

## Outdoor Ed Professional Development Opportunities 2011 -2012

### Courses / Events

\*\*\*Please email the contact person associated with the activity to register by the date listed

Fitness levels: S: you'd like to take this activity to enhance your personal fitness but you're not sure you can handle it; R: any reasonably fit person (read average/beginner) would enjoy this activity; F: a fit person would enjoy this activity; HA: throw 50+pushups, and run 10k, chances are, you'll be OK.

1. **Cross Country Skiing Beginner:** Saturday January 14. Possible locations: St. Cyr Hills or Brightsand Lake (depending on where the majority of people registering are from).

A course for people who would like to be introduced to classic cross country skiing, or who feel that they would like to have their knowledge base refreshed – and possibly get past shuffling across the snow. Topics to include how to dress, gear, waxing techniques, developing a Diagonal stride (kick and glide), double poling techniques; minimal cost. Fitness level: S-R. Cost \$40. Contact: Murray McDonnell [murray.mcdonnell@nwsd.ca](mailto:murray.mcdonnell@nwsd.ca) by January 10 to register.



2. **Cross Country Skiing Intermediate/Advanced:** March 10. A course for people that will involve an extended daylong excursion through the boreal forest (10-20 k), with topics to include trail breaking, principals of backcountry travel, step, skating and wedge turns, downhill tactics, equipment, dress and packing. Fitness

level: R-F. Cost minimal. Contact Jim Snodgrass [jim.snodgrass@nwsd.ca](mailto:jim.snodgrass@nwsd.ca)  
Register by January 31.



3. **Survival Skills – Winter:** Feb. 2-3. A course on winter survival. Topics to include shelter construction, fires, axe craft, cooking, dress, etc. Cost TBD. Fitness level: S-R. Contact: Jesse Shakotko [jesse.shakotko@nwsd.ca](mailto:jesse.shakotko@nwsd.ca) by January 20<sup>th</sup> to register.
4. **Downhill Skiing / Snowboarding:** Easter Break, A ski trip to the mountains to be held at Sunshine (the best spring skiing in the Rockies) for staff to include sessions on how to run a successful school ski trip, safety, and, of course, a lot of skiing / snowboarding to enable you to familiarize yourself with the mountain. 3 nights, 3 days, Cost Approx. \$300- \$400 based on shared accommodation. Families welcome. Fitness level: R. Contact: Murray McDonnell [murray.mcdonnell@nwsd.ca](mailto:murray.mcdonnell@nwsd.ca) by January 31 to register.



5. **Canoe Tripping Risk Management:** Leading or accompanying a canoe trip this spring? Haven't taken the risk management seminar? Then you must attend this seminar. Considering taking the Canoe Tripping Introduction course listed below? You need to attend this seminar. Date: May 9<sup>th</sup> at 1:00, Location St. Walburg. Contact: Murray McDonnell [murray.mcdonnell@nwsd.ca](mailto:murray.mcdonnell@nwsd.ca) by April 27<sup>th</sup> to register.
  
6. **Canoe Tripping Introduction:** If you've taken the introductory and intermediate Lakewater certifications, but are still hesitant about applying your skills in an overnight setting, this course is a gentle introduction to canoe tripping that will reinforce what you've learned and take you much further. This confidence builder is a Paddle Canada certification course which will introduce the canoeist to the camping and navigation skills that are required to make any trip safe and enjoyable on waterways they are skilled to travel on. The course will consist of a three-day lake trip, during which the fundamentals of canoe trip leadership skills will be taught. If you have taken your Lakewater Certification and are looking for the next step forward, this is it. If you haven't taken these courses they can be offered at the same time that you are taking your Canoe Tripping certification (IE three certifications from 1 course). Dates: June 1-4 or 8-11, Costs: TBD (approx. \$130.00 plus fuel). Fitness Level: R-F Contact: Murray McDonnell [murray.mcdonnell@nwsd.ca](mailto:murray.mcdonnell@nwsd.ca) by May 1 to register.



7. **Lakewater Canoe Certifications:** If you are interested in obtaining a Paddle Canada Lakewater tandem certification at the Intro, Intermediate or Advanced levels. Contact Murray McDonnell [murray.mcdonnell@nwsd.ca](mailto:murray.mcdonnell@nwsd.ca) by April 20th to register. Dates: TBD (prob. May 23-24 / June 2-3). Fitness Level: R. Cost: minimal.
  
8. **Scuba Diving:** PADI certification (8 sections) including a weekend pool session in Edmonton, and an open water dive in the spring, probably at Kimball Lake in Meadow Lake Park. The classroom section of this course will be taken on-line, prior to the pool sessions. Cost approx \$400. Fitness level: F. (minimum 8 persons

required for this course to run). Contact Jason Guenther [jason.guenther@nwsd.ca](mailto:jason.guenther@nwsd.ca) by January 30<sup>th</sup> to register

- 9. Day Hiking in the Rockies:** This will be a 4-day trip that will take the participant (weather and conditions permitting) on some of the Rockies most spectacular day hikes. The course is aimed at giving the participant a skill set and knowledge base that will enable them to safely and successfully run a trip with students. Proposed day hikes include: Larch Valley/Sentinel Pass, Mt. Fairview, Helen Lake, Wilcox Pass (photo below), Parker Ridge. Accommodation will be in Hostels. Dates: Sept. 20 – 24, alternate date: Sept 13- 17. Cost: TBD (approx. \$300.00 plus fuel). Fitness Level R-F. Contact Murray McDonnell [murray.mcdonnell@nwsd.ca](mailto:murray.mcdonnell@nwsd.ca) to register.



### **Rational:**

Outdoor pursuits are lifelong. They develop an appreciation of and respect for the outdoor environment by connecting people to the natural world, and they develop an awareness of the potential of the natural environment for worthwhile lifetime outdoor pursuits in all seasons and all types of terrain. They are liberating, and they can be “powerful and unforgettable transformative experiences.” They appeal to a sense of adventure, and they develop increased self-confidence, self-sufficiency and individual initiative in participants. They also promote the lifelong physical, emotional and spiritual wellbeing of participants.

We live and work in an area of outstanding beauty and potential for outdoor activities. We could take more advantage of this much more than we (most of us anyway) do now.

By offering courses that enhance the abilities of our staff with regard to outdoor activities we can potentially, (because teachers love to teach) enhance the abilities of our students as the skills (and love for the natural world) are passed on. Translation: It'll be fun for you and your people too.

By using our people to instruct we can keep costs down for everyone.