

COURSE DESCRIPTION

Theoretical and applied principles required to understand and demonstrate competency in a variety of outdoor adventure pursuits will be presented and practiced. Through self-propelled outdoor adventure pursuits, such as canoeing, climbing and hiking, students will experience natural and cultural aspects of local areas that are relevant to the settings in which these pursuits take place. Outdoor activity fees are required. ORCKA Basic Canoeing Level 1 and a Safe Canoeing Certificate are offered during the canoe trip.

REQUIRED TEXT BOOKS:

None required. Readings will be assigned in class and distributed on Blackboard.

COURSE DELIVERY:

The course content may be presented through a blend of instructional methods, including lecture, Internet, discussion, independent study, audio/video conferencing and videotape.

COURSE COMPETENCIES AND LEARNING OBJECTIVES:

- 1. Experience a multi-day canoe expedition.**
 - 1.1. Participate fully in the canoe expedition.
 - 1.2. Discuss best practices for canoe tripping.
 - 1.3. Identify strengths, skills and areas for growth in developing outdoor ability in self and others.
- 2. Earn certification for demonstrated canoe skills.**
 - 2.1. Complete the ORCKA Basic Canoeing Level 1 and the Safe Canoeing Certifications course.
 - 2.2. Review canoe strokes commonly used.
 - 2.3. Retrieve a swamped canoe.
 - 2.4. Demonstrate canoe over canoe rescue.
 - 2.5. Demonstrate line toss and rescue.
- 3. Experience various forms of outdoor adventure.**
 - 3.1. Practice responsible habits that promote the health and safety of self and others.
 - 3.2. Demonstrate positive attitude and necessary skills for travelling well in the outdoors.
- 4. Examine risk management concepts and implementation in the field.**
 - 4.1. Execute risk assessment for various outdoor activities.
 - 4.2. Understand search and rescue techniques.
 - 4.3. Demonstrate ability to use emergency communication devices.

5. Understand Leave No Trace Principles.

- 5.1. Research principles of Leave No Trace outdoor ethics.
- 5.2. Discuss the principles of Leave No Trace in relation to the local environment.

6. Demonstrate a basic understanding and knowledge of outdoor techniques.

- 6.1. Practice fire building skills, including with flint and steel.
- 6.2. Conceive and execute an outdoor meal.
- 6.3. Use and repair various camp stoves.
- 6.4. Set up an effective rain tarp.
- 6.5. Set up various tents.
- 6.6. Discuss personal and camp hygiene.
- 6.7. Forecast local weather through observation of the sky.

PROGRAM OUTCOMES LINKED TO COMPETENCIES:

1. Ensure a high degree of visitor satisfaction by providing customer service in a professional manner, both individually and as part of a team.
2. Perform effectively, individually or as a team member committed to the successful operation of a tourism organization or enterprise.
3. Enhance industry and leadership skills for tourism industry sectors and apply creative and critical thinking techniques towards tourism operations.
4. Contribute towards sustainable growth of the Canadian tourism product, within a global context, in order to meet the needs of domestic and international market.
5. Apply the principles of risk management to the operations of a tourism organization.

ESSENTIAL EMPLOYABILITY SKILLS:

1. Communicate clearly, concisely and correctly in the written, spoken and visual form that fulfills the purpose and meets the needs of the audience.
2. Respond to written, spoken, or visual messages in a manner that ensures effective communication.
3. Execute mathematical operations accurately.
4. Apply a systematic approach to solve problems.
5. Use a variety of thinking skills to anticipate and solve problems.
6. Analyze, evaluate, and apply information from a variety of sources.
7. Show respect for the diverse opinions and contributions of others.

8. Interact with others in groups or teams in ways that contribute to effective working relationships and the achievement of goals.
9. Manage the use of time and other resources to complete projects.
10. Take responsibility for one's own actions, decisions, and consequences.

GENERAL EDUCATION THEMES:

N/A

ABORIGINAL LEARNING OUTCOME(S):

STUDENT ASSESSMENTS:

- Learning Logs.....15%**
 Linked to essential employability skills 1-10
 Linked to competencies 1 & 6
- Projects (2):.....45%**
 Linked to essential employability skills 1-10
 Linked to competencies 3-6
- Activities:20%**
 Linked to essential employability skills 1-10
 Linked to competencies 1-6
- Certificates (2):20%**
 Linked to essential employability skills 1-10
 Linked to competencies 2
- Total:.....100%**

COLLEGE TEST AND ASSIGNMENT POLICY:

All assignments are due on the assigned date. Any assignments received after that time will not be accepted.

