



## Winter Travel 15

<b>School Name</b>		<b>Teacher(s) Name(s)</b>	
<b># of Students</b>		<b># of Adults</b>	
<b>Grade(s) Level(s)</b>	Grade 10	<b>Program Focus</b>	Winter Travel WT15
<b>Meeting Room</b>	Garage	<b>Accommodations</b>	Den
<b>Dates</b>		<b>Language</b>	English

### Pre - Immersion

Duration	Activity	S.L.O.	Location	Staff
1 hour	Trip Planning and preparation	4.2 Display familiarity with basic winter trip planning tools (route cards, elevation profiles).	School	Local teacher
1 hour	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"> <li>Human and Wildlife</li> </ul>	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 (if needed) <ul style="list-style-type: none"> <li>Questions generated from 4 sessions</li> </ul>	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 – Immersion on Site and in the Park

Time	Activity	S.L.O.	Location	Staff
9:00 am	Arrival Welcome to Jasper National Park & the Palisades Centre Move gear into rooms		Tipi	Palisades Staff (PSEC)
9:30 am	<ul style="list-style-type: none"> <li>• Course Intro &amp; Expectations</li> <li>• Journals</li> <li>• Games</li> <li>• Sign out clothing &amp; winter boots (if needed)</li> </ul>			
10:00 am	Navigation – Orienteering Course	4.2 Display familiarity with basic winter trip planning tools (route cards, elevation profiles).	Corral	PSEC
11:10 am	Navigation – Map & Compass (Focus on applications for afternoon)	4.2 Display familiarity with basic winter trip planning tools (route cards, elevation profiles).	Garage & Grounds	PSEC
11:40 am	Trip Planning: pre-trip questions Pack for Whirlpool Winter Hub	4.2 Display familiarity with basic winter trip planning tools (route cards, elevation profiles).	Garage	PSEC
<b>12:00 pm</b>	<b>Lunch at Palisades</b>		<b>Bunkhouse</b>	<b>Teacher</b>
1:00 pm	Depart for Whirlpool		Bus	PSEC
1:30 pm	Whirlpool Trip Movement in Snow: Cross-Country Skiing	4.5 Demonstrate basic winter travel skills, (turning, stopping, group management), while snowshoeing, downhill and cross country skiing. 4.7 Demonstrate effective management of group and personal equipment (selection, use and care).	Whirlpool Winter Hub	PSEC
2:00 pm	Individual journal / reflection Ethics and Mtn. recreation – Share the Trail	5.5 Develop personal and collaborative responsibility for appropriate use of mountain park environment. 5.6 Communicate an appreciation for wilderness and interdependence.	On trail	PSEC
4:00 pm	Pack up, Depart Whirlpool	4.7 Demonstrate effective management of group and personal equipment (selection, use and care).	Whirlpool Winter Hub	PSEC
4:30 pm	Arrive Palisades, Gear Management	4.7 Demonstrate effective management of group and personal equipment (selection, use and care).	Palisades	Teacher
5:00 pm	JNP inside and out / Follow-up on Pre-Immersion Content	See Pre-Immersion S.L.O.'s	Garage	PSEC

5:15 pm	Intro to Trip Planning – Ski hill Complete Map & Compass section in Journals	4.2 Display familiarity with basic winter trip planning tools (route cards, elevation profiles).	Garage	PSEC
<b>6:00 pm</b>	<b>Dinner</b>		<b>Bunkhouse</b>	<b>Teacher</b>
6:45 pm	Winter Hazard mitigation / Emergency Situations	1.5 Explain how to mitigate these hazards, including the use of appropriate clothing, weather forecasting, route planning, basic shelter building, emergency communication and fires.	Outside/ Garage	PSEC
7:30 pm	Helium Sticks	5.4 Increase resiliency through perseverance in real world learning contexts.	Garage	PSEC
7:45 pm	Fire Lighting Competition	1.5 Explain how to mitigate these hazards, including the use of appropriate clothing, weather forecasting, route planning, basic shelter building, emergency communication and fires	Fire Pit	PSEC
9:00 pm	Campfire - Reflections		Fire Pit	Teacher

