

COURSE DESCRIPTION:

- I. This specific skills-oriented course will cover the regional outdoor adventure activities of Hiking, Mtn Biking, Canoeing and Kayaking. Students will research the rules and regulations surrounding adventure recreation activities in Ontario and Canada as well as best practices put forth by industry leaders from around the world. Students will be expected to create trip and safety plans and develop contingency plans. Specific skills pertaining to Hiking, Mountain Biking, Canoeing and Kayaking will be the main focus of the course and students will have to demonstrate techniques, commands and signals for each discipline as well as maintain and repair their equipment.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

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

1. **Explain the proper types and use of clothing and equipment for related activities.**

Potential Elements of the Performance:

- Describe a basic three layer clothing system
- Describe the differences between and care of different clothing materials, fibers and insulation.
- Describe advantages and disadvantages of different types of footwear and how to care for them.
- Pack for a multi-day trip using a detailed packing list with specific requirements

2. **Explain the importance of proper mental and physical preparedness and the principals of Leave No Trace camping.**

Potential Elements of the Performance:

- Demonstrate the physical and mental preparation.
- Demonstrate a willingness to learn technical knowledge, skills, and judgment and gain experience.
- Demonstrate and explain the principals of LNT

3. Explain the relative safety considerations surrounding a variety of activities such as Canoeing, Kayaking, Hiking, Biking, climbing and Orienteering / Navigation.

Potential Elements of the Performance:

- Describe current safety regulations and laws as they pertain to the activities
- Describe current standards from a variety of outfitters and industry leaders worldwide.
- Demonstrate the proper use of safety equipment for all activities.
- Demonstrate the proper use of safety commands, signals and conventions used in each activity.
- Describe methods and techniques used by different industry leaders to mitigate risk while maintaining the elements of adventure.
- Develop a trip plan
- Navigate during the trip.

This learning outcome will constitute 40% of the course grade.

3. Demonstrate skills specific to each discipline.

Potential Elements of the Performance:

- Packing, securing and distribution of weight
- Set up and adjustment of equipment
- Identify parts and use of equipment
- Repair and maintenance of equipment
- Strokes used in kayaking and canoeing
- Launching and beaching methods
- Rescue techniques for canoe and kayak
- Climbing and descending on a mountain bike
- Clearing obstacles on a mountain bike

This learning outcome will constitute 50% of the course grade.

III. POTENTIAL TOPICS:

- 1 Introduction to Adventure Recreation
- 2 Leave no trace
- 3 Clothing and equipment use and care
4. Safety – regulations, standards, techniques, commands, signals
5. Safety plans and contingency

- 6 Equipment maintenance and repair
- 7 Canoeing
- 8 Kayaking
- 9 Hiking
- 10 Mountain Biking
- 11 Climbing
- 12 Orienteering
- 13 Navigation

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Eng, R.C. (2012) *Mountaineering – The Freedom of the Hills*, (8th Edition)
The Mountaineers Books

Recommended Resources

Ontario ministry guidelines for canoeing, kayaking and cycling.

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V. EVALUATION PROCESS/GRADING SYSTEM:

LMS Quizzes	20%
Assignments	30%
Log Book and outings	30%
Expedition Behavior	20%

1. Field trips must be selected and signed up for using the guidelines in the course syllabus. Students that have signed up for an outing but fail to attend without proper notice will be given a mark of zero and will automatically be wait listed for the next outing and removed from the subsequent courses if they have missed a prerequisite course.

2. **Students must demonstrate and adhere to all safety regulations that pertain to each activity.** Any student not following required safety regulations will be removed from the course at the instructor's discretion.

The following semester grades will be assigned to students in postsecondary courses:

Grade	<u>Definition</u>	<i>Grade Point Equivalent</i>
A+	90 – 100%	4.00
A	80 – 89%	
B	70 - 79%	3.00
C	60 - 69%	2.00
D	50 – 59%	1.00
F (Fail)	49% and below	0.00

CR (Credit) Credit for diploma requirements has been awarded.

S Satisfactory achievement in field /clinical placement or non-graded subject area.

U Unsatisfactory achievement in field/clinical placement or non-graded subject area.

X A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.

NR Grade not reported to Registrar's office.

W Student has withdrawn from the course without academic penalty.

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.

VII. COURSE OUTLINE ADDENDUM:

The provisions contained in the addendum located in D2L and on the portal form part of this course outline.