Students are to write tests and quizzes on the dates assigned and within the timelines specified by the professor.

Exceptions shall only be made at the discretion of the professor in an extraordinary circumstance or in an emergency. The professor may request medical certificates or appropriate documentation from the student at the student's expense. Any early departure at the semester's end, March Break, or scheduled vacation on the part of the student during the program's academic semester will not be considered as an extraordinary circumstance.

NOTICE TO ALL STUDENTS: We urge you to retain this course outline for future reference. There is a charge for additional copies.

The policies are meant to maintain consistent, clear, and appropriate adult expectations for all students, thus creating an environment of fairness and integrity in a post-secondary educational institution.

Note: Plagiarism is a serious academic offence and will result in a failing grade for the assignment and the possible expulsion from the program. The professor maintains the right to uphold this policy or to allow the student to submit a new assignment with an academic penalty at the professor's discretion.

PRIOR LEARNING ASSESSMENT:

This course is available for challenge or assessment through Prior Learning Assessment and Recognition (PLAR). Please contact the Program Coordinator for more information or look for PLAR on the College website at <http://www.confederationc.on.ca/plar/>

SERVICES FOR STUDENTS WITH DISABILITIES:

If you are a student with a disability who may require academic accommodation, it is your responsibility to register with the Learning Centre (room 153 of the Shuniah Building) or call (807) 475-6618 and discuss your needs with your faculty early in the semester. It is strongly recommended that students contact the Learning Centre as early as possible in order to ensure that accommodations can be put in place in a timely manner.

GRADING				
A	B	C	D	F
100-80%	79.9-70%	69.9-60%	59.9-50%	Less than 50%

Faculty Contact Giannina Veltri

Dean Signature 

Approved for use in academic semester(s) 2015/2016

Outdoor Activities PAD40

Course Outline



1. COURSE DESCRIPTION

This is a Physical and Health Education course with a focus on participation in self-propelled outdoor activities that encourage lifelong fitness and enjoyment. Students will develop movement and practical outdoor skills while demonstrating responsibility and safety, effective decision-making and social skills to work effectively in groups. Good trip planning, First Aid, ethical considerations and leadership are core components, as students execute a safe culminating canoe trip. Activities such as hiking, camping, archery, cross-country skiing, snowshoeing, orienteering and geocaching will be also be introduced.

Successful students will earn ORCKA Canoe Tripping Level 1 certification.

2. COMPETENCIES TO DEVELOP

Successful students will:

- Participate fully, with safe and responsible habits and a positive attitude in learning activities, day trips and multi-day trips
- Demonstrate adventure expedition skills such as:
 - Trip planning and navigating
 - Assessing and managing risk
 - People skills
 - Camp craft
 - Leave no Trace habits
 - Self-propelled Movement and Functional Fitness
- Maintain a detailed activity journal.
- Maintain a binder of complete reference and theory notes

3. STUDENT EXPECTATIONS AND SAFETY

All students will be expected to follow the Fort Frances High School Student Code of Conduct (muskie.rrdsb.com/students) while participating in this course (both at school and off-site).

Safety during all activities and excursions are of the utmost importance. Any student who, in the teacher's opinion, disregards safety towards self or others will be removed from the course.

Outdoor Activities students are required to give their best effort in every aspect of the course. Student effort must be focused to get maximum personal benefit while making every possible effort to contribute to the learning of every other class member and supervising teachers. Teamwork, leadership, and a positive attitude are integral characteristics for students to demonstrate to create a safe and fun Outdoor Activities course.

Students must complete compulsory theory and skill work in order to be eligible to fully participate in all course activities and excursions. Some activities may cause students to miss other classes. Students must diligently attend ALL classes and complete coursework in order to be eligible to attend all activities and excursions. Behavioural, academic or attendance issues may cause a student to miss important course activities, which will affect the student's level of achievement.

