**Outdoor Survival Skills at the Palisades Stewardship Education Centre**

**Career and Technology Studies – Natural - COURSE WLD1130: OUTDOOR SURVIVAL SKILLS**

**Pre-Immersion**

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| Jasper National Park Research (1 hour) | What physical hazards from the natural environment do you need to identify, assess, avoid or respond to? (2.1) -(terrain like avalanche, areas prone to rock slides, lake and river ice, and bush).  What wildlife might you encounter? (2.1)  How might weather conditions affect personal and group safety? (2.1)  What physiological factors might affect your outdoor experience? (2.2) (hypothermia, frostbite, dehydration, heat stroke, exhaustion/don't move, getting lost or hurt)  What should you do in the following emergency and survival situations? (Getting lost, injured, needing emergency shelter, gathering food from edible plants, organizing strategies on the trail like lead and sweep, regrouping, pacing). (2.3) |

**Day One -**

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| Time | Activity | S.L.O. and Key Questions | Location | Personnel |
| 5 pm | Arrive in Jasper (town site)  Photo Challenge | How do you demonstrate managing information, using numbers, thinking and solving problems and communicating (4.1)  How do you show personal management skills like being responsible, demonstrating a positive attitude and positive behaviours, being adaptable, learning continuously and working safely? (4.2)  How do you demonstrate teamwork skills through working with others, and participating? (4.3)  How do you use group organizational strategies en route (lead and sweep, regrouping, pacing) (2.3). |  |  |
| 8 – 9 pm | Arrival  Gear to Rooms | How do you show personal management skills like being responsible, demonstrating a positive attitude and positive behaviours, being adaptable, learning continuously and working safely? (4.2) |  |  |
| 9 pm | Fire | As led by teachers:  Fire:  What are some procedures for building fires? What are different reasons for using outdoor fires? (1.3)  What safety precautions did you follow? (1.7)  Tools:  What are some things to remember when using tools such as knives, axes and saws? (1.2)  What are some procedures for building fires? What are different reasons for using outdoor fires? (1.3) |  |  |

Day Two -

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| Time | Activity | S.L.O. and Key Questions for focusing reflection: | Location | Personnel |
| 8:00 am | Breakfast | How do you show personal management skills like being responsible, demonstrating a positive attitude and positive behaviours, being adaptable, learning continuously and working safely? (4.2)  How do you demonstrate teamwork skills through working with others, and participating? (4.3) |  |  |
| 8:30 | Welcome Acknowledgement Read  Icebreaker Cels  Site Orientation - gear sign out, start up briefing, set the tone | How do you show personal management skills like being responsible, demonstrating a positive attitude and positive behaviours, being adaptable, learning continuously and working safely? (4.2) |  |  |
| 8:30 – 9:30 am | Teambuilding Activities – Raise the Flag, Big Skis, Toxic River etc. | How do you demonstrate managing information, using numbers, thinking and solving problems and communicating (4.1)  How do you show personal management skills like being responsible, demonstrating a positive attitude and positive behaviours, being adaptable, learning continuously and working safely? (4.2)  How do you demonstrate teamwork skills through working with others, and participating? (4.3) |  |  |
| 9:30 am – 11:00 | Rotate (45 minutes each)   1. Tents and Bivy ( modern tents, bivi sac ete pros and cons of each type) 2. Cooking (different stoves/ fuels, make a drink or make and fry bannock) | Tents:  What should you do in the following emergency and survival situations? (Getting lost, injured, needing emergency shelter, gathering food from edible plants, organizing strategies on the trail like lead and sweep, regrouping, pacing). (2.3)  Cooking:  What are some techniques that can be used to plan, pack, carry and prepare foods during outdoor expeditions? (1.4)  What foods *could* you gather in this type of area (2.3) \*Parks Canada regulations |  |  |
| 11-12:30 pm | Rotate (45 minutes each)   1. Fire 2. Tools | Fire:  What are some procedures for building fires? What are different reasons for using outdoor fires? (1.3)  What safety precautions did you follow? (1.7)  Tools:  What are some things to remember when using tools such as knives, axes and saws? (1.2)  What are some procedures for building fires? What are different reasons for using outdoor fires? (1.3) |  |  |
| 12:30-1:15 | Lunch and packing for trip | How do you show personal management skills like being responsible, demonstrating a positive attitude and positive behaviours, being adaptable, learning continuously and working safely? (4.2) |  |  |
| 1:15-1:30 | Trip Planning – Gathering Information   * Why is Valley of the 5 Lakes a reasonable destination? How long will it take us? What obstacles might we encounter? | Plan an excursion using a variety of sources (including maps, google earth, guidebooks, journals and local experts). Outline obstacles you may encounter (1.6) |  |  |
| 1:30- 4:00 | Hike Valley of the Five Lakes   * PCA and Leave no Trace Focus * Fire in fire pit? Trip Planning for this..? | How can we practice minimizing our impact on the environment when we are on an excursion? (leave no trace, responsible wildlife encounters, being aware of habitat) (3.1)(3.2) (3.3)  How can I map key landmarks and directions? (1.6)  How can a compass and map help me en route? (1.6) |  |  |
| 4:00-5:00 | Teambuilding Activity – Compass  and basic navigation | How can I apply knowledge and skills while en route, including map reading and compass skills, knowledge of terrain and route selection and mapping of key landmarks and directions? (1.6) |  |  |
| 5- 6 pm | Dinner |  |  |  |
| 6-7:00 | Large Group Presentation:  Food(1.4) and Food drying and prep.  Hygiene(1.5)  Gear(1.1)  10 essentials | What are some techniques that can be used to plan, pack, carry and prepare foods during outdoor expeditions? (1.4)  How can you maintain hygiene during outdoor expeditions? (1.5)  What are the Ten Essential? How do you select appropriate personal and group gear for outdoor activities? (1.1) |  |  |
| 7-7:20 | Quick outdoor Game |  |  |  |
| 7:20 -8:00 | Trip Planning – Medicine Lake Snowshoe | Plan an excursion using a variety of sources (including maps, google earth, guidebooks, journals and local experts). Ensure you select a reasonable destination given a travel time of 3 hours. Outline obstacles you may encounter (1.6)  -weather check, road report, learn about elevation change on a topographical map, |  |  |
| 8:00-8:30 | Nightline | When you were hiking/snowshoeing/canoeing/biking/geo-caching, what safety precautions did you follow? (1.7) |  |  |
| 8:30 | Hand over to teachers:  Capture the Flag  Fire |  |  |  |

