

**SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY**

**SAULT STE. MARIE, ONTARIO**



Sault College

**COURSE OUTLINE**

**COURSE TITLE:** ADVENTURE EXPEDITIONS

**CODE NO. :** NRT214 **SEMESTER:** 4

**PROGRAM:** PARKS & OUTDOOR RECREATION TECHNICIAN

**AUTHOR:** JASON VANSLACK

**DATE:** JAN 2001 **PREVIOUS OUTLINE DATED:** JAN 2000

**APPROVED:**

	_____	_____
	<b>DEAN</b>	<b>DATE</b>

**TOTAL CREDITS:** 4

**PREREQUISITE(S):** NONE

**LENGTH OF COURSE:** 4 hrs/week x 16 weeks **TOTAL CREDIT HOURS:** 4

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**ADVENTURE EXPEDITIONS**

Course Name

**NRT214-4**

Code No.

**I. COURSE DESCRIPTION:**

This course is a continuation of Ecotourism (NRT213), with an emphasis on leading clients on overnight wilderness trips. Students will learn the important necessary “soft skills” required to professionally conduct extended backcountry tours for guiding in the adventure travel industry. Topics will include: client expectations and professionalism, specialized training and certification (hard skills), trip planning and preparation, outdoor clothing and gear selection, outdoor cooking and nutrition, leave no trace camping, wilderness safety, liability and risk management, wilderness survival, outdoor leadership, and wilderness communication. Case examples of high profile adventure travel companies will be explored. Course exam will involve a 3 to 5-day backpacking wilderness trip to allow students to demonstrate all applied theory covered throughout the semester. Course material is based on the Hike Ontario - Hike Leader Certification Program, and the National Occupational Standards for Outdoor Adventure Guides set by the Canadian Tourism Human Resource Council. As part of this course, students will receive training which will set them up for acquiring their Hike Ontario - Hike Leader Level I or II certification, and their Restricted Radio Telephone Operator’s certificate through Industry Canada.

**II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**

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

**1. Discuss the importance of professionalism in the guiding industry.****Potential Elements of the Performance:**

- Describe the impact of a positive attitude on clients and their overall business
- Explain the technical training and/or certification (“hard skills”) required by professional outdoor associations
- Describe examples of good guest relations and quality customer service
- Explain common guest expectations, needs, and limitations, and how to fulfill them

**2. Plan and prepare a 3 to 5-day wilderness backpacking trip.**Potential Elements of the Performance:

- Determine a route complete with contingency plans and emergency exit points
- Prepare supplies and equipment for trip
- Determine logistics for setting up, maintaining and breaking camp
- Hold pre and post trip meetings with employer (Sault College) and clients (classmates)
- Organize personal equipment and clients gear in preparation for trip

**3. Develop a checklist of important clothing and equipment needed for conducting wilderness tours.**Potential Elements of the Performance:

- Understand the difference between “low tech” vs “high tech” equipment, and the pros and cons of each
- Describe and demonstrate the importance of layering, and use of quality fabrics for outdoor clothing
- Explain and list a variety of well-known manufacturers of quality outdoor equipment, such as: backpacks, tents, stoves, clothing, sleeping bags, water filters, and other necessary items

**4. Develop a 5-day menu plan complete with costs and recipes.**Potential Elements of the Performance:

- Explain energy and nutritional requirements for outdoor menu planning
- Display sensitivity to special dietary considerations, and adaptability to client needs
- Use a variety of outdoor cooking equipment such as one-burner stoves and outback ovens
- Demonstrate proper hygiene for self and during meal preparation
- Understand the importance of proper water purification methods, and utilize them accordingly

**5. Develop a plan for minimum impact camping in sensitive wilderness environments.**

Potential Elements of the Performance:

- Understand and demonstrate proper minimum impact firemaking techniques
- Explain proper protocol for dealing with human waste
- Describe methods of campsite selection, and reducing ones impact on the environment
- Describe how to plan ahead, prepare well, and prevent problems before they occur

**6. Develop a safety and risk management plan for conducting wilderness backpacking tours.**

Potential Elements of the Performance:

- Explain how common accidents occur on extended wilderness trips, and inherent risks involved
- Create an emergency evacuation plan complete with phone numbers and locations of nearest medical facilities
- Describe the protocol followed for search and rescue of missing clients

**7. Describe the six priorities of wilderness survival, and techniques used for ensuring group wellness.**

Potential Elements of the Performance:

- Explain the importance of remaining calm and stationary in a wilderness emergency
- Describe the various types of shelters that can be built from natural materials, and the pros and cons of each
- Explain various methods of water collection, and their importance to wilderness survival
- Demonstrate a variety of fire-building techniques using natural and man-made materials
- Describe at least five methods of land-to-air signaling techniques used for acquiring assistance
- Taste and describe a number of different edible trees and plants useful for sustaining ones energy

**8. Describe the various types of equipment and techniques used for wilderness communication.**

Potential Elements of the Performance:

