent to you electronically. Please feel free to contact the Program Director, Lana Ohler-Madsen at any time with questions or concerns.

**Assumption of Risk and Medical Forms:** In order to participate in the program, a parent/guardian of each participant must complete the Assumption of Risk form and complete the medical information component of the registration form. The completed forms should be returned to Progressive Academy by mail or email by July 15. 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 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.

Sincerely

The MAS Team

c/o Lana Ohler-Madsen  
Director, HeLa Ventures Ltd.  
780-468-1492 (office), 780-932-4820 (cell)  
Email: [mas@progressiveacademy.ca](mailto:mas@progressiveacademy.ca)