

HeLa Ventures Outdoor Education Centre

ADVENTURE LEADERSHIP PRACTICUM

Spring & Summer 2006

INTRODUCTION

The Adventure Leadership Practicum (ALP) is a unique program, which has evolved from the premise that a professional background in the outdoor field requires a combination of theoretical knowledge, practical skills, certifications and experience. The ALP program has been designed to provide students with that combination of training. Through formalised skills training, certification programs and work experience, ALP participants will gain practical skills that will enhance their academic training, resulting in a highly marketable professional background. Through work experience, the participant will gain an understanding of and appreciation for the many facets involved in the delivery of outdoor adventure programs.

GOAL: The goal of the Adventure Leadership Practicum (ALP) is to provide a quality educational experience for students interested in future careers in the adventure education and adventure tourism.

SPECIFIC OBJECTIVES: Through a mix of formal training, certifications, and work experience, the ALP program will provide students with the opportunity to:

1. gain working knowledge and practical experience in planning, implementing and evaluating environmental education, adventure education and outdoor pursuits programs;
2. co-operate in the administrative and operational duties required to operate an organization involved in the delivery of adventure education programs to individuals and groups of varying ages;
3. obtain practical skills, safety knowledge, rescue skills, and certifications in adventure education or outdoor pursuits programming including lake and river (whitewater) canoeing, rafting, hiking, top-roped climbing, interpretation, wilderness living skills, wilderness first aid and emergency response;
4. develop or enhance leadership skills in a variety of settings;
5. become aquatinted with utilizing experiential education to meet components of junior and senior high school curriculums;
6. work cooperatively as a team member in the delivery of quality adventure education programs;
7. plan, implement and evaluate an extended adventure tourism trip from both a professional guiding and common adventure perspective.

Program Rational: The basic goal of providing an experiential learning opportunity in an adventure education forum is to create a foundation of skills and knowledge in program delivery, group leadership, and skill development. The focus of the program is directed toward post-secondary education students focused on physical education, recreation, education, and environmental sciences. The program framework will allow students time to become accustomed to an Experiential Education framework, and to make the transition from an institutional setting to a field setting.

Program Description: The ALP program for 2006 is divided into two components. The SPRING component will focus on skill development, field experience and provide the theoretical foundation for the entire program. The SUMMER Component, will provide a continuation of the spring, but will further integrate work experience, practical application of theory and certifications. The focus is on adventure education leadership combined with opportunities for personal and professional development. Students interested in curriculum integration, administration, and instructional and educational components of

adventure programming will benefit from this program far beyond what can be offered in traditional classroom education.

Application Process: The ALP program will require a detailed application process to ensure the students goals and expectations of the programs are appropriate. Students interested in the program will be required to complete both an application and an in-person interview. A resume and covering letter must be submitted with the application form. Interviewing students individually will allow program coordinators to ensure students are aware of all of the parameters of the ALP program and provide a opportunity to ensure a proper fit with program expectations.

The following provides a detailed description of the Adventure Leadership Practicum. An application form and contact information is provided at the end of the document. Prior to applying, please review our website to provide you with background information on our programs, www.helaventures.com . Please, ensure that you have read and are familiar with the parameters of the program.

SPRING COMPONENT

Sessions involving a site orientation, group development, trip and program planning, and program preparations for the field experience will initiate the program at HeLa. Most of this will occur in a “hands-on” format, shadowing senior guides. A portion of the spring component will involve certification programs. Students will begin to be integrated into roles in program operations and leadership. The focus of the spring component is personal and professional development and most of the formal training will occur during this component but will continue throughout the program. The basis for achieving certifications will begin at this stage but may not be finalized until the summer component of the program.

Spring Overview

May

- ❑ Program Orientation
- ❑ HeLa Policies and Procedures
- ❑ Camp Set-up
- ❑ Training Sessions:
 - Leadership
 - Program planning and preparation
 - Adventure Education
 - Experiential Education
 - Paddling Theory
 - Climbing Systems
- ❑ Skill Development Sessions:
 - ARCA and CRCA Flatwater skill and instruction development
 - ARCA river skill and instruction development
 - Climb site set-up and management
 - Hiking program management
 - Interpretation
- ❑ ARCA Basic Lake Leader Award
- ❑ Program operations
 - Introduction to what is required for facility based adventure education and curriculum based school group programs. Roles include equipment preparation and maintenance, group and activity leadership, facility care and maintenance, and meal planning and preparation. This learning will occur experientially in a work experience format.
- ❑ Program leadership
 - Introduction to activity and group management that is required for safe and successful program operation. Students will have the opportunity to assist/shadow this role with a senior staff member.