Other rules/expectations:

- Students must travel to and from an off-site activity with the class using school transportation.
- Students must pass a swim test in order to participate in water related activities.
- Students who are not prepared or are late for an activity must check in at the office and spend the period in the guided study room (Rm 106).
- Smoking is not permitted at any off-site location.
- Certain lessons are **mandatory**. Because of safety precautions, students who miss certain training may forfeit their right to participate in excursions/activities.
- Students are responsible to provide their own personal clothing and some group & personal equipment for certain activities (see back page of this outline)

All course activities and excursions will be planned based on available, qualified supervisors as per OPHEA safety guidelines and RRDSB policy

4. EVALUATION

TERM	Topic		%
	Fitness Building and Outdoor Exercise 8%	Baseline February March April May	1 1 2 2 2
	Camp Craft 15%	<u>Practical Tests</u> Knots Fire Stoves <u>Assessment Rubrics</u> Shelters Food and Water Hygiene and LNT Packing, Gear and Clothing	2 2 2 2 2 3 2
	Expedition Skills 25%	<u>Practical Tests</u> Paddling skills Portaging Rescues Communication <u>Practical/Theory Test</u> Navigation <u>Assignment/Practical Application</u> Risk management Weather Trip Plan	4 2 3 2 5 5 1 3
	People Skills 7%	Participation in assigned roles Leadership roles	5 2
	Experience Building 20%	Day trips Overnight trips Multi-day trip	4 4 12
FINAL 25%		Skills Video Activity Journal	10 15

Credit may not be granted if the student:

1. Misses more than one trip.
2. Is absent from the culminating trip.
3. In any way jeopardizes the safety of others or themselves.

5. EQUIPMENT

Students are expected to provide the following pieces of equipment:

- o Backpack (approx. 30L capacity)
- o Nalgene or similarly durable water bottle(s) 2L capacity
- o Rain gear (top and bottom)
- o Sleeping bag
- o Appropriate footwear (running shoes, trail shoes/boots, snow boots)
- o Appropriate winter clothing

Students pay for the following piece of equipment sourced by the instructor:

- o Waterproof personal journal

Special or extra activities may incur an extra cost to students.

Outdoor Education Journal and Portfolio

15% of Final Evaluation

JOURNAL

Your journal will be a personal account of your experiences in this class. It will be an item that you will treasure for a lifetime with the power to elicit fond memories and smiles long into the future. It is water resistant, sturdy enough to bring on all outings and large enough to write a detailed account of all trips and outdoor activities.

You may personalize your journal with a **distinctive cover** and **add a folder inside for trip maps**.

Inside, your journal **must** contain:

- A detailed description of **each field trip**
- Each entry must be **dated** and the description should include details about **planning** for the trip, **objectives** of the trip, **risk assessment and management** appropriate to the circumstances, **date, location, weather conditions, companions** (classmates and group members), **travel conditions, mode and distance**, description of **forest, campsites, wildlife** sightings and signs of wildlife you observed, also, the **shelter(s)** and anything else you can think of.
- Describe your **personal feelings** during each of the experiences (sense of accomplishment, fear, joy, frustration etc).
- Also include your **opinions** on how the class is working together, how your group members interacted and worked together and solutions to work more co-operatively and effectively if needed.
- You may also include your thought on the **value** of each experience and how to **improve** it in the future.
- Try to include **pictures, quotes, cartoons, maps, sketches, and sayings that sum up the experience**.
- On occasion you will be asked to enter responses into your journal as part of a classroom exercise.

<p>-1 Liability <i>Putting group success at risk.</i></p> <p><i>Leaving group work and personal work to others.</i></p> <p><i>Creating unnecessary work for others.</i></p>	<p>0 Dead Weight <i>Taking unfair advantage of energy from the group.</i></p> <p><i>Leaving group work to others.</i></p>	<p>2 Helpful <i>Contributing fairly to group success so long as there are no challenges with group dynamics or situation.</i></p>	<p>3 Competent <i>Ensuring group success by preventing or resolving group dynamics challenges. Dealing with situation challenges such as time, equipment, weather or terrain issues.</i></p>	<p>4 Innovative <i>Improving upon equipment or inventing an arrangement or process which exceeds the usual standard and contributes to everyone's health and safety, comfort, or LNT principles.</i></p>
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Canoe Tripping Level 1A

SAFETY

General

All safety exercises will be completed with participants wearing an approved PFD.

Retrieving a Swamped Loaded Canoe

The two canoeists will swamp or tip their loaded canoe at a distance of 25 to 50 metres from shore. The canoeists will then bring their canoe to shore by either swimming and towing/pushing or climbing in and paddling. Once at shore the canoeists will empty the canoe using either a shallow water or shore based technique. The procedure is not complete until all equipment from the loaded canoe has been retrieved and reloaded into the canoe.