Day Three

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| Time | Activity | S.L.O. and Key Questions for focusing reflection: | Location | Personnel |
| 8:00-9:00 | Breakfast and check out of rooms, pack for day,  Get bag lunch | How do you select appropriate personal and group gear for outdoor activities? (1.1) |  |  |
| 9:00 | Greeting and \*Job Talks from Education Team Members (their related interests, values, beliefs, prior learning an experiences)  Depart for Medicine Lake Snowshoe or Jack Shack?  \*Job Talks can be throughout the day! | What careers are connected directly to outdoor excursions and safety/survival skills in the outdoors?  What interests, values, beliefs, resources, prior learning and experiences would a person involved in an outdoor excursion field require? (5.1)  Are you interested in any of these careers? (5.2) |  |  |
| 10-12 | Snowshoe and Emergency Situations - Scenario focused. | What physiological factors might affect your outdoor experience? (2.2) (hypothermia, frostbite, dehydration, heat stroke, exhaustion/don't move, getting lost or hurt)  What organizational strategies do we use to keep safe (lead and sweep, regrouping, pacing) (2.3)  When you were hiking/snowshoeing/canoeing/biking/geo-caching, what safety precautions should you follow? |  |  |
| 12-12:30 | Bag Lunch |  |  |  |
| 12:30-1:15 | Large Group Games, Challenges and Teambuilding   * Large Ball soccer, other? * Relay – pull someone on a toboggan etc. * Blindfolded game * Hoop and Stick Game (new try from Mountain Peoples- play with snowshoes on). | How do you demonstrate managing information, using numbers, thinking and solving problems and communicating (4.1)  How do you show personal management skills like being responsible, demonstrating a positive attitude and positive behaviours, being adaptable, learning continuously and working safely? (4.2)  How do you demonstrate teamwork skills through working with others, and participating? (4.3) |  |  |
| 1:15- 1:30 | Closing Circle   * What was your most memorable experience in JNP? | How do you demonstrate teamwork skills through working with others, and participating? (4.3) |  |  |
| 1:30 | Departure for home |  |  |  |

**Post-Immersion**

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| Career Session (Brainstorming and Research)  (1 hour) | What careers are connected directly to outdoor excursions and safety/survival skills in the outdoors?  What interests, values, beliefs, resources, prior learning and experiences would a person involved in an outdoor excursion field require? (5.1)  Are you interested in any of these careers? (5.2) |