



ADVENTURE LEADERSHIP PRACTICUM

Spring & Summer

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 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 acquainted 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 people who are interested in 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 a traditional institutional setting to a field setting for learning and teaching.

Program Description: The ALP program 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 cover 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 an opportunity to ensure a proper fit with program expectations.

The following provides a detailed description of the Adventure Leadership Practicum. 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

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 as suited. 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

April (Last week) – Advanced Wilderness First Aid (40 hours) – Strathcona Wilderness Centre, located 40km east of Edmonton.

May

- ❑ Program Orientation
- ❑ HeLa Policies and Procedures
- ❑ Camp Set-up
- ❑ Training Sessions:
 - Leadership
 - Program planning and preparation
 - Adventure Education
 - Experiential Education
 - Paddling Theory
 - Top rope site set up and management
- ❑ Skill Development Sessions:
 - PADDLE CANADA Flatwater skill and instruction development
 - PADDLE CANADA river skill and instruction development
 - Top rope site set-up and management
 - Hiking program management
 - Interpretation

- ❑ 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:
 - PADDLE CANADA Lake Solo and Intermediate Instructors Certification
- ❑ Wilderness First Responder Bridge Certification (40 hours) This completes the 80 hour WFR

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

Students are encouraged 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.

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

Certifications

- ❑ Advanced Wilderness First Responder – (80 hours) Raven Medical - This certification is internationally recognized as an industry standard and is a necessity for employment in the outdoor industry. Raven Medical is an industry leader. This 80-hour course will provide the knowledge required for emergency response in outdoor leadership.

- ❑ Swift Water Rescue Technician I (32 hours) – Raven Rescue - This certification is internationally recognized as an industry standard from both instruction and guiding perspectives.
- ❑ PADDLE CANADA Lake Introductory Solo and Intermediate Tandem Instructor Certification (50 hours) - This is the basis for nationally recognized canoe instructors. The certification involves both theory components in addition to the skills component.
- ❑ PADDLE CANADA Moving Water Canoe Skills Introductory Tandem - This Moving Water Introduction to Tandem course introduces the canoeist to many of the fundamental skills, knowledge, and manoeuvres of canoeing whitewater. (2 days)
- ❑ PADDLE CANADA Moving Water Canoe Skills Intermediate Tandem - This Moving Water Intermediate Tandem course introduces the canoeist to more complex tandem whitewater river manoeuvres. (2 days)
- ❑ PADDLE CANADA Moving Water Canoe Introductory Instructor Tandem - This introductory instructors course focuses on the teaching aspect of canoeing. You will be able to lead Intro skills courses upon completion (4 Days)
- ❑ PADDLE CANADA Canoe Tripping Skills Tandem and Solo (2 days plus 1 overnight trip) - This Canoe tripping course introduces the canoeist to camping skills that are required to make the trip safe and enjoyable on waterways they are skilled and certified to lead on.
- ❑ PADDLE CANADA Intermediate and Advanced Skills, Instructors and Instructor Trainer – These certifications are optional and dependant on skill level and experience. There is opportunity to achieve any level of the Paddle Canada Moving Water program. Refer to the Paddle Canada website for more information. www.paddlingcanada.com

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 (see below)

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
WAFA	523.95	523.95
WFR – bridge	523.95	523.95
Paddle Canada Lake Instructor Solo	275.00	00.00
Paddle Canada Lake Intermediate Instructor Tandem	275.00	50.00
Paddle Canada River Tripping Skills	375.00	50.00
Paddle Canada Moving Water Skills Tandem Intro	375.00	00.00
Paddle Canada Moving Water Skills Tandem Intermediate	375.00	50.00
Paddle Canada Moving Water Intro Instructor Tandem	375.00	50.00
SRT – Level 1	523.95	523.95
Top-Rope Climbing Site Training	195.00	38.15
Food & Accommodation	2400.00	0.00
Equipment use	500.00	0.00
TOTAL	\$6716.85	\$1800.00

Please note that you are responsible for the cost of your Paddle Canada membership (About \$100).

Paddle Canada Intermediate and Advanced certifications are optional and will be discussed if people are interested. Costs will be determined at that time.

Opportunity to work off course fees is possible in the month of August. There will also be possible opportunities for further employment through the fall.