Communications

The candidate will demonstrate knowledge of and will practice appropriate communication signals within the group while on the canoe trip. These may be voice, whistle, hand, and/or paddle signals, decided upon by the group.

Personal and Camp Hygiene

The candidate will demonstrate knowledge of and will practice appropriate techniques to ensure that camp hygiene is maintained at the highest standard. They must understand the particular importance of preventing sickness and infections from food or body injury while in a tripping setting removed from immediate definitive emergency or medical support. Areas of concern include the storage of food and preparations of meals and eliminating cross contamination for both allergy and bacteria growth. The proper techniques for personal and kitchen equipment ablations and the relationship of cleanliness to good health must be understood.

SKILLS

Canoeing

- (a) The canoeist will demonstrate the canoeing skills of ORCKA Basic Canoeing Level
- (b) The canoeist will show how to properly load and unload a canoe with the canoe tripping gear, at a rocky shore and a beach. The canoeists should then board the canoe. The canoe should be properly trimmed; if it is not, the load should be adjusted to accomplish this. This is a Canoe Tripping Level 1A item if two separate Courses are being done.
- (c) The canoeist must show an ability to control the canoe in moderately rough water, when in the stern position. The canoeist must also demonstrate an understanding of the importance of adjusting weight for paddling upwind, downwind, and crosswind. The canoeist must demonstrate an awareness of personal skill limitations and good judgement with respect to travel in rough water.

Packing

The candidate will demonstrate a basic knowledge of several acceptable methods of packing of food, sleeping bags, tent, personal effects, etc., using combinations of packsacks, knapsacks, wainigans, barrels, tumpline and rolls. In each case the means of effective waterproofing and at least some buoyancy promotion must be demonstrated. These methods must then be related to canoe loading, securing or not securing packs to the canoe, portaging, and the retrieving of an upset canoe that was loaded with the tripping gear.

Campsites and Shelters

- (a) The candidate will describe the essential and desirable attributes of a good campsite.
- (b) The candidate will demonstrate the ability to "pitch" several types of tents. He/she will also demonstrate how to erect a kitchen tap.
- (c) The candidate will describe the essential safety aspects of selecting, preparing, maintaining and vacating a wilderness campsite. This should include but not be limited to the presence of natural hazards such as standing dead trees, overhanging branches, quickly rising water levels, severe winds, lightning, flora and fauna. The danger of smouldering ground fire from stoves, open fire pits and smoking plus the methods and procedures undertaken to prevent such occurrences must be fully understood.

Fires and Stoves

- (a) The candidate will describe various methods of setting up a cooking and baking fire and carefully demonstrate one such method.
- (b) The candidate should be familiar with the operation of several types of stoves suitable for canoe tripping and have practice in their operation.
- (c) The candidate should be able to describe the advantages and disadvantages of the use of stoves and fires, considering safety and environmental impact.

Knots

The candidate will demonstrate the tying of each of the following knots and hitches:

- (a) Stoppers
 - 1) overhand (thumb knot),
 - 2) figure-eight knot
- (b) Loops
 - 1) bowline
- (c) Hitches
 - 1) Half hitches (single, double, slipped)
 - 2) Clove hitch
 - 3) Tucker's hitch
- (d) Bends
 - 1) Reef (square knot)
 - 2) Figure eight bend

He/she must also be able to demonstrate where each may be used.

Portaging

The candidates must portage their canoe and camping gear a distance of at least 200 metres. This may be done in one or two trips through the portage. The canoe may be portaged tandem. This distance should be decreased to 100 metres for Canoe Tripping Level 1A. These are minimum distances; the actual distances will depend upon the canoe trip route.

Canoe Trip

The candidates must participate in an overnight canoe trip. Each person should (as much as is possible and practical) put into practice the safety, skills and theory material presented in the Course.

THEORY

Canoeing Heritage

The candidate will demonstrate an introductory knowledge of both the diverse roles of the canoe in the Canadian heritage and the evolution of recreational canoe tripping.

Canoe Tripping Gear

The candidate should be aware of all the group gear necessary for a 5 day wilderness canoe trip and explain why the various items are included. He/she should also be able to describe the characteristics of quality canoe tripping gear.

