

Mobile Outdoor Education 2021 Program Information Guide

Overview

Outdoor Education trips are the highlight of the year for many, achieving student educational and development goals in tandem with taking a class outdoors. In light of limited field trip options for schools this year, Sasamat Outdoor Centre's Mobile Outdoor Education Program brings outdoor education to the school grounds instead of bringing students to Sasamat Outdoor Centre.

Beginning in the morning, Sasamat instructors will set up a day of Outdoor Education for a group of 50+ students, using the school's grounds as the physical setting. Sasamat staff will bring energy and enthusiasm to transport outdoor education programs onto the school grounds in a way that will engage and excite participants, offering a meaningful day outdoors.

Five of our most popular Outdoor Education Activities, including archery, orienteering, wood chop, team building initiatives and shelter building, will be set up in 45-minute stations for students to rotate through in groups of 10, breaking for lunch in the middle of the day. Program times and schedules will be customized to meet your school's bell and lunch schedules.

Activities

Archery

For over 10,000 years archery has played an important role in human development, history, and mythology. Today archery continues to be a popular modern sport that exemplifies hand eye coordination, dexterity, responsibility, and accessibility to those interested. Our introduction to archery program will help teach students the basics of how to safely use a bow and arrow through teaching technique and playing fun games. With the support of our trained outdoor education staff, students will be hitting the centre target in no time.

Skills Focus:

Goal Setting	Physical Development	Safety	Determination
Patience	Focus & Concentration	Coordination	Balance

Wood Chop & Fire Building

Wood chop and fire building has been a staple Sasamat Outdoor Centre program for decades. Here students will learn about a simple machine called the wedge and how it can be used to split wood even better than an axe! Students will also learn the unique history behind this method and how it was used in cultures all over the world to not only split wood for fires, but also create boards and other useful shapes. Student will then get to practice their technique with our skilled outdoor education instructors. Students will also be given the chance to learn about effective fire building methods and various ways to light fires from traditional bow drills, flint and steel, to modern techniques such as matches. Stewardship, safety, and responsibility are key factors in learning about campfire management and students will have a chance to light their own super miniature no trace fires with their instructors.

Skills Focus:

History	Problem Solving	Safety	Dexterity
Patience	Stewardship	Coordination	Responsibility

Orienteering

Orienteering is a navigation-based sport where teams use a map and compass to reach pre-determined destinations, sometimes through adverse terrain. Sasamat's intro to orienteering program gives students a chance to learn how to read and use topographical maps, set points of direction, and how to use and read a compass. In today's world youth learn how to rely on technology- we want to give students a chance to practice and learn useful skills that are fun and helpful. While we won't have a course that leads through an adverse forest terrain, we will give students a chance to learn the base skills of the sport, so when they have a chance to visit Sasamat Outdoor Centre they can put their knowledge to the test in our onsite course.

Skills Focus:

Map Reading	Directional Awareness	Compass Use	Teamwork
Planning	Problem Solving	Cooperation	Critical Thinking

Shelter Building

With Sasamat's shelter building program, students get to learn the philosophies of shelter building or as those in the business call it: Tarpology! Working with our Outdoor Ed instructors, students will get hands on practice learning useful, unique knots to help them create and build shelters that can withstand the rain and wind-using only tarps, rope, and a bit of ingenuity. Using the surrounding environment and whatever resources are available, groups will learn the core components needed to create different styles of survival shelters from basic A-frames to corner style arrowhead shelters.

Skills Focus:

Knots	Creativity	Wilderness Skills	Teamwork
Planning	Problem Solving	Cooperation	Critical Thinking

Team Building Initiatives

A core facet of outdoor education is facilitating opportunities through fun and creative programming that prompts students to work together, problem solve, and reflect on their actions as individuals and team members. Using activities and program equipment designed to challenge students individually and as a group, to solve problems and work together, our instructors will lead the group through a dynamic team building experience.

Skills Focus:

Patience	Creativity	Perseverance	Teamwork
Planning	Problem Solving	Cooperation	Critical Thinking

Schedule

Sasamat Outdoor Education Instructors will arrive at your school in the morning to set up for the day. A sample schedule of the day is below. Exact times can be adjusted to match your school's lunch and bell schedule.

Time	Group 1	Group 2	Group 3	Group 4	Group 5
9:15-9:30am	Welcome and Safety Orientation, Group Ice Breakers				
9:30-10:15am	Archery	Wood Chop/Fire Build	Orienteering	Shelter Building	Team Building Initiatives
10:15-11:00am	Team Building Initiatives	Archery	Wood Chop/Fire Build	Orienteering	Shelter Building
11:00-11:45am	Shelter Building	Team Building Initiatives	Archery	Wood Chop/Fire Build	Orienteering
11:45am-1:00pm	Lunch				
1:00-1:45pm	Orienteering	Shelter Building	Team Building Initiatives	Archery	Wood Chop/Fire Build
1:45-2:30pm	Wood Chop/Fire Build	Orienteering	Shelter Building	Team Building Initiatives	Archery
2:30-3:00pm	Group Debrief and Wrap Up				

COVID-19 Health and Safety

This 100% outdoor program will have the following COVID-19 Health and Safety Protocols in place:

- Students and staff will be required to wear masks at all times
- Physical distancing measures will be practiced at all activity stations
- Students and staff will wash hands before handling any equipment
- Outdoor Education Instructors will wear gloves when handling equipment
- Participants will be required come with Sasamat health screening form in hand, signed by parents or guardians .
- Staff will be health screened daily

Price

Minimum Group Size	50
Charge per Student	\$50.00
Minimum Charge	\$2,500.00
GST	Exempt

How to Book

Call 604-939-2268 ext. 1, or email info@sasamat.org to book today!

