



Winter Travel 15

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|--------------------|--|----------------------|--|
| High School | | GYPSP teacher | |
| Teacher | | Date | |
| # Students | | Language | |

Pre Immersion

| Duration | Activity | S.L.O. | Location | Personnel |
|----------|--|---|----------|---------------|
| 1 hour | Trip Planning and preparation | 4.2 Display familiarity with basic winter trip planning tools (route cards, elevation profiles). | School | Local teacher |
| 1 hours | Identify cultural and ecological considerations | 2.2 Identify and understand cultural and ecological considerations/issues of the environments. | School | Local teacher |
| 1 hour | Adapt to winter <ul style="list-style-type: none"> Human and Wildlife | 2.3 Identify and understand the human and wildlife adaptations for use in winter environments. | School | Local teacher |
| 1 hour | Ecological impacts of winter recreation Students generate question for PC video conference | 2.5 Evaluate the ecological impacts of winter recreation. 2.6 Justify opinions about winter travel and ecological integrity in a clear and logical way considering the impact on others. | School | Local teacher |
| 1 hour | Video conference - Interview Parks Canada specialist <ul style="list-style-type: none"> Questions generated from 4 sessions | 2.4 Demonstrate understanding of the specific concepts associated with winter travel and avalanche awareness (i.e. Ecology of terrain evaluation, nature and formation of avalanche). | School | Local teacher |

Day 1 -

| Time | Activity | S.L.O. | Location | Personnel |
|----------|---|-------------|------------------------------------|-----------|
| | Depart home school or arrive evening prior | | MBSR | |
| 8:30 am | Marmot Ski Hill: Rentals, Group Meeting and directions/logistics to new MLC Arranged by Teacher | | MBSR- ski shop 1 PSEC 1GYPSD | |
| 9:00 am | CASIA Certified Ski Instruction Meet Instructors at base of hill by quad chair Arranged by Teacher | 4.5. | Ski School area | |
| 11:00 am | Movement in Snow: Skiing and Snowboarding Skill Development | 4.5 | MBSR | |
| 12:00 pm | Lunch at Marmot Learning Centre – packed from home | | MLC | |
| 12:00 pm | Avalanche Awareness Presentation Part I | 1.1. 1.4 | MLC | |
| 3:15 pm | Movement in Snow: Skiing and Snowboarding Skill Development | | MBSR | |
| 4:00 pm | On bus by 4 pm - Lifts close at 4:00. | | MBSR | |
| 4:10 pm | Meet at Bus and Depart | | MBSR- Parking Lot | |
| 5:00 pm | Arrive Palisades, Welcome and Gear to Rooms | | Palisades Center | |
| 5:15 | Ice breakers and Name Games | | Palisades Center | |
| 6:00 pm | Dinner | | Bunkhouse | |
| 6:45 pm | Sign out avalanche backpacks | | Garage | |
| 7:00 pm | JNP – Behind the Scenes | 2.1 | Outside | |
| 7:30 pm | Intro to Trip Planning – Ski hill | 4.2 | Garage | |
| 7:45 pm | Navigation Technology – GPS | 4.3 | Outside/Garage | |
| 9:00 pm | (Campfire) & Sharing circle with thumb ball | 5.6 | Fire Pit | Teacher |

Day 2 - **Bring avalanche packs to hill

| Time | Activity | S.L.O. | Location | Personnel |
|----------|---|-------------|------------------------------|----------------------|
| 8:00 am | Breakfast and pack bag lunch | | Bunkhouse | |
| 8:30 am | Depart for Marmot Basin Ski Hill | | MBSR | |
| 9:00 am | Movement in Snow: Skiing and Snowboarding Skill Development (no lesson) | 4.5 | MBSR | |
| 10:00 am | Meet at Marmot Learning Center | 5.7 | MLC | |
| 10:15 am | Avalanche Awareness Part II | 1.3 1.4 | MBSR | |
| 11:00 am | Avalanche Awareness Part II con't Beacon Basin Activity | 1.2. 4.4 | Beacon Basin, Ski Hill Areas | |
| 12:00 pm | Lunch (bag lunch from PSEC) | | MLC | |
| 1:00 pm | Ski Patrol- Job Shadow, Ski Resort Industry Basic Ski Patrol rescue, safety equipment, and resources (weather station, Avalauncher, first aid station and emergency response sled). | 4.6 | Ski Patrol room | |
| 3:30 pm | Movement in Snow: Skiing and Snowboarding Skill Development | 4.5 | MBSR | |
| 4:00 pm | Meet at Bus, return rentals if required | | MBSR Parking Lot | |
| 5:00 pm | Arrive Palisades, gear management Journal – Healthy Living | 5.1 | Palisades Centre | GYP SD teacher |
| 6:00 pm | Dinner | | Bunkhouse | |
| 6:45 pm | Hole in the Door | 4.1 | Garage | |
| 7:00 pm | Ecological Integrity and Winter Recreation: mini-debate | 2.6 | Garage | |
| 7:30 pm | Winter Hazard mitigation / Emergency Situations | 1.5 | Garage | |
| 8:30 | Racoon Circles | 5.6 | Garage or outside | |
| 9:00 pm | Fire or Student Free Time- Teacher's Discretion | | Fire Pit | Teachers |

