



ADVENTURE PROGRAM SAMPLE SCHEDULE AT SPL

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
AM		KAYAKING	CANOEING	RETURN FROM OUT-TRIP	BOG WALK/HIKE
PM	ARRIVAL (1PM) ADVENTURE ONE	HIGH ROPES/ZIPLINE	DEPART ON OUT-TRIP	ROCK CLIMBING	DEPARTURE
EVE	ORIENTEERING	TRIP PREPARATION	OUT-TRIP	CLOSING CEREMONY CAMPFIRE	

ADVENTURE ONE / LOW ROPES

Adventure One and the Low Ropes course are both physically and mentally challenging. The objectives behind the Adventure One activities are:

- To orient students to the Lodge;
- Introduce Instructors to the group and build trust;
- Establish behaviour and safety guide lines for the group;
- Initiate the group development process;
- Introduce concepts of Full Value contract and Challenge by Choice

BOG/NATURE WALK

The bog walk gives students an opportunity to learn more about the flora and fauna of coastal British Columbia and the unique species of Vancouver Island. In addition, students delve into the history of forest and bog succession. This activity includes nature appreciation, games and environmental education.

WILDERNESS/SURVIVAL SKILLS

During this program, the students learn the essence of wilderness survival while ensuring for personal and group comfort. This activity specifically focuses on living with the environment and teaches the students skills that they can use in the wilderness such as dealing with first aid requirements, building a fire and shelter, preparing signals to aid in being sighted and obtaining food and water. Our leaders teach the appropriate safety techniques for each of these elements to the students.



CANOE/KAYAK

The canoe or kayak programs focus on skill development and fun. The students will learn:

- How to wear a properly fitted PFD
- The parts of the canoe/kayak and the difference between different types of boats and the parts of the paddle;
- A progression of paddling strokes;
- Have sufficient time to paddle around and get the feel of the boat;
- Play games

OUT-TRIPS

A Strathcona out-trip provides an introductory and enjoyable wilderness experience with a focus on group strength. It is a medium for positive group development encouraged by the leader.

Participants should experience personal growth and development;

The trip gives the participants an opportunity to develop and put into practice minimum impact camping skills and learn new wilderness skills. The instructors encourage a discussion about no trace living and modern environment problems.

HIGH ROPES AND ZIPLINE

The High Ropes and zip Line are powerful and challenging activities built from logs, cables and ropes. Good communication and support is central for these activities. Participants on the High Ropes Course must be at least 12 years old (Grade 7) and participants on the Zip Line must be at least 6 years old.

ROCK CLIMBING

This block of programming will introduce students to the basics of climbing and provide opportunities for personal growth and change. Climbing can be a significant mental challenge for most participants as it requires a great deal of trust in themselves and their belayers. Success can show participants that limitations are often self-imposed;

We build the participant's confidence by discussing safety – belaying and anchors;

We emphasize the importance of climbing relative to rappelling, explaining the difference in nature and origin. If the students do not wish to continue climbing or rappel down, we explain the options of down climbing and lowering as well as providing a trail down from the top of the climb.