

# WIC PRE-COURSE ASSIGNMENTS 2017

All pre-course assignments are due July 1<sup>st</sup> (first barn day).

If you have any questions about the pre-course assignments, please contact Sheila at [outed@limestone.on.ca](mailto:outed@limestone.on.ca)

## 1. Trip Log

The **trip log** is a history of all the canoe trips you have done in the past, and it should include: a brief description of the trip, the number of days, kilometres travelled and the location of the trip.

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## 2. Resume with Cover Letter

Please write (or update) your resume and create a cover letter directed toward gaining employment at Gould Lake Outdoor Centre as either a trip leader or a support staff (food and equipment) or both! Don't forget to include a copy of your certifications and trip log with your resume. (as an attachment)

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## 3. Trip Plan

Here's your chance to plan out your dream trip. If you could do any canoe trip you wanted, where would you go and how would you make it happen? Proper planning and research is the key to a great trip, so take the time to do this one right! After all, you might just use this plan someday. This assignment will call on your previous experience and should be considered the next step in showing your trip planning ability. Besides all that, it's one of the requirements for your ORCKA Canoe Tripping 2 certification. No trip plan - No certification.

A few guidelines:

1. Your trip must go to a real place
2. Your trip must be at least 10 days long
3. Your trip must have more than 4 participants
4. It has to be original (**your own creation, not a cut and paste job from the internet!**)

You will need to cover all logistics of the trip in your trip plan, including: trip objectives, trip length, difficulty of route, potential campsites, flatwater/moving water, possible changes of route, emergency evacuation points/sites, transportation/shuttles, equipment list, repair kit list, first-aid kit list and emergency kit list.

Please provide **descriptions and uses** for the items in your repair, 1<sup>st</sup> aid and emergency kits.

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## 4. Theory Lesson Plan

Lesson Plan example and template are available under Pre-Course Assignments at [www.gouldlake.ca](http://www.gouldlake.ca)

WIC Lesson Assignments		
Lessons	Students	
Canoe Design and Construction		Crystal
Canoe History	Arianna	Jasmine
Canoe Repair/Maintenance	Isabel Mi	Katherine
Moosonee and Moose Factory	Isabelle Mo	Laura
Navigation	Ciara	Harmonie
Paddles and PFDs	Taylor	Darcie
Risk Management	Danielle	Carter
Social Dynamics	Aidan	Samuel A.M.
Tents and tarps	William C	Adrian
Water Purification	Ethan	Bryce
Weather Interpretation and Forecasting	Theodore	Duncan
Wilderness First Aid	Evan	William S
Crisis Management	Cailean	Sam S
Trip Leadership	Landon	Kellan

**\*\* Your lesson should be between 15-30 minutes.\*\***

# WIC LESSON TOPIC SPECIFICS – 2017

## **Canoe History**

James Bay and the Missinaibi River were major fur trade routes. Discuss the history of the canoe during this time period and how it has shaped the lives of the people in this region.

## **Canoe Design and Construction**

Discuss the major principles of canoe hull design and the influence of these factors on canoe performance. The types and properties of common canoe construction materials and advantages and disadvantages of various canoe designs and types of construction as related to the canoe's use.

## **Canoe Repair and Maintenance**

Discuss minor repairs (small tear or puncture, broken thwart or seat) to ABS canoes. Also good care of canoes (when loading, launching, portaging, securing at night) should be covered.

## **Weather Interpretation**

Discuss cloud formations, wind changes, and air pressure changes and how this might indicate probable weather forecasts.

## **Crisis Management**

Discuss examples of the various search and rescue procedures involved in wilderness tripping as well as evacuation routes, procedures and plan.

Management of the group during a "crisis" situation and evacuation should also be discussed (pros and cons of "splitting the group"). Also the use of emergency signals should be reviewed.

## **Moosonee and Moose Factory**

Discuss the people of the area, the present and the past.

Discuss the pros and cons of living in a northern community. Include what you think as a tourist visiting the area are some of the historical and interesting places to go.

## **Tides**

Discuss what tides are and how they work. How could they influence our travel to the mouth of James Bay?

## **Water Purification**

Discuss why we need to treat our water and what is available for treating water, how it works, and pros and cons of different treatment methods.

## **Trip Leadership**

Discuss appropriate leadership styles and procedures related to wilderness canoe tripping situations. As well discuss dealing with communications within the group, morale problems and positive reinforcement.

## **Wilderness First-Aid**

Discuss the difference between "standard" and "wilderness" first aid training. Introduce some of the basic first aid skills required in a remote setting.

## **Risk Management**

Discuss what "risk management" is. What is involved in this process? What practices have been done while preparing for this wilderness trip.

## **Paddles and PFD**

Lesson details should include the various types and styles of canoe paddles and PFDs, You may even find some interesting history and trivia.

## **Tents and Tarps**

Types of tarps and tents design features. Discuss the common construction materials and their benefits or limitations, care and maintenance. Proper set up should be included in your lesson too.

## **Social Dynamics on Trip**

How to be a positive member of a group. Discuss some of the social problems that can come up when living together on trip, their cause, avoidance and possible resolutions.