June

- ❑ Rotation of the work experience component of the program (assisting with school groups), and skill development. This will comprise the bulk of early June.
- ❑ Completion of certifications including:
 - CRCA Flatwater
 - ARCA River Instructors
- ❑ Advanced Wilderness First Responder Certification (80 hour)

Note: The above is tentative and may need to be altered due to weather or water conditions and group bookings.

All students will be expected to maintain a journal of the learning experience. Although there is no formal evaluation, the journal will be a useful tool in the future. Students must understand that the majority of learning occurs through experience and not in a classroom setting.

SUMMER COMPONENT

The summer component of the ALP program will be an extension of spring component. The format will include increased work experience and practical skill development. Work experience will comprise the majority of the summer component and students must be prepared for long hours of strenuous work in both leadership and program operation roles. Students will be given the opportunity to lead groups and work independently. A senior guide, however, will be supervising at all programs.

The summer component of the ALP program is designed and presented with a strong focus on experiential learning. A large focus of the program will involve an exploration of the process of integrating core Alberta Learning objectives with adventure education programming through working with summer school programs. Understanding the process of program planning, implementation and evaluation will be a key component of the program.

The later part of the summer will provide experience with out-tripping and will provide opportunity to complete any certifications needed. Students will also have the opportunity to work closely with your Youth Leadership Camp, providing guidance, instruction and leadership modeling to young, “future want-to-be” guides!

CERTIFICATIONS: Through participation in the ALP program, students will have the opportunity to complete the following certifications:

Certifications

- ❑ Alberta Recreational Canoe Association (ARCA) Basic Lake Leader Award – Instructor
This certification is the introductory level to canoe instruction. The skills developed for this certification will act as the foundation for following canoe instructor certifications.
- ❑ Advanced Wilderness First Responder – (80 hour) Wilderness Medical Associates
This certification is a necessity for employment in the outdoor industry. WMA is an internationally recognized organization and an industry leader. This 80-hour course will provide the knowledge required for emergency response in outdoor leadership. This certification is mandatory for EP candidates.
- ❑ CRCA Flatwater Instructor Certification (50 hours) - This is the basis for nationally recognized canoe instructors. This certification is more demanding than the ACRA Basic Lake Leader Award and involves theory components.
- ❑ ARCA Tandem River Instructor (24 hours) -This is the primary River instructor certification for Alberta paddlers. This course is equally weighted on skill and instructor proficiencies

- ❑ ARCA River Trip Leader Certification (32 hours) - This is a new program which provides certification for individuals to lead groups on river trips up to a Class II level. The focus is on river safety and group management
- ❑ Swift Water Rescue Technician I (32 hours) - This certification is internationally recognized as an industry standard from both instruction and guiding perspectives.

Please note that there is no guarantee that students will achieve the certifications. They will be provided with an opportunity to participate in the course, but must meet standards outlined by the certifying body in order to achieve the certification.

Summer Overview

July

- ❑ Rotation between work experience with school groups, youth adventure camps, and adult programs.
- ❑ Rotation between all program operation roles

August

- ❑ Rotation between skill development programs, certification programs and extended duration trips.
- ❑ Summative Evaluations - Students will be provided with evaluations based on personal and professional development in all aspects of the program
- ❑ Final Debrief and Closure of the program

COSTS

Adventure Leadership Practicum (ALP)

COSTS

1. Personal time and commitment
2. Certifications (fees required)
 - ARCA Basic Lake Leader Award
 - CRCA Flatwater Instructor
 - ARCA Basic River Instructor - Tandem
 - ARCA River Trip Leader Award
 - WFR
 - SRT – Level 1

BENEFITS Included (no charge)

1. Staff Training
2. Skill Development in a range of outdoor disciplines
3. Food
4. Accommodation
5. Equipment use
6. Workman's Compensation

DESCRIPTION	VALUE	COST
AWFR	1050.00	700.00
ARCA Basic Lake Leader Award	175.00	00.00
CRCA FLATWATER	335.00	100.00
ARCA BASIC RIVER INSTRUCTOR	250.00	175.00
ARCA TRIP LEADERS'	250.00	175.00
SRT – Level 1	425.00	315.00
Top-Rope Site Program	335.00	250.00
	0.00	0.00
Food	1200.00	0.00
Accommodation	1200.00	0.00
Equipment use	lots	0.00
TOTAL	\$5220.00	\$1715.00