## Day 2 – Immersion at MARMOT BASIN – COLD WEATHER VERSION

Time	Activity	S.L.O.	Location	Staff
	Be packed and ready to go before breakfast	4.7 Demonstrate effective management of group and personal equipment (selection, use and care).		
<b>8:00 am</b>	<b>Breakfast and bag lunch</b>		<b>Bunkhouse</b>	<b>Teacher</b>
9:00 am	Avalanche Awareness Presentation Part I	1.1 Display recognition of potential terrain hazards methods of avoidance. 1.4 Demonstrate basic hazard awareness (hypothermia, frostbite, getting lost, etc.)	Garage	PSEC
11:00	Depart Palisades for Marmot Basin		35 min drive	Teacher
11:45 am	Marmot Ski Hill: Rentals, Group Meeting and directions/logistics to new MLC Arranged by Teacher	4.7 Demonstrate effective management of group and personal equipment (selection, use and care).	MBSR- ski shop 1 PSEC 1GYPSD	Teacher
<b>12:00 pm</b>	<b>Lunch at MLC – Packed Lunch</b>		<b>MLC</b>	<b>Teacher</b>

2:00 pm	Movement in Snow: Skiing and Snowboarding Skill Development	4.5 Demonstrate basic winter travel skills, (turning, stopping, group management), while snowshoeing, downhill and cross country skiing.	Marmot Basin	Teacher
4:00 pm	On bus by 4 pm - Lifts close at 4:00 pm Bus departs at 4:10 pm	4.7 Demonstrate effective management of group and personal equipment (selection, use and care).	Marmot Basin parking lot	Teacher
5:00 pm	Arrive at Palisades, gear management	4.7 Demonstrate effective management of group and personal equipment (selection, use and care).	Palisades Center	PSEC
5:15 pm	Arrive Palisades, gear management Journal – Healthy Living	5.1 Understand and explain the value of healthy living through independent outdoor activities.	Garage	GYPSD teacher, PSEC
5:40 pm	Sign out avalanche backpacks, gear	4.7 Demonstrate effective management of group and personal equipment (selection, use and care).	Midden	SR
<b>6:00 pm</b>	<b>Dinner</b>		<b>Bunkhouse</b>	<b>Teacher</b>
6:45 pm	Outdoor Experience Resume / Pre-trip		Garage	PSEC
7:00 pm	Winter Travel Pictionary Recreation Evolution	3.1 Examine the local historical evolution of mountain recreation to present day.	Garage	PSEC
8:00 pm	Navigation Technology – GPS The Science of Snow Flakes – It's OK to be Smart.	4.3 Demonstrate digital and technological fluency through the use of transceivers, GPS units and online resource tools.	Outside/ Garage	PSEC
9:00 pm	Fire or Student Free Time - Teacher's Discretion	5.6 Communicate an appreciation for wilderness and interdependence.	Fire Pit	Teachers

### Day 3 – Immersion at MARMOT BASIN

Time	Activity	S.L.O.	Location	Staff
<b>8:00 am</b>	<b>Breakfast and pack bag lunch</b>		<b>Bunkhouse</b>	<b>Teacher</b>

8:25 am	Depart for Marmot Basin Ski Hill <b>Bring avalanche packs!</b>	4.1 Display responsible active participation; leadership, followership and collaborative skills	Marmot Basin	Teacher
9:00 am	Movement in Snow: Skiing and Snowboarding Skill Development (no lesson)	4.5 Demonstrate basic winter travel skills, (turning, stopping, group management), while snowshoeing, downhill and cross country skiing.	Marmot Basin	Teacher
10:00 am	Meet at Marmot Learning Center (at mid-mountain)	5.7 Appropriately and ethically display an appreciation for mountain recreation as a lifetime pursuit.	MLC	PSEC
10:15 am	Avalanche Awareness Part II	1.3 Critically assess hazards and worst case scenarios. 1.4 Demonstrate basic hazard awareness (hypothermia, frostbite, getting lost, etc.)	MBSR	PSEC
11:00 am	Avalanche Awareness Part II (continued) Beacon Basin Activity	1.2. Identify strategies of viable risk mitigation. 4.4 Display familiarity with basic snow safety equipment (transceiver, shovel, and probe). 4.3 Demonstrate digital and technological fluency through the use of transceivers, GPS units and online resource tools.	Beacon Basin, Ski Hill Areas	PSEC
12:00 pm	<b>Lunch (bag lunch from PSEC)</b>		MLC	Teacher
1:00 pm	Ski Patrol - Job Shadow, Ski Resort Industry	4.6 Demonstrate awareness of basic Ski Patrol rescue, safety equipment, and resources (weather station, Avalauncher, first aid station and emergency response sled).	Ski Patrol room	PSEC
3:30 pm	Movement in Snow: Skiing and Snowboarding Skill Development	4.5 Demonstrate basic winter travel skills, (turning, stopping, group management), while snowshoeing, downhill and cross country skiing.	Marmot Basin	Teacher
4:00 pm	Return rentals Meet at Bus Depart Marmot by 4:10 pm	4.1 Display responsible active participation; leadership, followership and collaborative skills 4.7 Demonstrate effective management of group and personal equipment (selection, use and care).	Marmot Basin Parking Lot	Teacher, PSEC
5:00 pm	Arrive at Palisades, gear management	4.7 Demonstrate effective management of group and personal equipment (selection, use and care).	Palisades	PSEC
5:15 pm	Trip Planning - snowshoe trip, avalanche scenario, survival skills	4.2 Display familiarity with basic winter trip planning tools (route cards, elevation profiles).	Garage	PSEC
<b>6:00 pm</b>	<b>Dinner</b>		<b>Bunkhouse</b>	<b>Teacher</b>

