



## STRATHCONA PARK LODGE & OUTDOOR EDUCATION CENTRE

### SCHOOL ADVENTURE PROGRAMS

#### 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.

#### CAMP SKILLS

During this program, the students learn the essence of wilderness survival while ensuring for personal and group comfort. This activity focuses on how to build a fire, how to set up a tarp, how to use a compass and what we should look for in a wilderness campsite.

#### CANOE/KAYAK

The canoe or kayak programs focus on skill development and fun. The students will learn how to wear a properly fitted PFD, parts of the canoe/kayak, the difference between different types of boats and the parts of the paddle. They will have a progression of paddling strokes, sufficient time to paddle around and get the feel of the boat, and of course play games and have fun!

#### 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 topics.



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 are central for these activities. Students will get the chance to put two of our core values to practice, Challenge by Choice and Living on the Edge. Students will push themselves to their ‘edge’ and recognize how each person’s challenge point is different, supporting each other no matter where their limit is.

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.

ORIENTEERING

This activity teaches students the basics in how to read topographical maps and use a compass. In order to develop compass skills, students will complete an orienteering course on the lower property.

SAMPLE SCHEDULE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
AM		KAYAKING	BOG WALK	RETURN FROM OUT-TRIP	CLEAN-UP, DEBRIEF, DEPARTURE
PM	ARRIVAL (1PM) ADVENTURE ONE	HIGH ROPES	DEPART ON OUT-TRIP	ROCK CLIMBING	
EVE	ORIENTEERING	TRIP PREPARATION	OUT-TRIP COOKING	CLOSING CEREMONY	