

## ***ODP302 COURSE REGISTRATION KIT***

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### ***Checklist and Instructions:***

1. Read this information carefully, especially information regarding departure time and location, and the clothing/equipment list for each course  Done!
2. Ensure that you have completed the registration forms completely  Done!
3. Submit registration form with DEPOSIT to the Membership Services Office  Done!

### ***Code Of Behaviour - Read Carefully:***

1. ***Attendance:*** As these are short courses, all practical sessions must be fully attended and students must participate in all activities. The quality and quantity of learning is dependent upon both the instructor and the student. You will be expected to be appropriately dressed for activity, and be prepared to participate fully. There will be NO late arrivals or early departures without loss of credit.
2. ***Transportation to Camp:*** Students *must* take the arranged transportation. Personal transportation to camp is not allowed, and students must make arrangements to be at the University for the scheduled departure.
3. ***Alcohol and Illegal Drugs:*** Following the regulations of both the University and the Camp, there are to be no alcoholic beverages or non-prescription drugs allowed on the camp premises or consumed during the camp period. Course credit will not be given to anyone who is directly or indirectly in violation of this rule (those associated with others partaking in these activities will also be dismissed from camp without a refund).
4. ***Remaining on Camp Grounds:*** Students cannot leave the campsite for the duration of the course except to conduct exercise (running, walking). Unauthorized departure will lead to the loss of the course credit.
5. ***Boating / Swimming After Dark:*** Use of the entire waterfront is strictly forbidden after dusk for safety reasons. Please abide by these rules - they are for your own safety.

# ***ODP 302 - FUNDAMENTALS OF WINTER CAMPING***

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## **COURSE DETAILS**

**Location:** Camp Kandalore, Haliburton, Ontario

### **Registration Procedures for ODP 301 and ODP302**

Enrolment on ROSI will begin on July 12<sup>th</sup>, 2007. First round will be restricted to 4<sup>th</sup> year students only. Second round will begin on July 20<sup>th</sup> for third and fourth year students. Spaces are limited. It will be on a first come, first served basis. If your enrolment in the ODP selection was successful on ROSI, the ODP course will be entered and will be shown as “interim” status only. Approval will be confirmed by mid September and you will be notified by email. Once you are notified full payment of \$175.00 must be paid within the time limit to hold your spot.

If the course is full, you may request to be placed on a waiting list in person at the BPHE Program Office starting on September 10<sup>th</sup>, 2007, at 9:30 a.m. There is no guarantee that spots will become available. To meet degree and graduation requirements for June 2008, you were advised to think about completing ODP300 as an alternative.

**Departure:** **Tentatively – February 1, 2, 3, 2008 – To be confirmed.**

**From:** University of Toronto, Athletic Complex, Spadina Ave. and Harbord St.  
(Bus loads on Huron St.)

**Departure Time:** 8:00 am. SHARP

**Arrival Time:** Buses will return to University of Toronto at approximately 6 p.m.

<sup>1</sup> Anyone missing the bus will have to find and pay for his/her own transportation. All Students MUST take and pay for the bus, no cars are permitted under ANY circumstances.

<sup>2</sup> See annual PHE Calendar for dates for future years.

**Fees and Payment:** Approval will be confirmed by mid September and you will be notified by email. Once you are notified full payment of \$175.00 must be paid within the time limit to hold your spot. There will be a \$50.00 non-refundable administrative charge on any refund. If you are unable to attend the camp because of uncontrollable circumstances, please contact Vanessa Andres at 978-2944 no later than two weeks prior to the departure date, to ensure your refund minus the administrative charge. There are absolutely no refunds after the deadline and ODP fees are not transferable.

### **Course Requirements & Attendance:**

- Students will be required to attend 2 pre-trip educational and administrative meetings (1 hr each)
- Full participation in all activities at camp is mandatory, as are both meetings. Failure to attend will result in no credit and/or additional assignments.