6:45 pm	Ecological Integrity and Winter Recreation: mini-debate PPT Species at Risk (shortened) as intro	2.6 Justify opinions about winter travel and ecological integrity in a clear and logical way considering the impact on others.	Garage	PSEC
7:30 pm	Decision Making: The Human Factor Cherry Bowl case study	1.3 Critically assess hazards and worst case scenarios. 4.1 Display responsible active participation; leadership, followership and collaborative skills	Garage	PSEC
8:15 pm	Review preparations for Field Trip	4.1 Display responsible active participation; leadership, followership and collaborative skills.	Garage	PSEC
8:30 pm	Wrap-Up: Sardines Transceiver Game (if time allows)	4.1 Display responsible active participation; leadership, followership and collaborative skills. 4.3 Demonstrate digital and technological fluency through the use of transceivers, GPS units and online resource tools.	Grounds	PSEC
9:00 pm	Fire or Student Free Time - Teacher's Discretion	5.6 Communicate an appreciation for wilderness and interdependence.	Fire Pit	Teachers

## Day 4 – Immersion in the Park

Time	Activity	S.L.O.	Location	Staff
Before 8 am	Move out of rooms, clean up Pack bus with all gear	4.7 Demonstrate effective management of group and personal equipment (selection, use and care).	Den & Bus	Teacher
<b>8:00 am</b>	<b>Breakfast and pack a lunch</b>		<b>Bunkhouse</b>	<b>Teacher</b>
9:00 am	Pre-Trip Briefing Back country closures for safety Back country closures for ecology	4.2 Display familiarity with basic winter trip planning tools (route cards, elevation profiles).	Garage	PSEC
9:30 am	Depart Palisades for Maligne Lake trailhead	4.1 Display responsible active participation; leadership, followership and collaborative skills.	PSEC	
10:30 am	Maligne Trip Trailhead- overview for day and workbooks	4.5 Demonstrate basic winter travel skills, (turning, stopping, group management), while snowshoeing, downhill and cross country skiing.	Trailhead	
10:45 am – 2:15 pm	Weather questions – Journal Navigation questions - Journal	1.5 Explain how to mitigate these hazards, including the use of appropriate clothing, weather forecasting, route planning, basic shelter building, emergency communication and fires.	Maligne Lake	
	Physical Literacy Snowshoe games	5.3 Reflect on the acquisition of lifelong physical literacy skills such as snowshoeing, downhill and cross country skiing	Mary Schaeffer Loop	
	<b>Lunch (packed from PSEC)</b>		Mary Schaeffer	
	Emergency scenarios – Leadership, Avalanche Scenario, Cold-related injuries, Hypothermia Wrap	1.3 Critically assess hazards and worst case scenarios. (4.1) Display responsible active participation; leadership, followership and collaborative skills. 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).	Mary Schaeffer Loop	
	Need and value of physical, emotional, mental competency	5.2 Communicate an understanding of the need and value of developing physical, emotional and mental competency.	Mary Schaeffer Loop	
	Solo Course closing ceremony: Thank you's, gear management	5.3 Reflect on the acquisition of lifelong physical literacy skills such as snowshoeing, downhill and cross country skiing. 4.7 Demonstrate effective management of group and personal equipment (selection, use and care).	Mary Schaeffer Loop & Parking Lot	
2:30 pm	Depart Maligne Lake, driving convoy		Maligne Lake, bus	Teacher

## 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