



**Palisades Stewardship
Education Centre
Jasper National Park**
parkscanada.gc.ca

**Centre des Palissades
pour l'enseignement de la gérance
Parc national Jasper**
parcscanada.gc.ca

WINTER TRAVEL 25

**Operational Document
Teacher and Instructor Information Guide**

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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 100/200/300 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 organisations 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 many connections within 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 with the application of videoconference / digital media peer teaching, that we can help to build a 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 care and providing a world class public safety response capacity. The overarching aim of these programs is to provide gateway opportunities for youth of Canada. These opportunities will stimulate life long learning and connect them 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 practise 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 and 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 modelling
- 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 and public safety specialists, 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 GYPSD Learning Connection. All students completing their standard first aid course are eligible for the CTS Community Health (CMH) 2120: First Aid/CPR module credit.

Winter Travel 25

1. Winter Travel 25 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"> • AST 1 Course Theory 	<ul style="list-style-type: none"> • AST 1 Course Theory 	<ul style="list-style-type: none"> • AST 1 Course • Field Observations • Snow pit demo • Beacon test 	<ul style="list-style-type: none"> • Movement in Snow: snowshoe-Bald Hills • Advanced GPS, compass and mapping
Afternoon Learning Activities			<ul style="list-style-type: none"> • Companion Rescue practice (Marmot) 	<ul style="list-style-type: none"> • Written test • Free ski 	
Evening Learning Activities	<ul style="list-style-type: none"> • Teambuilding • Trip Planning 	<ul style="list-style-type: none"> • Navigation • Trip Planning 	<ul style="list-style-type: none"> • Navigation • Trip Planning 	<ul style="list-style-type: none"> • Rocky Mtn Natural Region • Winter Survival • Trip Planning 	

2. 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 level run**. This course involves full days of activity in an outdoor environment so a basic level of physical fitness is also recommended.

3. Technology

In the pre-immersion activities, students will need access to various technologies such as videoconferencing and SmartBoards where presentations can be shown. These sessions will take place in the home school prior to their outdoor, hands on, experience.

4. Recommended Course Materials

Students need to arrive at the Palisades Centre with a binder/folder that is devoted to the Winter Travel 25 course. The pre-immersion assignments should be inside this binder/folder. Students will receive a series of information handouts, assignments, and worksheets that they will be expected to keep and reference as the course progresses. An integral part of outdoor skill development and career transitioning in this field will be for students to keep a detailed 'Outdoor Experiences Resume' which will be kept within their binder/folder. This document will record his or her accomplishments and activities and is a standard requirement for anyone interested in a guiding or outdoor related career. Digital cameras and video cameras will be available for students to utilize at the Palisades Centre; the photos and footage are required in order to complete the post-immersion project.

5. 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.

6. Credits

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

7. Assessment Standards

Rubrics are included with each of the course packages. Teachers use these rubrics to assess student achievement within each of the themes in the winter travel course.

8. Transportation

Due to the nature of the winter travel course transportation for the whole group is required each day. Teachers are responsible for ensuring that their class has transportation available.

9. Teacher Responsibilities

Pre-Trip:

- Contact the Palisades Centre to book a date for the course
- Contact Marmot Basin Ski Resort and organize rentals and lift ticket information (minimum 6 weeks prior to arrival); by your request they will send you a booking form etc.
- Book transportation for the duration of the Winter Travel course
- Coordinate with the Palisades Centre to establish video-conferencing dates for the pre-immersion sessions
- Prior to arrival, ensure students complete all pre-immersion assignments
- Prior to arrival, assess and record marks for the pre-immersion assignments

Immersion:

- Responsible for overnight supervision of students
- Responsible for supervision and organization at Marmot Basin Ski Resort
- Actively supervise and assist students in all activities
- Work cooperatively with Palisades' Centre Staff in assessing student achievement; together they will assess the outcomes of the Winter Travel Course prior to the student group's departure; scheduled time has been set aside for this

Post-Trip:

- Ensure student's complete all post-immersion assignments
- Assess and record marks for the post-immersion assignments
- Submit final marks to the Learning Centre

10. Program Costs

The Winter Travel 25 course can run with a minimum of 12 participants to a maximum of 20 participants.

Accommodation:

The Palisades Centre has twenty-six bedrooms in seven buildings that can house up to 62 people. Each bedroom has from one to four beds (singles, bunks or/and doubles) with sleeping room for sixty-two in all.

There are three meeting rooms and two living room style lounge areas as well as three outdoor learning stations and a fire pit area.

Meals are provided buffet style in the Bunkhouse Dining Room. Arrangements for special food requirements (allergies, vegetarian, etc.) may be arranged 2 weeks prior to group arrival. The daily package includes three meals at set times and beverage service (water, coffee, tea, hot/cold juice mix) throughout the day.

Youth spend almost all day and evening out of doors and really look forward to a good evening snack. Daytime and evening snacks are **not** provided unless added on by request. It is recommended that teachers bring snacks for their group throughout the week. There is a guest kitchen for snack storage as no food or snacks are allowed in the bedrooms. Recommended snack items are: bread (peanut butter, jam, cheez whiz, cheese), breakfast cereal/milk, crackers, apples/oranges, hotdogs/buns (condiments supplied), marshmallows, makings for s'mores. As most evenings are spent around the fire between activities you can be creative. We have roasting sticks and toaster baskets available.

