



## I. COURSE DESCRIPTION:

Over the scheduled five days, 2<sup>nd</sup> year Adventure Recreation and Parks Technician students will take part in 3 days of canoeing and sea kayaking and 2 days of hiking in a remote wilderness campsite.

## II. POTENTIAL 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 hike

#### Potential 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 fundamentals

#### Potential 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

4. **Demonstrate proficiency in Canoeing**

Potential Elements of the Performance:

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

5. **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. Hiking
3. Navigation
4. Camping
5. Weather forecasting
6. Interpretive Program

**IV. REQUIRED RESOURCES/TEXTS/MATERIALS:**

See Appendix #1

**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.

**VII. COURSE OUTLINE ADDENDUM:**

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

## Appendix #1

### **Student Mandatory Gear List – Fall Field Camp**

The following is a list of mandatory equipment that the students must have to participate in the Adventure Recreation and Park Operations Programs Fall Field Camp. Students may not be allowed to participate without the following items.

#### **Mandatory Personal Safety Gear**

*(To be carried at all times unless otherwise stated)*

- Compass (adjustable declination / cover)
- Whistle (Must work at all temperatures)
- Knife (fixed or locking blade)
- Flashlight or headlamp (spare batteries)
- Lighter / waterproof matches
- Strong cord or string
- High Calorie Snacks
- Hydration Crystals (Gatorade)
- Drinking container (2 Liters total)  
Nalgene recommended
- Sunscreen / lip protection with SPF
- Prescription medicine if required
- Watch with alarm

#### **Mandatory Camping Gear**

*(For overnight field trips unless otherwise stated)*

- Large back pack
- Dry bags and stuff sacks for gear
- Sleeping bag in dry bag
- Sleeping pad
- Tent (you can share with classmates)
- Towel (small camp type)
- Personal toiletries / hygiene products
- Unbreakable cup

#### **Interpretive Equipment**

*(See interpretive outline for more information)*

- Textbooks required for research
- Manipulative for audience – pamphlets, instruments or tools.
- Equipment for design and delivery of interpretive program – costumes, artifacts or lab equipment.

#### **Mandatory Personal Equipment**

*(To be brought to all classes unless otherwise stated)*

- Socks (several pair, wool or 2 part system)
- Synthetic / wool base layer top
- Synthetic / wool base layer bottoms
- Synthetic / wool mid layer top(s)
- Windproof / waterproof jacket
- Windproof / waterproof pants
- Running shoes / sandals
- Hat for warmth (toque)
- Hat for sun with brim
- Sunglasses

#### **Suggested Equipment**

*(Not mandatory but will keep you more comfortable)*

- Bug jacket (for black flies and mosquitoes)
- Mosquito repellent
- Camera
- Compression sacks for packing
- Camp chair (integrated with sleeping pad)
- Musical instruments
- Cards
- Evening snacks
- Candle lantern
- Multi tool
- Ear plugs
- Nose plugs for canoe / kayak rescue
- Mole skin / Silicon Based Barrier Cream

#### **Proper Packing Procedures**

*(Only one backpack and one-day pack are allowed)*

##### **Day Pack Contains:**

- Mandatory Safety Gear and Classroom Supplies to be placed under the seat in front of you on the bus / van.

##### **Large Pack Contains:**

- All other gear sorted into smaller stuff sacks and placed in dry bags.