

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



COURSE OUTLINE

COURSE TITLE: Fall Camp – Parks and Outdoor Recreation – Second Year

CODE NO. : NRT 232 **SEMESTER:** 2010 W

PROGRAM: Adventure Recreation and Parks Technician

AUTHOR: Lawrence Foster

DATE: May 2010 **PREVIOUS OUTLINE DATED:** Jan 2010

APPROVED: "B.Punch"

CHAIR

DATE

TOTAL CREDITS: 3

PREREQUISITE(S): NONE

HOURS/WEEK: 6 days

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*For additional information, please contact Brian Punch, Chair,
School of Natural Environment/Outdoor Studies & Technology Programs
(705) 759-2554, Ext. 2681*

I. COURSE DESCRIPTION:

Over the scheduled six days, 2nd year Adventure Recreation and Parks Technician students will take part in 2 days of canoeing and sea kayaking, 1 day of additional navigation training, 1 day of ropes training, 1 day of mountain bike training and culminating in a 1 day adventure multi sport expedition.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

Upon successful completion of this course, the student will demonstrate the ability to:

1. Complete a 1 day adventure multisport expeditionPotential Elements of the Performance:

- Demonstrate appropriate time estimates for disciplines
- Plan appropriate clothing and gear for the day's activities.
- Understand proper nutrition and hydration for different activity, levels of exertion and temperatures.
- Work with team mates cooperatively in a variety of situations and environments
- Demonstrate proper communication techniques and conventions for a variety of sports and activities.
- Understand and demonstrate safe use of equipment in a variety of settings.
- Understand and demonstrate knowledge of the laws for different disciplines such as mountain biking, canoeing, kayaking, climbing and driving.

2. Demonstrate proficiency in sea kayaking fundamentalsPotential Elements of the Performance:

- Demonstrate fundamental knowledge of kayaks, safety gear and paddles.
- Demonstrate knowledge of injury prevention
- Demonstrate rescue skills including:
 - Wet exit
 - T rescue
 - Emptying a swamped kayak
 - Towing
 - Assisted and Unassisted re-entry
- Demonstrate technical paddling skills including:
 - Lifting and carrying kayak
 - Beach landing and entry
 - Strokes – forward, reverse, sweep and draw
 - Bracing and edging and sailing

3. Demonstrate proficiency in canoeing fundamentalsPotential Elements of the Performance:

- Demonstrate fundamental knowledge of canoes, safety gear and paddles.
- Demonstrate knowledge of injury prevention
- Demonstrate rescue skills including:
 - Emptying a swamped canoe
 - Assisted and Unassisted re-entry
- Demonstrate technical paddling skills including:
 - Lifting and carrying canoe
 - Beach landing and entry
 - Strokes – forward, reverse, draw, and J

4. Demonstrate proficiency in navigationPotential Elements of the Performance:

- Demonstrate ability to perform the following skills:
 - Estimate speed and time for various disciplines
 - Recognize best routes from map
 - Follow a map and bearing during the day and night
 - Follow a bearing without a compass
 - Recognize potential hazards from a map

5. Demonstrate proficiency in mountain bike riding and maintenancePotential Elements of the Performance:

- Understand the importance of proper maintenance and care of a mountain bike.
- Understand proper fit and adjustment of mountain bikes and associated safety gear.
- Demonstrate riding techniques such as:
 - Balancing and weight shifting
 - Wheel hops for obstacle clearing
 - Proper selection of gears
- Identify potential hazards and safety concerns when leading a group

6. Organize and deliver an interpretive program suitable for family audiences.Potential Elements of the Performance:

- Understand the importance of good communication and team work skills in coordinating a campfire program
- Plan and organize, in cooperation with the group, an event or activity
- Demonstrate and deliver a professional program suitable for a park interpretive program environment

III. TOPICS:

1. Kayaking
2. Canoeing
3. Navigation
4. Mountain Biking
5. Multisport adventure expedition
6. Interpretive Program

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

The following gear list is required to participate in the course.

This list is only the bare minimum required. Please pack anything else you feel you need over the 6 day course.

Required Gear for Fall Field Camp 2010

Quantity	Item	Example / Notes
2	Base layer top	Synthetic shirt
2	Base layer bottom	Synthetic bottom
4	Socks	Wool or fleece
2	Warm layer bottom	Fleece / quick dry pants
2	Warm layer top	Fleece top
1	Wind / water proof jacket	Goretex or similar
1	Wind / water proof pants	Goretex or similar
2	Hat for warmth	Toque
1	Shorts for running / trekking	
1	Bathing suit	
1	Hat for sun	Baseball hat
1	Sunglasses	
1	Gloves for warmth	Ski Gloves
1	Gloves with leather palm	Work gloves
1	Mitts for warmth	
2	Footwear for hiking / running	Shoes / hiking boots
1	Footwear for water	Sandles / shoes
1	Footwear for camp	Sandles / shoes
1	Backpack for day excursions	Bladder pack / small pack
2	Drybags	Garabage bags / paddle bag
1	Sleeping bag	Good to 0 degree C
1	Sleeping pad	Thermarest / foam
1	Tent waterproof	Can be shared
1	Cup for hot drinks	Plastic or stainless mug
1	Ruler	Metric (10 cm minimum)
2-4	Pencils / highlighters / markers	To mark maps and take notes
1	*Mountain bike	In solid (off road) condition
1	*Mountain bike helmet (approved)	Must have sticker

To be carried at all times

1	Flashlight or headlamp	With extra batteries
1	Emergency blanket	Silver "tinfoil like" blanket
1	Whistle	Eg - Fox forty
1	Knife with fixed or locking blade	Small enough to carry on bike
1	Compass	Declination adjustment preferred
1	Mirror	Can be in compass
1	Watch	Waterproof
1	Waterproof matches / lighter	
1-2	Water bottles capable of holding 2 L	Bladder / Bike bottles / Nalgene
1	Bug Repellent	Spray on
50ml	Sunscreen	SPF 15 or more
1	Personal medications	Must have prescription

Recommended only - Not required

1	Mountain bike tool kit	Allen keys, pump, chain break, tube...
1	Mountain bike gloves	Can be work gloves
1	Mountain bike shoes	Suitable for your peddles
1	Mountain bike shorts	Chamois reduces chaffing
1	Mountain bike tights	Can use long underwear
1	FSR Radio	With spare batteries
1	Shinguards	Soccer or make out of water bottles
1	Earplugs	Helps you sleep
12	Large zip lock bags	For maps and electronics
several	Snacks and treats	Food is provided by no stores available
1	Camera	Waterproof / digital

*Suitable mountain bikes and helmets are available for rent from a private vender at a rate of \$50 / week. The bikes will have front suspension and platform pedals and may have rear suspension and disk brakes depending on availability.

To reserve a bike for the week of field camp please email
lawrence.foster@saultcollege.ca before Sept 01 / 2010 and provide:

- 1) Mountain Bike Reservation in subject line
- 2) First and Last names
- 3) Height in inches

V. EVALUATION PROCESS/GRADING SYSTEM:

The following semester grades will be assigned to students in this course:

S = Satisfactory (Credit granted)

U = Unsatisfactory (Credit not granted)

NOTE: Attendance is mandatory. Students must satisfactorily meet all the requirements for this camp and abide by all camp rules in order to obtain an “S” grade.

VI. SPECIAL NOTES:

Attendance:

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session.

Information:

For more information about the fall field camp you can visit <https://sites.google.com/a/naturallysuperior.com/fall-camp/home>

VII. COURSE OUTLINE ADDENDUM:

The provisions contained in the addendum located on the portal form part of this course outline.