- Explain the pros and cons of Emergency Position Indicating Radio Beacons (EPIRBs), Emergency Locating Transmitters (ELTs), and Personal Locator Beacons (PLBs) for contacting emergency assistance
- Use VHF marine radios and cell phones
- Describe various types of emergency whistle signals
- Explain the importance of the phonetic alphabet for conveying international distress messages
- Complete training under the Restricted Radio Telephone Operator's Program through Industry Canada
- Describe the importance of satellite phones as a reliable tool for wilderness communication, and the various models on the market

**9. Display good outdoor leadership qualities while guiding wilderness trips.**

Potential Elements of the Performance:

- Define "outdoor leadership", and the qualities that make effective leaders
- Explain the importance of group assessment and good judgement in wilderness guiding
- Describe the three sources of power used to effectively lead groups

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**III. TOPICS:**

1. Client Expectations and Professionalism
2. Professional Development (Specialized Training and Certification)
3. Trip Planning and Preparation
4. Outdoor Clothing and Equipment Selection
5. Outdoor Cooking and Nutrition
6. Hygiene and Water Purification
7. Leave No Trace Hiking and Camping
8. Wilderness Safety
9. Liability and Risk Management
10. Wilderness Survival
11. First Aid and Emergency Care
12. Wilderness Communication
13. Outdoor Leadership
14. Case Examples (High Profile Adventure Travel Companies)
15. Guest Speakers (Senior Wilderness Guides)

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

Curtis, Rick. 1998. *The Backpacker's Field Manual*. Three Rivers Press, New York. 374pp. ISBN # 0-517-88783-5

Graham, John. 1997. *Outdoor Leadership*. The Mountaineers. Seattle, WA. 174pp. ISBN # 0-89886-502-6.

**OPTIONAL:**

Hike Ontario. 1997. *Hike Leader Certification Program: Leader Manual*. North York, Ontario. 75pp.

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**V. EVALUATION PROCESS/GRADING SYSTEM:**

Text #1: The Backpacker's Field Manual (Chapter Quizzes)	15%
Text #2: Outdoor Leadership (Chapter Quizzes)	15%
Assignments \ Presentations	30%
Expedition Plan	20%
Final Exam (3 to 5-day Backpacking Trip)	<u>20%</u>
	100% Total

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 - 100%	4.00
A	80 - 89%	3.75
B	70 - 79%	3.00
C	60 - 69%	2.00
R (Repeat)	59% or below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field placement or non-graded subject areas.	
U	Unsatisfactory achievement in field placement or non-graded subject areas.	
X	A temporary grade. This is used in limited situations with extenuating circumstances giving a student additional time to complete the requirements for a course (see <i>Policies &amp; Procedures Manual – Deferred Grades and Make-up</i> ).	
NR	Grade not reported to Registrar's office. This is used to facilitate transcript preparation when, for extenuating circumstances, it has been impossible for the faculty member to report grades.	

**VI. SPECIAL NOTES:****Special Needs:**

If you are a student with special needs (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your instructor and/or the Special Needs office. Visit Room E1204 or call Extension 493, 717, or 491 so that support services can be arranged for you.

**Retention of course outlines:**

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other postsecondary institutions.

**Plagiarism**

Students should refer to the definition of “academic dishonesty” in *Student Rights and Responsibilities*. Students who engage in “academic dishonesty” will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course, as may be decided by the professor. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

The Professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Substitute course information is available in the Registrar's office.



**Course Policies:**

1. There will be a ***mandatory 3 to 5-day backpacking expedition*** during the last week of April. This important field trip is the final exam of the course, and brings together all applied theory learned throughout the semester. Students who miss this vital component of the course for whatever reason (ie: job or sickness) will not be assigned additional work to make up for the exam. Students falling under this category can expect to get a maximum of 80% (A) in this course. No exceptions will be made unless special circumstances warrant..
2. Throughout the duration of this course and beyond, students are ***strongly encouraged to pursue additional training and certification*** outside of regular class, which will complement classroom learning. Suggested training courses to take include: Wilderness First Aid (St. John Ambulance or Wilderness Medical Associates), Bronze Medallion\Cross\NLS Lifeguard (Royal Life Saving Society of Canada), ORCA Canoe Tripping Level I and II (Ontario Recreational Canoeing Association), and AEC SKO Sea Kayak Guiding (Association of Eastern Canadian Sea Kayak Outfitters), to name just a few.
3. Students wishing to work towards their ***Hike Leader certification*** must purchase the "Hike Ontario - Hike Leader Certification Manual" over and above the two college textbooks required for this course.

**VII. PRIOR LEARNING ASSESSMENT:**

Students who wish to apply for advanced credit in the course should consult the instructor. Credit for prior learning will be given upon successful completion of the following:

**VIII. DIRECT CREDIT TRANSFERS:**

Students who wish to apply for direct credit transfer (advanced standing) should obtain a direct credit transfer form from the Dean's secretary. Students will be required to provide a transcript and course outline related to the course in question.