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### Westmount Outdoors Club

This year Westmount Charter School is excited to start an outdoors club which will initially be geared towards providing students with opportunities to get involved in the sport of kayaking, hiking and cross country skiing. The opportunities will be targeted towards students in grades 6-12. Kayaking is only offered to students in grades 8-12 as the pool we use has age restrictions (I am working on getting the pool to lower the age so grade 6-7 students can sign up and I will let them know if it changes).

Each component will be limited to 12 members. Priority will go to students who are not a member of another component and then to students who wish to sign up for more than one. These students need to pick their first, second and third choice.

Each of the three activities will be run as a separate component. Students can sign up for one or more of the components. Each component costs \$30. Permission forms and fees will be sent out/collected in the next couple of weeks to students who sign up for each component.

### Kayaking Rationale:

Kayaking will be introduced via the policy, procedure and structure established by the Alberta Whitewater Association (the provincial sport governing body: [www.albertawhitewater.ca](http://www.albertawhitewater.ca)). In addition, the program will start with experiences in the controlled setting of the University of Calgary pool using resources provided by the U of C Outdoor Center and progress to sections of the Bow River in Calgary and near Cochrane.

Kayaking is a safe, healthy lifelong activity. There are many benefits to a kayak program and an Outdoors Club at our school. These benefits will include the following learner outcomes:

- Water safety education
- Respect for the environment
- Leadership
- Organizational skills
- Fitness
- Mental Toughness

**It is not an “extreme sport.”** There is that aspect to it as there is with many activities (Downhill skiing can be done on Bunny Hills to Double Black Diamonds to Back Country Expeditions) but that is not the direction or purpose of the Westmount Outdoors Club. It is geared towards teaching the fundamental skills of water safety and basic paddling development. All locations where students will be taken are approved and used by the Alberta Whitewater Association as well as other organizations for teaching introductory level courses.

**Expectations:** As this program will be taking students into an Outdoor Setting it will be necessary for students to behave in a safe, respectful manner 100% of the time. Any problems will result in student’s membership in the club ending. It is also an expectation that parents will assist with transportation to the river. Students will be required to find their own way to the pool sessions as they take place on weekends.

Students must be able to commit to taking part in all components. Depending on how many students sign up there may be a number of options for students to complete the 3 pool sessions.

**Phases:** Students will receive 7 experiences in the kayaking module (1 lecture/3 pool sessions/3 river sessions).

Winter Lecture/Pool Sessions: Students must attend a lunch hour lecture at the school and a minimum of 3 pool sessions at the U of C pool in order to move on to the river in the Spring. These sessions will take place Friday Evenings 8:30 -10pm. They will be Basic Stroke, Stroke Improvement and Intro to Rolling classes.

Spring River Sessions: Students will attend 1 intro to moving water session at Bowness Eddies in Bowness Park where they would learn the basics of river safety, ferrying and eddie turns and continue to develop basic strokes. Followed by another session where we will paddle from Bowness Eddies to Edworthy Park (all class 1: Slow moving, flat, minimal hazards/maneuvering required). These sessions will take place immediately after school. Parents will be required to assist with transportation of students/equipment.

The club will culminate with a trip on the Bow River from below the Ghost Dam to the Gas Plant on the 1A highway upstream of Cochrane (Class 2: small rapids, some maneuvering required).

**Dates:** Initially I have just set up three dates for the Sunday pool sessions. Depending on numbers there may be more options for students to complete the 3 pool sessions. (All Pool Sessions will take place at the UofC pool in the Kinesiology building). Dates may be subject to change if the pool changes their schedule (which has happened a few times).

Lunch hour lecture: Wednesday, November 25 (Mr. McMaster’s room)

Intro to Basic Strokes: Friday, November 27

Stroke Improvement: Friday, February 5

Into to Rolling: Friday, February 26  
Make Up Pool Sessions: TBA  
Spring River Sessions:TBA

**Equipment:**

Equipment will be provided at the pool sessions by the U of C Outdoor Center as part of the cost. For the river sessions in the spring I am still trying to find the best deal for equipment usage. It will be necessary for parents to help with transportation.

**Cost:** The cost for kayaking will be broken into a winter phase and a spring phase. The cost for the winter phase will be \$30 for the 3 pool sessions. There may be an additional Spring costs will be announced later as I'm looking at different options for equipment.

