

Outdoor Adventures Exploration

Outdoor Adventures offers students the experience to explore their own backyard through a variety of activities like hiking, canoeing, rock climbing, mountain biking, camping, skiing, snowboarding and more. Students will learn fundamental wilderness skills including how to plan for and organize a multi-day trip. The course has a strong focus on developing leadership, communication, safety and teamwork as well as developing a strong respect for our local environment through leave no trace principles. This course requires a serious commitment as it includes fundraising and plenty of extra time outside of the timetable for trips and preparations.

Big Ideas for this course

- ❖ Participation in outdoor activities allows for the development of skills in a complex and dynamic environment
- ❖ Spending time outdoors allows us to develop an understanding of the natural environment, ourselves, and others.
- ❖ Participating safely in outdoor activities requires communication, teamwork, and collaboration.
- ❖ Participation in outdoor activities allows for the development of leadership skills that can be applied in a variety of contexts and environments.

Course expectations

Students are expected to....

- ❖ Be safe & trustworthy
- ❖ Be respectful and inclusive to all who are involved with us
- ❖ Listen to & follow directions
- ❖ Help each other out and be a part of the team
- ❖ Take initiative and try new things
- ❖ Know our schedule & be prepared for each event
- ❖ Be available outside of timetable/schedule for trips and preparations
- ❖ Turn in all expected assignments & documentation complete and on time



Term Schedule

Term 1 (September - Dec) Grade 8 Introduction to Outdoor Adventures

Term 2 (Dec - March) Grade 9-12 Winter Outdoor Adventures

Term 3 (April - June) Grade 9-12 Spring Outdoor Adventures

Learning Topics

- ❖ Leadership
- ❖ Communication
- ❖ Safety and risk assessment
- ❖ Teamwork
- ❖ Trip planning and preparation
- ❖ Wilderness First Aid
- ❖ Meal preparation
- ❖ Wilderness survival skills
- ❖ Leave no trace principles
- ❖ Fitness and self-care
- ❖ Budgeting and fundraising

Outdoor Experiences

- ❖ Hiking
- ❖ Canoeing
- ❖ Mountain Biking
- ❖ Rock climbing
- ❖ Camping
- ❖ Orienteering and navigation
- ❖ Shelter and fire building
- ❖ Outdoor cooking – camp stoves, fires, etc.

Winter Specific:

- ❖ Downhill skiing/snowboarding
- ❖ Avalanche Safety Training
- ❖ Snowshoeing