<u>Jasper Palisades Centre Meal & Accommodation Costs</u>	
<u>Item</u>	<u>Cost per student</u>
Total Full Day Cost Includes 3 meals & 1 night accommodation	\$85.00 for GYPSD \$90.00 for others
Winter Travel Course- arriving Monday evening 4 nights, 4 days	\$340/person + GST for GYPSD \$360/person + GST for others
Winter Travel Course- arriving Tuesday morning 3 night, 3 full days + Breakfast & Lunch on Friday	\$283/person + GST for GYPSD \$297/person + GST for others

Programming:

The Jasper Palisades Centre does not charge for any of its programming. All instruction during the pre immersion, immersion, and post immersion winter travel courses is free. Two of the days of the immersion component will require the students to go to the Marmot Basin Ski Resort and the Marmot Learning Centre there and therefore students require a lift ticket and ski or snowboard equipment. Check with Marmot Basin for any price changes.

Teachers are responsible for organizing lift ticket and rentals for their group.

<u>Marmot Basin Ski Resort Program Costs</u>	
<u>Item</u>	<u>Cost per student</u>
Lift Ticket	\$39.95/day
Ski/Snowboard Rentals	\$26.00/day
Helmet are mandatory	No charge
Total Full Day Cost no rentals	\$39.95
With rentals	\$65.95
Note: These are their regular fees; there is a 10% discount available by request for GYPSD schools. Also for every 10 students, 1 chaperones skis for no charge (not including rentals)	

Additional Fees

All users groups of the National Parks are required to purchase a park pass. This cost is not included in the winter travel program. Teachers are responsible for organizing payment of park fees. Please note that GYPSD schools have access to a divisional park pass for educational trips. Please organize this prior to your departure and have the divisional park pass on hand to show at the gate when entering the Jasper National Park.

<u>Parks Canada Park Fees Cost</u>	
<u>Item</u>	<u>Cost per student</u>
Park Pass	\$3.90/day X 5 days = \$19.50

11. Specific Learning Outcomes

Students will demonstrate knowledge skills and attitudes relating to the following:

Winter Travel 25			
Winter Travel Skills	Knowledge And Understanding	Appreciation And Values	Functional Fitness
Demonstrate basic winter travel abilities Green/Blue terrain travel Exposed obstacles/hazards	Familiarity with RMNR basic geology and winter travel options	Communicate an appreciation of environmental stewardship	Preparation for necessary functional levels associated with winter travel
Familiarity with basic trip planning tools <ul style="list-style-type: none"> Route cards Elevation profiles 	Communicate knowledge and awareness of the features of the natural environments and environmental issues of the areas they visit	Communicate an appreciation of inter-dependence	Communicate an understanding of the need and value of developing physical, emotional and mental competency
Familiarity with basic terrain elements <ul style="list-style-type: none"> Inclination Snow profile 	Display knowledge and awareness of terrain hazards: <ul style="list-style-type: none"> Recognition Avoidance 	Communicate an appreciation of the value of a healthy lifestyle	Demonstrate basic understanding of nutrition
Communicate an awareness of the Avalanche Terrain rating system.	Communicate an awareness of the value of healthy living through outdoor activities	Demonstrate an appreciation of wilderness	
Familiarity with basic rescue equipment <ul style="list-style-type: none"> Transceiver Shovel Probe 	Display how to be an active participant (ie leadership and follower ship skills)	Demonstrate an appreciation and value for <ul style="list-style-type: none"> Safety for self and others Self-discipline Group responsibilities Cooperation Personal well-being Mountain recreation as a lifetime pursuit 	
Communicate an awareness of risk management issues associated with activities completed	Demonstrate knowledge and awareness of the Importance of trip planning and preparation	Consideration of 'worst case scenarios'	
Communicate knowledge and awareness of the importance of weather forecasting and management	Show effective management of group and personal gear and equipment: <ul style="list-style-type: none"> Selection Use Care 		
Demonstrate an ability to manage personal gear, equipment and clothing	Demonstrate an ability to describe navigation tools and methods		
Demonstrate an ability to reach personal objectives.			
Demonstrate effective packing skills for personal gear and equipment			

WINTER TRAVEL 25: Contact Information

Winter Travel Course Contacts	
Place	Contact Information
Palisades Stewardship Education Centre	Phone: 780-852-6192 Fax: 780-852-6201 Email: palisades.centre@pc.gc.ca
Marmot Basin Ski Resort- group bookings	Phone: 1-866-952-3816 Fax: 780-852-3049

Other Contacts	
Place	Contact Information
Parks Canada Dispatch	780-852-6155
Parks Canada Information Centre	780-852-6176
Parks Canada Trail Office	780-852-6177
Road Reports- Jasper	780-852-3311
Road Reports- Alberta	1-877-262-4997 (AMA Road Reports)
Jasper RCMP	780-852-4848 780-852-4421