**Hiking Rationale:**

Hiking is also a safe, healthy lifelong activity that is perfectly matched to our home here in Calgary. There are many positive outcomes associated with teaching students the proper ways to plan and implement recreational hiking including:

- Mountain safety education
- Respect for the environment
- Leadership
- Organizational skills
- Fitness
- Mental Toughness

**Expectations:** As this program will be taking students into an outdoor setting it will be necessary for students to behave in a safe, respectful manner 100% of the time. Any problems will result in student's membership in the club ending. It is also an expectation that parents will assist with transportation to the hike location. And maybe even come along to help chaperone on hikes.

Students must be able to commit to taking part in all components and take on a personal fitness plan to help them be successful with the eventual hiking plan.

Phases: We will be taking part in three or more hiking experiences over the year. We will start easy and within the city limits and progress to more advanced and challenging hikes in the mountains.

**Dates:** At this point the dates for our hikes have not been set. They will be largely weather dependent with the easier more city based days over the next month and then in the spring once it has been deemed safe. Some Saturdays may be used for the day hikes to avoid missing school days and therefore incurring costs to the students.

**Equipment:** Equipment necessary will include appropriate footwear and clothing, a simple day pack and water bottle and a good attitude.

**Cost:** Each of the three components of the outdoors club will cost students \$30.00 to take part in. These costs will cover resources (guide books, maps, etc), some food and incidentals that may arise.

**Cross Country Skiing:**

Ski dates will be announced later as this component will be weather/condition dependant. Students who own their own equipment are welcome to use it (as long as it is in good working condition and appropriate size for them), the school has equipment which can be used for club members who do not have their own gear.

We are planning on holding some after school skis in the field, at Weaselhead Park, COP and a weekend day trip to Bragg Creek Nordic Center.

**Expectations:** As this program will be taking students into an outdoor setting it will be necessary for students to behave in a safe, respectful manner 100% of the time. Any problems will result in student’s membership in the club ending. It is also an expectation that parents will assist with transportation to the skiing location. And maybe even come along to help chaperone on skis.

**Cost:** Each of the three components of the outdoors club will cost students \$30.00 to take part in. These costs will cover resources (guide books, maps, etc), some food and incidentals that may arise.

**Staff:** The following teachers will be involved with the construction and implementation of the program.

Name:	Certification/qualifications:
David Manning	<ul style="list-style-type: none"> <li>• NCCP level 2: allows me to instruct/guide up to Class 4 whitewater.</li> <li>• Instructor Trainer Level 3: allows me to run courses and certify other instructors to teach on Class 1, 2, and 3 whitewater.</li> <li>• Trip Leader, River Rescue, Standard First Aid/CPR and Wilderness First Aid Certification.</li> <li>• Has been teaching/coaching/guiding Kayaking/Rafting for 12 years</li> </ul>
Chris Byron	<ul style="list-style-type: none"> <li>• Working towards NCCP Level 1 Whitewater Kayak Instructors Certification</li> <li>• ORCA level 3 moving water canoe instructor for over a decade (now expired)</li> <li>• CANSI level 1 x-country ski instructor</li> <li>• ski patrol and competed as such - won provincials in '87 or so</li> <li>• Guided special populations on ski, rock climbing</li> </ul>

	<p>and whitewater canoe trips from '85 to '89 (class 2)</p> <ul style="list-style-type: none"> <li>• Guided adults on multi-week trips (canoe/raft/hiking) in NWT, Yukon, Ontario, Alaska, Quebec from late 80s to '94 or '95 (Class 1 to 3/4)</li> <li>• Conducted outdoor experiential program at Westmount for 5 years</li> <li>• Current with first aid cert</li> <li>• Guided Open custody teenagers in winter and summer trips for Project D.A.R.E. Late 80s</li> <li>• Guided canoe trips for Project CANOE AND DARE for young teens on 5 day trips early 80s.</li> <li>• Undergrad in outdoor/experiential education from Lakehead</li> <li>• graduated Experiential Teaching program at Queen's U '91</li> <li>• Paddled C1 and kayak since mid 80s.</li> <li>• Mountain biked from early 80s (some competition)</li> </ul>
Murphy McMaster	<ul style="list-style-type: none"> <li>• Advanced Wilderness First Responder Certificate (2002)</li> <li>• Standard First Aid and CPR (2008)</li> <li>• 22 Years of hiking and camping experience</li> <li>• Completed as leader, two 60-day wilderness canoe trips on the west coast of BC</li> <li>• Extensive training in group facilitation and management</li> <li>• VHF Radio Certificate</li> <li>• CYA Coastal Navigation Certificate</li> <li>• NLS Swimming Certificate (2004)</li> </ul>

**Dates of meetings and trips and permission forms for each of the components will be sent out to the students who sign up for them.**