

Outdoor Survival Skills at the Palisades Stewardship Education Centre

Career and Technology Studies –
COURSE WLD1130: OUTDOOR SURVIVAL SKILLS

Description:

Through experiential learning, reflection and recreation activities in Jasper National Park, you will develop and demonstrate the attitudes, skills and knowledge required for responsible participation in a range of outdoor activities. The education team at the Palisades hope that you will come to value the protection of Canada’s protected spaces, understand what it means to be a steward and minimize your environmental impact as you gain the skills, knowledge and attitudes to support you in becoming lifelong, confident, and competent participants in the Canadian outdoors.

Journal Assessment:

5	4	3	2	1
Clear, insightful, and thorough evidence of understanding is displayed.	Well developed and thoughtful evidence of understanding is provided.	Evidence of understanding is provided in a basic fashion.	Evidence of understanding is limited.	Evidence of understanding is negligible.

Student Learner Outcomes

- 1.1 select appropriate personal and group gear for outdoor activities
- 1.4 describe techniques used to plan, pack, carry and prepare foods during outdoor expeditions
- 2.1 identify, assess, avoid and/or respond to physical hazards that may be imposed by the natural environment (terrain and conditions, wildlife, weather)
- 2.2 identify, assess, avoid and/or respond to physiological and psychological factors often associated with outdoor experiences (hypothermia, frostbite, dehydration, heat stroke, fatigue, getting lost)

Pre-Immersion:

Jasper National Park Research:

<http://www.pc.gc.ca/eng/pn-np/ab/jasper/index.aspx>

1. How big is Jasper National Park?
2. Which five Jasper (Mountain Park) activities are you most interested in?
3. What driving directions would you give to someone from your community for them to get safely to Jasper town site in Jasper National Park?
4. Check out the bats and the link to the Parks Canada wildlife camera - “Watchable Wildlife” on the Palisades’ website:
<http://www.thepalisadescentre.ca/Photos.php>
 - a) Did anything surprise you? Describe.
5. Using the Parks Canada resource “Keep the Wild in Wildlife” found in your resource package, learn about the various animals you might see when you visit Jasper National Park. Read the five sections on wildlife safety:
 1. Preventing a wildlife encounter
 2. Cougar, Coyote and Wolf Safety
 3. Deer, Bighorn Sheep and Mountain Goat Safety
 4. Bear Safety
 5. Elk Safety
 - a) Choose one of the five topics listed above. Create a creative, hand drawn cartoon panel, poster, or create a 1 minute movie (animoto, imovie, microsoft movie maker, wondershare.com, other) to share the information on your animal topic. Upload the movie to youtube and send your teacher the link. You may also share the link with barb.schmidt@pc.gc.ca at the Palisades Stewardship Education Centre.



Palisades Stewardship
Education Centre
Jasper National Park

Centre des Palissades
pour l'enseignement de la gérance
Parc national Jasper

6. In your resource package, read the news articles surrounding habituation and wild animals. Answer the following questions:
 - a) What is habituation?
 - b) Why is habituation a problem?
 - c) What can people do to prevent habituation of wild animals?
7. Read the “What to Bring” document and pack accordingly. How does proper preparation for an outdoor trip help you stay safe?
8. Watch the REI video found at https://www.youtube.com/watch?v=W8AjrLz_I4o
 - a) Explain the importance of layering your clothing.
 - b) Give an example of clothing for each of the three layers and then explain the role of that layer.

Layer	Example of Clothing	Role of the Layer
Base Layer		
Insulation/Mid Layer		
Outer Layer/Shell		

9. Research one of the following physiological factors: Hypothermia, frostbite, dehydration, heat stroke, exhaustion/fatigue, getting lost

Complete a chart for the topic you choose:

Define it	How do you prevent it?	What are the symptoms?	What is the treatment/steps to follow if it happens?

10. Think about outdoor excursions in the mountains. Read about the Mountain Safety team here: <http://www.pc.gc.ca/eng/pn-np/mtn/securiteenmontagne-mountainsafety/programme-program.aspx>
 - a) What natural hazards might people encounter? (brainstorm five)
 - b) What hazards might visitors cause themselves? (brainstorm five)

Food and Water

11. Read the selection from the book, “Backpack Gourmet”. Answer the following questions:

FOOD:

- a) For backcountry excursions, what characteristics must your food have? (List at least six)
- b) What are some examples of foods that would be good to pack? (List ten)

WATER:

- a) Why should you “never drink untreated water, no matter how “clean” it appears? Outline the two disease causing microorganisms that are invisible to the naked eye and explain what symptoms they cause.
- b) How are these microorganisms spread?
- c) There are six main ways to ensure your water is safe to drink in the backcountry. Outline the pros and cons of each method:

Method	Pros	Cons
Bring treated water from home		
Boil		
Water filters		
Water purifiers		
Ultraviolet purification		
Water purification tablets		



Palisades Stewardship
Education Centre
Jasper National Park

Centre des Palissades
pour l'enseignement de la gérance
Parc national Jasper

*Pre and Post immersion activities and assessment ideas are aligned with the Alberta program of studies and designed/suggested by the Education Lead at the Palisades Stewardship Education Centre.

*The immersion portion (delivered at the Palisades Stewardship Education Centre) is aligned with the Alberta program of studies and designed and delivered in partnership with Parks Canada – Education Team at the Palisades Stewardship Education Centre.

*Grande Yellowhead is a proud partner with Parks Canada and is committed to sharing this partnership with other school divisions in Alberta.

