



# **MOUNTAIN ADVENTURE SCHOOL SUMMARY SHEET 2018**

## **PROGRAM SUMMARY – MAS 201**

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

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

**Dates:**

**Session 201-3: August 1 – August 14; or  
Session 201-4: August 18 – 31, 2018**

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

Arrival home time: 2:00 PM Day 14 to Progressive Academy

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

**Program Director:** Lana Ohler-Madsen

**HeLa Staff:** Dan Geddes, Kiera Madsen, Lana Harty, additional guides and support staff.

**Progressive Academy Teachers:** Brett Pawlyk, Shawn Andersen, 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:** \$1665 (to be paid online upon registration)

Special dietary requirements (gluten-free, lactose-free, vegan etc.): \$140.00 per student. No surcharge for vegetarian or nut free diets.

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

## MAS 201

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

**GOAL:** The goal of the fourteen 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 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 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 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; River safety session  
Day 2: River Day – Blue Bridge – Rocky, whitewater skills training  
Day 3: Onsite (First Aid)  
Day 4: Onsite (First Aid)  
Day 5: Onsite (Leadership, excursions)  
Day 6: Laundry, pack for out trip, Excursions  
Day 7: Depart for out trip- the out trip will consist of a 4-day experience in the heart of the David Thompson Valley. Day 1 will involve arriving at the camp, camp set up and Climbing Skills Preparation.  
Day 8: 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 9: 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 advanced WLS. The groups will switch at lunch.  
Day 10: Hike – full ridge top hike with interpretation  
Day 11: Pack up and return to camp; finalize curriculum, begin debrief  
Day 12: Raft  
Day 13: River Skills Day, Debrief in the evening  
Day 14: 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 2 week period includes Physical Education (5 credits), and 6 CTS credits. The CTS credits include:

- HCS 2020 - Standard First Aid/CPR/AED (1 credit - includes certification)\*
- HCS 1910 – Project A First Aid in a wilderness context
- HSS 1080 - Leadership Foundations 1 (1 credit)
- WLD 1910 - Project A – Paddle Canada Introduction Lake skills Tandem (1 credit)\*
- WLD 2910 - Project B – Safety systems for top roped climbing on real rock (1 credit)
- Outdoor Excursions (WLD 2130) – 1 credit

\*includes a certificate

There will be a course package sent to the students well in advance that must be completed and handed in by the deadline provided. This will allow students to be familiar with the concepts in Leadership Foundations.

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 out 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 copy 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)