Clothing and Personal Effects

The candidate must be aware of appropriate clothing to be taken on various types of trips, taking into account the possible extreme changes in temperature, the likelihood of heavy and extended rain, wind, and buggy conditions. The candidate should be able to justify all other personal effects, including toilet articles (soaps, etc.), flashlight, knife, whistle, compass, etc.

Environmental Practices and Concerns

The candidate will be familiar with the concept of no trace camping, including knowledge of the "active" layer of soil, proper "toilet", cooking fire, disposal of grey water and garbage procedures. They should be aware of the effects of hazardous industries on our waterways and of current concerns of the canoeing community with regard to public issues involved in wilderness preservation, public access, and travel.



**ORCKA
CANOEING
PROGRAM**

**CANOE TRIPPING
Level 1 B**

participant's name, mailing address
& e-mail address

	SAFETY				SKILLS						THEORY				Award Granted to Participant
	Canoe Over Canoe Rescue	Self Rescue	Line Toss & Rescue		Canoeing	Food & Menu Planning	Navigation	Fires & Stoves	Portaging	Canoe Trip	Canoe Design & Construction	Trip Planning	Tools & Repair Kits	Weather Interpretation	

Organisation	
Instructor(s)	
Course date(s)	

PLEASE SEND THIS COMPLETED TEST SHEET TO:

Ontario Recreational Canoeing and Kayaking Association
3 Concorde Gate Suite 209
Toronto ON M3C 3N7

Phone: 416-426-7016 Fax: 416- 426-7363 E-mail: info@orcka.ca Web site: www.orcka.ca

Canoe Tripping Level 1 B

SAFETY

General

All safety exercises will be completed with participants wearing an approved PFD.

Canoe over Canoe Rescue

The two canoeists in the rescue canoe will approach a swamped or overturned canoe, with two conscious victims in the water, and complete a canoe over canoe rescue (the rescue includes getting the victims back into their canoe). The rescue should be performed with moderate ease and efficiency. Emphasis must be placed on the safety of all individuals involved in the rescue.

Self Rescue

The two canoeists will swamp or tip their loaded canoe at a distance of 25 to 50 metres from shore. The canoe should be emptied or partially emptied of water so that the canoeists can re-enter the canoe and paddle it to shore.

Line Toss and Rescue

Using a victim (target) floating 10 to 15 metres from shore, the rescuer will throw a safety line from the shore to the victim and bring the victim safely onto the shore. The rescuer should be successful in "biting" the victim (target) with the line in at least 2 of 3 attempts.

SKILLS

Canoeing

(a) The canoeist will demonstrate the canoeing skills of ORCKA Basic Canoeing Level
(b) The canoeist will show how to properly load and unload a canoe with the canoe tripping gear, at a rocky shore and a beach. The canoeists should then board the canoe. The canoe should be properly trimmed; if it is not, the load should be adjusted to accomplish this. This is a Canoe Tripping Level 1A item if two separate Courses are being done.

(c) The canoeist must show an ability to control the canoe in moderately rough water, when in the stern position. The canoeist must also demonstrate an understanding of the importance of adjusting weight for paddling upwind, downwind, and crosswind. The canoeist must demonstrate an awareness of personal skill limitations and good judgement with respect to travel in rough water.

Food and Menu Planning

(a) The candidate will show a good basic knowledge of appropriate and interesting trip foods. He/she must also discuss the importance of good nutrition for canoe tripping and know how to translate nutritional needs into suitable camping menus considering the following: kilojoules needs, portability, cost, taste, variety, ease of preparation, food allergies, and food preparation.

(b) The candidate will show a basic knowledge of various methods for preserving perishable food items for canoe tripping.

(c) All candidates will assist in the meal preparations on the canoe trip.

Navigation

This is an introduction into the use of maps and compass. Maps will include formats most likely to be used by the public. This is including but not exclusive to park maps, canoe route maps and topographic maps. The candidate will demonstrate a basic knowledge of map symbols. He/she will also demonstrate an ability to orient the map to a chosen direction of travel. The candidate must be able to pinpoint his/her location on the map during the canoe trip, several times using the Universal Transverse Mercator (UTM) or degrees/minutes/seconds markings on topographical maps. He/she will be familiar with the parts of a compass and its use. He/she must also take compass bearings from the map and relate these to the field.

Fires and Stoves

(a) The candidate will describe various methods of setting up a cooking and baking fire and carefully demonstrate one such method.