Day 3 -

| Time | Activity | S.L.O. | Location | Personnel |
|----------|--|------------|---------------------|-----------|
| 8:00 am | Breakfast | | Bunkhouse | |
| 9:00 am | Navigation- Map & Compass | 4.2 | Garage& Grounds | |
| 10:00 am | Navigation-Orienteering course | 4.2 | Back Field | |
| 11:30 am | Pack for Wabasso Campground Trip Planning: pre-trip questions | | | |
| 12:00 pm | Lunch at Palisades | | Bunkhouse | |
| 1:00 pm | Depart for Wabasso campground | | Bus | |
| 1:30 pm | Wabasso Trip Movement in Snow: Cross country skiing | 4.5 4.7 | Wabasso camp grg | |
| 2:00 pm | Individual journal / reflection Ethics and Mtn recreation – Share the Trail | 5.5 | | |
| 4:00pm | Pack up, Depart Wabasso | | Wabasso Camp grd | |
| 4:30 pm | Arrive Palisades Gear management | | | |
| 5:00 pm | Fire Lighting competition | | Fire pit | |
| 6:00 pm | Dinner | | Bunkhouse | |
| 6:45 pm | Recreation Evolution | 3.1 | Den | |
| 7:15 pm | Outdoor Experience Resume | | Garage | |
| 7:45 pm | Energizer Activity | | Garage | |
| 8:00 pm | Trip Planning- Moose Lake | 4.2 | Garage | |
| 8:30 | Winter Travel Pictionary | | Garage | |
| 9:00 pm | Fire or Student Free Time- Teacher's Discretion | | Fire Pit | Teachers |

Day 4 -

Pack teacher evaluations, certificates, pencils, snowshoes, scenario pack

| Time | Activity | S.L.O. | Location | Personnel |
|----------|---|------------|--------------------|-----------|
| 8:00 am | Breakfast, pack lunch, pack bus | | Bunkhouse | |
| 9:00 am | Pre-Trip Briefing Back country closures for safety Back country closures for ecology | 4.2 | Garage | |
| 9:30 am | Depart Palisades for Maligne Lake trailhead | | PSEC | |
| 10:30 am | Maligne Trip Trailhead- overview for day and workbooks | 4.5 | | |
| 11:00 am | Weather questions – Journal Navigation questions - Journal | 1.5 | Maligne Lake | |
| 11:15 am | Physical Literacy Snowshoe games Extra snack brought from PSEC | 5.3 | Mary Schaefer Loop | |
| 12:30 pm | Lunch (packed from PSEC) | | Mary Schaefer Loop | |
| 1:00 pm | Emergency scenarios – Leadership, Avalanche, Cold-related injuries, Shelter building, Fire lighting | 1.3 4.1 | Mary Schaefer Loop | |
| 2:00 pm | Need and value of physical, emotional, mental competency . | 5.2 | Mary Schaefer Loop | |
| 2:15 pm | Solo | | Mary Schaefer Loop | |
| 2:30 pm | Return to Trail Head-Depart Maligne Lake | | Maligne Lake | |
| 3:30 pm | Arrive Palisades end of course | | | |

Post Immersion

| Duration | Activity | S.L.O. | Location | Personnel |
|----------|--|--|----------|---------------|
| 1.5 hour | Historical evolution for winter mountain recreation to modern day. | 3.1 Examine the local historical evolution of mountain recreation to present day. | School | Local teacher |
| 1.5 Hour | Consider future trends for mountain recreation and sustainability. | 3.2 Identify and understand the trends of mountain recreation and the sustainability for future generations. | School | Local teacher |