



**Palisades Stewardship  
Education Centre  
Jasper National Park**  
[parkscanada.gc.ca](http://parkscanada.gc.ca)

**Centre des Palissades  
pour l'enseignement de la gérance  
Parc national Jasper**  
[parcsCanada.gc.ca](http://parcsCanada.gc.ca)

# WINTER TRAVEL 25

## Student Information Guide

## Jasper Palisades Centre Winter Travel Courses

### 1. Winter Travel Course Theme Development

Theme		15 Level		25 Level		35 Level
Trip Planning	1a.	Basic transportation & accommodation: options and planning	2a.	Transportation & accommodation planning: partner/group	3a.	Transportation & accommodation planning: self-directed
	1b.	Equipment list and packing: adult supervised	2b.	Equipment list and packing: partner/group	3b.	Equipment list and packing: self-directed
	1c.	Area map exposure and research: road, weather, terrain, wildlife reports	2c.	Area map exposure and research: partner/group	3c.	Area map exposure and research: self-directed
	1d.	Responsibilities: Itinerary, permits, etc	2d.	Responsibilities: Itinerary, permits, etc	3d.	Responsibilities: Itinerary, permits, etc
Navigation	1a.	Basic theory & applied skills: map and compass	2a.	Intermediate theory & applied skills: map and compass	3a.	Advanced theory & applied skills: map and compass
	1b.	Basic theory & applied skills: GPS	2b.	Intermediate theory & applied skills: GPS	3b.	Advanced theory & applied skills: G.P.S.
	1c.	Route cards: introduction	2c.	Route cards: creation & application short trip		Route cards: creation & application long trip
Movement in Snow	1a.	Skiing & snowboarding in mountain resort: green runs	2a.	Skiing & snowboarding in mountain resort: blue runs		
	1b.	Snowshoeing: flat terrain, short trip	2b.	Snowshoeing: intermediate terrain, longer distance	3b.	Snowshoeing: intermediate terrain, longer distance
			2c.	Backcountry skiing & snowboarding in intermediate terrain	3c.	Backcountry skiing & snowboarding in intermediate terrain
Avalanche Safety	1a.	Basic theory JNP ATES framework	2a.	Avalanche Skills Training Level 1 Course	3a.	Avalanche safety review
	1b.	Basic terrain evaluation			3b.	Practical use of terrain evaluation
	1c.	Applied skills: introduction to beacons, probes, shovels, snow study kits			3c.	Practical use of beacons, probes, shovels, snow study kits
Winter Survival & First Aid	1a.	Wilderness Survival: 6 Steps	2a.	Shelter building & signals	3a.	Water & food
	1b.	Basic fire lighting	2b.	Intermediate fire lighting	3b.	Advanced fire lighting
	1c.	First Aid: cold weather injuries, dehydration, blisters, burns, shock	2c.	Improvised splints & carries	3c.	Application of first aid skills in a winter wilderness setting
Outdoor Resume Building	1a.	Learn how to build a basic outdoor resume	2a.	Continue to develop experience that is recorded in personal outdoor resume, on and off Palisades courses	3a.	Continue to develop experience that is recorded in personal outdoor resume, on and off Palisades courses
Rocky Mountain Regions	1a.	Jasper National Park in Context	2b.	A Rocky Mountain Trilogy	3c.	IGA online course
Leadership	1a.	Be an active participant. Attempt leadership of a small group for short periods.	2a.	Demonstrate leadership skills across a variety of circumstances and periods of time	3a.	Demonstrate leadership skills across a variety of circumstances and periods of time
Career Exposure & Mentoring	Throughout the Winter Travel 15/25/35 courses students will be exposed to and mentored by a variety of professionals in the outdoor field including: Parks Canada Staff- Education and Public Safety Specialists, CASIA certified instructors, Marmot Basin Ski Patrol and Emergency Responders, Canadian Avalanche Association Instructors, Association of Canadian Mountain Guides, Interpretive Guide Association.					

## 2. Philosophy

This course capitalizes on existing and emerging technology and local expertise to deliver a high quality, practical skills program. The program is intended to encourage youth to engage in winter travel and recreation in mountain environments as informed and aware individuals. Through exposure to current best practices in avalanche awareness and public safety this course will foster critical thinking through project-based inquiry and expose youth to exemplary role models organizations and career paths.

By means of personal experience and exposure to closely managed risk students will appreciate the benefits and responsibilities of informed decision making and the many rewards an appreciation of the mountain environment can yield. Through our close collaboration with Parks Canada and our partners, students will have access to professional members of the Association of Canadian Mountain Guides and the Canadian Avalanche Association who are national leaders in their field.