### **General Objectives:**

- The goal of this course is to place the student in contact with the outdoor activities of cross-country skiing and winter camping, enabling him/her to acquire the basic fundamentals of survival in an outdoor winter environment.

### **Specific Objectives and Content - ODP 302:**

1. To learn basic cross-country ski and overnight winter camping skills.
2. To place the student in direct contact with nature and enable him/her to acquire survival skills in a winter environment.
3. To make the student sensitive to the fragility of any wilderness environment.
4. To introduce the student to the basic mechanical and physiological aspects of cross-country skiing in potentially hostile environments.
5. To have sufficient knowledge to be able to expertly choose winter expedition clothing.
6. To be familiar with the properties of snow, selection of skis, was and related equipment.
7. To be able to demonstrate the basic cross-country ski techniques.
8. To know how to break a trail and the implications of a long winter outing.
9. To develop skills enabling construction of adequate winter shelters, cooking techniques and emergency procedures.
10. To develop skills & techniques enabling construction of adequate winter shelters, cooking and emergency procedures.

### **Content of the Course:**

- skis, bindings, poles how to select them
- snow conditions
  - mechanical properties of snow
  - atmosphere conditions and snow
- basic techniques of skiing
  - preparing skis; types of wax; how to apply wax
  - moving on the flat
  - turns, step turn, kick turn
- selecting under and outwear, footwear, etc.
- physiology and implication of hypothermia
- climbing, descending, checking, turning, falling
  - breaking trail and backpacking
- winter camping
  - building fires, cooking
  - building of snow shelters
  - staying warm; emergency procedures for hypothermia

### **Practical Component**

Students will take part in activities at camp including:

- snow shelter construction & cross-country ski instruction
- over-night expeditions
- games
- debriefing session

### **Theory Evaluation**

There will be an essay assigned during the program (approximately 1200 words).

**Due Date:** The Friday after return from camp.

***This assignment must be completed for course credit.***

## ***ODP 302 - CLOTHING AND EQUIPMENT LIST***

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Your clothing and equipment should be packed for a one kilometer hike into camp. A hockey bag or back pack is fine, or you can put your gear in a garbage bag, tie the end with a long string and tow it over the snow.

The recommended quantities on the list below include the clothing you are wearing when you arrive, as you should be wearing winter clothes.

- Pyjamas
- 4 pr underwear
- 2 pr long underwear (tops & bottom)
- 4 pr heavier socks (preferably wool)
- 3 shirts (or turtlenecks)
- 1 pr gaiters or snow cuffs
- 3 pr pants, knickers, or sweatpants
- 1 warm jacket, coat or parka
- 1 pr outdoor boots FELT LINERS A MUST!!!
- 1 snowsuit, alpine suit or warm-up pants  
MANDATORY!!!
- 1 foam insulating sleeping pad
- 1 WINTER SLEEPING BAG (-15<sup>oc</sup>) with liner-a-  
mohair blanket will be good or winter bag  
MANDATORY!!!
- 3 meters rope or twine
- 1 pr sunglasses or goggles
- 1 backpack (75 litre capacity)
- 1 litre water bottle
- 1-2 sweaters
- 4 pr mittens
- 1 scarf
- 2 hats or toques (should cover ears)
- 1-2 towels
- toiletries
- 1 bathing suit
- 2 wind shell (jacket)
- 1 pr indoor footwear (running shoes or  
slippers)
- 1 pr extra liners for boots
- 1 plastic groundsheet
- 1 extra sleeping bag (or 1 winter thickness  
bag)
- personal ski equipment (cross country)
- 1 camera & film
- flashlight

**Note:**

Students will be involved in an overnight winter camping expedition!!

**Sources of Equipment & Clothing for Outdoor Projects**

There are a number of stores which supply clothing and equipment relating to outdoor recreation and camping. Some items can be found at stores like Canadian Tire, whereas other more specialized and “high-end” items are best purchased at stores specializing in this area.

A complete equipment & clothing list will be distributed at the mandatory meeting.