

## ***ODP 300 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 payment to the FPEH 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 300 - ADVANCED CANOE TRIPPING***

## **COURSE DETAILS**

- Location:** Camp New Moon, Lake of Bays, Muskoka
- Registration:** Please make sure you register for the appropriate course (ODP 300) *on your registration form* or you will not get credit for the course.
- Departure:<sup>2</sup>** Thursday August 30, 2007  
**From:** University of Toronto, Athletic Complex, Spadina Ave. and Harbord St. (Buses load on Huron St. 1 block east of Spadina)  
**Time:** 10:00 am. SHARP<sup>1,2</sup> **\*\*\*PACK A LUNCH TO EAT ON THE BUS\*\*\***
- Date of Return:<sup>2</sup>** Monday, September 3, 2007  
Buses will return to University of Toronto at approximately 6:30 p.m.
- Fees and Payment:** The total cost is **\$265.00**. If you are unable to attend the camp because of uncontrollable circumstances, please call Darryl McSherry at 416-978-4796 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. If a student misses a camp, fees can not be transferred to a future outdoor project.

<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.

### **General Objectives:**

- To introduce the student to canoe tripping skills in a natural wilderness setting including canoeing, orienteering, portaging, packing, cooking over a fire, emergency First Aid, etc.
- To sensitize the student to the ecological fragility of the natural environment by transmitting basic principles of conservation and rational utilization of the environment.
- To provide the opportunity for the student to demonstrate organizational and leadership ability.
- To encourage an appreciation of nature's aesthetic values through the adoption of appropriate attitudes and behaviours.
- To promote self-knowledge by understanding one's personal limits within a group as well as an individual context.
- To allow the student to solve problems, thus enabling him/her to demonstrate qualities of leadership, sociability and creativity.

### **Specific Objectives and Content**

1. To safely manoeuvre and control a canoe through a predetermined route.
2. To experience a canoe expedition of 4 days.
3. To correctly use a compass and a topographic map.
4. To effectively and safely master the various techniques related to wilderness travel which include:

a) Preparation

- Allotment and distribution of equipment and food.
- Distribution of specific responsibilities.
- Description and analysis of route that will be followed to summer camp authorities.
- Distribution of food and personal equipment in the packsacks.
- Final inspection of the material.

b) Canoe Trip

- Integration of various activities dealing with creativity, initiative, adaptation to the natural environment and especially to life in a small group.
- Sharing different tasks around the camp site.
- Sharing personal knowledge and experiences.
- Appreciation of various forms of nature from an aesthetic point of view.

### **Evaluation**

1. A post-trip debriefing includes an evaluation of the trip in terms of quantity and quality of experiences, including one's own contribution to the group experience. This evaluation is an integral part of the trip that is continually done throughout the experience.
2. Students must also complete a theoretical component for ODP 300 credit. An essay of approximately 2 typed pages will be assigned at camp.

***Due Date:*** Last Friday in September.

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

## ***CLOTHING & EQUIPMENT LIST - ODP 300***

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- 2 pairs long pants (cotton - quick drying)
- sunglasses and sunscreen
- hat or bandanna
- 1 light wool sweater or fleece-lined garment
- 2 cotton t-shirts
- 1 pair light weight hiking boots or 1 pair running shoes
- sleeping bag - 2lbs. of Dacron II, Polarguard, goose down or Quallofill fill.
- Sleeping pad (closed cell, blue colour)
- Dry Sack (large: for sleeping bag & clothing)
- Dry Sack (35-40 Litre size)
- knife, fork and spoon kit
- personal water bottle (Nalgene or similar for strength)
- 1 pair shorts or bathing suit (light quick drying nylon) and small towel
- 1 long-sleeve shirt (cotton or wool)
- 2 pairs underwear
- 3 pair wool socks
- waterproof (not just water repellent) rain jacket & pants
- toiletries: toothbrush, small container of toothpaste, and soap (not to be used in lake/river waterbodies)
- any necessary medication (please advise instructors)

**Optional:**

- camera & film, small folding pocket knife

**Please Note:**

- PLEASE DO NOT BRING ANY KIND OF ELECTRICAL APPLIANCE. Each article should be labelled with your name. You should pack your clothing in duffel bags, knapsacks or any soft bag - suitcases are not appropriate. Although the weather at this time is generally warm, be prepared for the worst weather; bring gloves, hats and extra clothing just in case!!
- We advise that you leave valuables at home, you will not require any money while at camp.
- Participants may wish to leave a clean change of clothes at base camp to change into at the end of their trip.

**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 including Mountain Equipment Coop, Europe Bound and various outdoor shops.