It is hoped that during this initiative and in particular the application of videoconference / digital media peer teaching, that we can help to build sense of community at the regional level. This course takes advantage of the expertise, terrain and resources afforded by our region. By focusing our field school immersion inside the National Park we operate within the oversight of a comprehensive, public safety system with custodial group regulations ensuring the highest standards of due diligence and of care and providing a world class public safety response capacity. The overarching aim of these programs is to provide gateway opportunities for youth in our area. Opportunities that stimulate life long learning and connect in tangible ways to our landscape.

## 3. Rationale

The objectives of this project are to build winter travel and navigation skills, an understanding of winter ecosystems and leadership in a context of critical thinking. We feel that this is particularly important as we strive to better educate youth for their own safety and as ambassadors for nature and our wild places. It also highlights a best practice method for inquiry research, generic problem solving and analysis.

It is our intention that through this initiative students will:

- Display a level of familiarity with techniques and technology that allows them to confidently respond to emerging situations
- Demonstrate understanding of avalanche safety
- Develop familiarity with basic navigation and personal safety technology
- Develop informed decision making skills Build leadership capacity
- Access and apply online risk management resources

The afore mentioned skills will be delivered in the context of the following:

- Teach and model high quality best practice risk management skills across the outdoor education community
- Foster an appreciation for terrain diversity
- Appreciate the global nature of environmental issues
- Demonstrate appropriate use of multiple technologies

## 4. General Learning Outcomes

Students will gain an enhanced appreciation of winter travel including:

### ***Winter Travel***

- Technique development
- Terrain evaluation
- Assessment for avalanche risk
- Emergency situations

### ***Leadership and Social Skills***

- Taking charge
- Proactive intervention
- Self-reflection

### ***Knowledge and Understanding***

- The Rocky Mountain Natural Region
- Risk Management Process

### ***Appreciation and Values***

- Stewardship
- Role modeling
- Active ambassadorship

### ***Functional Fitness***

- Personal awareness
- Nutrition
- Conditioning

## 5. Job Ready Credentials

These courses encourage and expose students to a variety of career and occupational paths. Through connection with role models from avalanche specialist, public safety officers, to mountain guides and ski patrol, students will develop an understanding of a range of job options. Those students who successfully complete the full program will gain a CAA Avalanche Safety Training Level 1 (AST 1), CAA Avalanche First Response Training and IGA Jasper Online Basic Certification. Please be advised that a student pre-requisite for the 35 Level Winter Travel Course is a 16-hour Standard First Aid and CPR certificate. This first aid course will be offered at the school level prior to the 35 level course through the GYRD Learning Connection. All students completing their standard first aid course is eligible for the CTS Community Health (CMH) 2120: First Aid/CPR module credit.

## Jasper Palisades Centre Winter Travel Course- 25 Level

### Learning Activities Timeline

Pre-Immersion	Post-Immersion
Goal Setting Online Avalanche Safety Training Planning an AST1 course GPS Review	Trip Planning checklists Poster

Immersion: 1 days at Palisades, 2 day at ski hill, 2 day backcountry					
	Day 1 (evening arrival)	Day 2 Palisades Garage	Day 3 Palisades Garage/Ski Hill	Day 4 Ski Hill	Day 5 Backcountry
Morning Learning Activities		<ul style="list-style-type: none"> <li>• AST 1 Course Theory</li> </ul>	<ul style="list-style-type: none"> <li>• AST 1 Course Theory</li> </ul>	<ul style="list-style-type: none"> <li>• AST 1 Course</li> <li>• Field Observations</li> <li>• Snow pit demo</li> <li>• Beacon test</li> </ul>	<ul style="list-style-type: none"> <li>• Movement in Snow: snowshoe-Bald Hills</li> <li>• Advanced GPS, compass and mapping</li> </ul>
Afternoon Learning Activities			<ul style="list-style-type: none"> <li>• Companion Rescue practice (Marmot)</li> </ul>	<ul style="list-style-type: none"> <li>• Written test</li> <li>• Free ski</li> </ul>	
Evening Learning Activities	<ul style="list-style-type: none"> <li>• Teambuilding</li> <li>• Trip Planning</li> </ul>	<ul style="list-style-type: none"> <li>• Navigation</li> <li>• Trip Planning</li> </ul>	<ul style="list-style-type: none"> <li>• Navigation</li> <li>• Trip Planning</li> </ul>	<ul style="list-style-type: none"> <li>• Rocky Mtn Natural Region</li> <li>• Winter Survival</li> <li>• Trip Planning</li> </ul>	

## **1. Pre-Requisites**

Please be aware that it is a pre-requisite for this course that participants be able to downhill ski or snowboard a **green and blue level run**. This course will involve full days where the students are required to be active in an outdoor environment so a basic level of physical fitness is also recommended.

## **2. Assignments**

Students will be given a variety of assignments throughout the Winter Travel 25 course. Any reflection activities, notes, research, planning and tasks are to be kept in the student's binder. Student work will be collected by the course administrator or teacher to be used to evaluate their learning.

## **3. Credits**

Upon completion of Winter Travel 25, students will be awarded 3 credits towards your high school diploma.