(b) The candidate should be familiar with the operation of several types of stoves suitable for canoe tripping and have practice in their operation.

(c) The candidate should be able to describe the advantages and disadvantages of the use of stoves and fires, considering safety and environmental impact.

Portaging

The candidates must portage their canoe and camping gear a distance of at least 200 metres. This may be done in one or two trips through the portage. The canoe may be portaged tandem. This distance should be decreased to 100 metres for Canoe Tripping Level 1A. These are minimum distances; the actual distances will depend upon the canoe trip route.

Canoe Trip

The candidates must participate in an overnight canoe trip. Each person should (as much as is possible and practical) put into practice the safety, skills and theory material presented in the Course.

THEORY

Canoe Design and Construction

The candidate should know the advantages and disadvantages of various canoe designs that may be used in a canoe tripping context. He/she should be familiar with different construction methods and materials used in the manufacture of tripping canoes.

Trip Planning

The candidate must have sufficient skill and knowledge to participate in the planning of a 5 day canoe trip of his/her own. This would include such things as: why, where, when, who, what, and how. The canoe trip that is part of the Course will serve as a model in this exercise.

Tools and Repair Kits

(a) The candidate will demonstrate the safe and appropriate use of knife, saw and axe if these items are included in the tripping gear; if not, a description will suffice.

(b) The candidate will itemise and explain the contents of a repair kit for canoe tripping equipment and gear, noting the possible role of each item.

Weather Interpretation

The candidate will be aware of the influence of wind, rain, and lightning on trip procedures. He/she should be familiar with at least 4 items of traditional weather lore useful to canoe trippers.

Environmental Practices and Concerns

The candidate will be familiar with the concept of no trace camping, including knowledge of the "active" layer of soil, proper "toilet", cooking fire, disposal of grey water and garbage procedures. They should be aware of the effects of hazardous industries on our waterways and of current concerns of the canoeing community with regard to public issues involved in wilderness preservation, public access, and travel.

Canoeing Resources

The candidate should be aware of the Ontario Recreational Canoeing and Kayaking Association, other provincial, national and international canoeing associations, provincial and national parks, conservation authorities, canoeing schools, canoeing clubs, outfitters, books, magazines and films/videos and internet websites which pertain to canoeing.

OdA Self Screening/Baseline

If you take Outdoor Activities you need to organize your other classes, extra-curriculars and jobs around the trips, certifications and skills lessons required for the course.

You also need to be

- fit and healthy enough to participate in the activities
- committed to excellent attendance
- reliable in bringing the necessary gear
- willing to be challenged and uncomfortable
- willing to spend nights away from home

Please check each of the above points to show you have read them.

1. Why do you want to take or continue taking Outdoor Activities?

2. a) Outdoor class requires a lot of pre-trip skills work, pre-trip planning and theory in order for trips to run safely and be enjoyable. Do you commit to excellent attendance and being on time for class? (circle one)

YES

NO

b) Are you registered to take a CO-OP course in the same semester?

YES

NO

3. a) On a scale of 1 to 4, circle your overall level of physical activity outside of a gym class*

1	2	3	4
Couch potato. Exercise hurts, so I avoid it.	I do daily tasks- walk to school (less than 20 min daily) but I would find more difficult	I am involved in recreational activities or am fairly active. I do one hour of physical activity outside of school 3x/ week.	A fitness fiend. I am very active. I plan and do workouts on my own.

4. List any previous outdoor recreation experience, skills and certifications you have (from family trips, cadets, summer camps, etc)

5. What sort of attendance trend does your record show from this past year? Please explain. (Circle one, or write a more appropriate one)

Present every day

Present every day, but skip certain classes occasionally (1 day/month)

Present every day, but skip certain classes frequently (more than 1 day/month)

Absent 1-2 days every month

Absent about 1 day every week

Absent 1-2 days every week

Or _____

Reasons for absences: _____

6. What activity or skills are you most excited about trying/mastering during Outdoor Activities?

7. Time management skills are of the utmost importance when it comes to Outdoor Activities. Please tell me what techniques you use to deal with the regular school work you will miss as a result of your participation in the Outdoor course. Also, list two teachers, with their names who have witnessed your skills. (I will approach them to verify with their signature).

Teacher 1: Name _____ Signature _____

Teacher 2: Name _____ Signature _____

8. Is there anything else that you should take into consideration that makes this course a good idea for you?