Total ALP Program Fee: \$1715.00

PRACTICUM IN ADVENTURE LEADERSHIP

APPLICATION FORM

Please complete the following and return with resume and covering letter to:

Lana Madsen (Director – HeLa Ventures):

4511 – 109 Ave.
Edmonton, AB
T6A 1R4

Or FAX: (780) 440-2295

Or email: madsenl@telusplanet.net

NAME:

CURRENT ADDRESS:

CURRENT PHONE #:

EMAIL:

SUMMER ADDRESS:

DATE OF BIRTH:

HEALTH CARE #:

DRIVER'S LICENSE # & CLASS:

CURRENT FIRST AID LEVEL AND ORGANIZATION:

CURRENT CPR LEVEL:

EDUCATION PROGRAM, YEAR AND SPECIALTY (IF ANY):

Along with your resume, please outline your experience in the following areas (a lack of experience will not necessarily exclude you):

Any leadership experience:

Service oriented, people related experiences, volunteer or otherwise:

Do you have adequate vision in both eyes?

Describe your level of physical fitness and its compatibility with the required work:

Please describe the canoe instruction you have had and the practical canoe experience. Include all certification levels and dates:

Please describe your wilderness living and outdoor pursuit experience as it relates to:

- Mountain Travel & Navigation
- Minimal Impact Camping
- River Travel
- Rock Climbing

Are you continuing in school in September?

PRE-SEASON QUESTIONNAIRE

These are questions you should think about and be prepared to answer in an interview. You may wish to comment on some, or all of these in your covering letter

1. What interested you in the ALP program?
2. What are your expectations for the season?
3. How do you see the program in light of your future goals and directions?
4. What will your strategies be for handling:
 - a. long hours
 - b. conflicts with colleagues
 - c. tiredness
 - d. meal planning and clean up
 - e. adverse weather conditions and consequent unhappy clients
 - f. What specific duties do you see yourself performing?
 - g. What are your specific learning objectives?
 - h. What are your expectations of the Program Directors?
 - i. What are your expectations of the guides and other staff?
 - j. How flexible are you? (Can you handle non-routine situations, extra responsibilities should the need arise, changes in schedule, etc.)
 - k. How would you respond if you become disillusioned with the program?
 - l. What do you hope to leave the summer having achieved?

Only a limited number of participants will be accepted into the program. Interviews of candidates will be held during the last week of March. Only those who are chosen for interviews will be contacted. Thank you for your interest.

EQUIPMENT LISTS

The participant **MUST** supply the following equipment:

- Sleeping bag — good to freezing or below
- Sleeping pad — therma-rest or light air mattress are best
- Tent (must have 100% protective Rain Fly)
- Running shoes, sport sandals, or equivalent - for camp wear
- Canoe shoes (old runners, paddle sport specific – must have strong sole support and protection)
- Hiking boots — lightweight for day hikes
- Day pack — 35-40L capacity
- Whistle
- Water bottles
- Knife, matches and/or lighter (in a waterproof container)
- Headlamp
- Warm toque, gloves or mitts — (neoprene gloves or mitts are recommended if you tend to have cold hands when paddling)
- Wide range of synthetic clothing: fleece/polypro underwear, fleece jackets, insulating jacket
- WATERPROOF Outerwear: This must include Jacket AND Pant
- Dry or Spray Top (Paddling Jacket)
- Wet socks or dry socks
- Notebook and Journal
- Sunglasses
- Sunscreen / Lip Balm
- Personal Medications
- Personal Dry Bag or Barrel (20-30L)
- Rescue Gear:
 - First aid (ouch) kit
 - River knife for PFD
 - Prussic cord
 - Two caribeaner
 - Throw bag (optional but recommended)
 - Lighter and fire starter kit (in waterproof container)
 - Waist BALP

The following are recommended:

- Wet suit or dry suit
 - Helmet (a paddling helmet is preferred, but a bicycle helmet will suffice)
 - Paddle
 - Personal Floatation Device (PFD) – Paddling specific
 - Climbing gear (harness and helmet only. You may wish to bring shoes if you plan to climb during free time)
- ***The above equipment can be borrowed from HeLa Ventures for the duration of the program
- Leatherman or comparable multi-tool
 - Waterproof watch
 - Rubber boots with insoles - light weight pair