



# Outdoor Education Student Application Form

**Student Name:** \_\_\_\_\_

**Grade:** \_\_\_\_\_ (as of Sept. 2021)

**Overview:**

The CSS Outdoor Education 11 class is an alternative to the regular PHE 11 curriculum and will focus on participation in outdoor pursuits skill development and physical activity in the outdoors. Students will gain understanding of their natural environment while gaining valuable, practical skills to safely enjoy the outdoors. Good communication, listening, and teamwork are essential skills. The class is open to motivated grade 10, 11, and 12 students.

A combination of experiential learning and traditional classroom instruction is used and good classroom habits are required of students. Students will be exposed to outdoor pursuits as part of the physical education and outdoor education courses:

- possible land-based activities: hiking, overnight backpacking, indoor rock climbing
- possible snow-based activities: snowshoeing, winter camping, cross-country skiing (tentative)
- possible water-based activities: canoeing, multi-day canoe tripping ((tentative)

Admission Criteria: Students must...

- be a responsible grade 10-12 student
- be in good general standing at school and have no behaviour or attendance concerns
- be able to safely participate, both physically and cognitively, in planned activities

Course Fees: \$100

Initial costs of transportation, tickets, possible third-party instruction, and equipment included in fee. \*Individual trips may also have a nominal fee that reflects additional bussing or food costs.

Personal Costs:

Students must supply their own personal equipment. See the Personal Supply List on the reverse side of this form. Appropriate boots and a three-layer clothing system (base-layers, insulation layers, and outer shell) are essential for participation in this program. More information will be given to successful applicants during the first weeks of school in September.

Selection Process

- review of application forms
- consultation with school-based team
- individual meeting with applicant if needed

## APPLICATION

1. In a well-written paragraph, tell us what you hope to get out of being in the CSS Outdoor Education and how you will contribute to the team. Attach on a separate piece of paper.
2. Do you have any concerns about participating in the planned activities?

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Student Signature: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_

**Please return completed application form to the office.**

## Personal Supply List

The following supplies are required for participation in *Outdoor Education*. Students should have all items by the end of the second week of school. Additional information will be available upon the first weeks of September.

<input type="checkbox"/>	hiking shoes/boots	Waterproof boots required: Gore-tex lined or leather that can be sealed; light but supportive enough for a backpacking trip is ideal.
<input type="checkbox"/>	base layer – bottom	Tights or long johns: usually made of synthetic material, wool, or silk. Must keep you <i>warm-when-wet</i> . Under-layers used for other sports, such as hockey, may be acceptable. <b>No cotton or denim!</b>
<input type="checkbox"/>	base layer – top	See above...
<input type="checkbox"/>	quick-dry shorts	<b>No cotton or denim!</b>
<input type="checkbox"/>	t-shirt warm-when-wet/quick dry	Must be made of a synthetic material, wool, or silk. Must keep you warm-when-wet. <b>No cotton or denim!</b>
<input type="checkbox"/>	long sleeve shirt warm-wen-wet/quick dry	Must be made of a synthetic material, wool, or silk. Must keep you warm-when-wet. <b>No cotton or denim!</b>
<input type="checkbox"/>	insulation layer – top	A warm, light weight jacket or sweater. Does not need to be wind or waterproof because it will be layered with a shell jacket. Must be <i>warm-when-wet</i> . <b>No cotton hoodies!</b> Fleece jacket or synthetic filled jacket ideal. Down is good for dry conditions only.
<input type="checkbox"/>	shell pants waterproof/breathable	A Gore-tex style, waterproof/breathable fabric to be layered over others layers. Zippers on legs are convenient for winter. Heavier products will be more durable – lighter products will be more breathable. <b>Insulated ski-pants will wet-out in temperatures near 0°C and will be too heavy to carry.</b>
<input type="checkbox"/>	shell jacket waterproof/breathable with taped seams	As for above...but with taped seams. Taped seams are more important on the upper body: they keep water from seeping through stitching. Feel seams for a ribbon of tape that runs the length of the stitching.
<input type="checkbox"/>	toque	<i>Warm-when-wet</i> . Toques will be carried on all trips during fall and winter season, not just winter
<input type="checkbox"/>	plastic eating utensils	Durable plastic required. Fast-food utensils will do in a pinch but will not last.
<input type="checkbox"/>	eating bowl	A 2-4 cup plastic measuring cup purchased from a grocery store makes a simple and light plate set: works as bowl, plate, and mug; or by a fancy set from an outdoors store.
<input type="checkbox"/>	winter mitts and a light pair of gloves	Ideal mitts have a waterproof shell with removable insulation (such as fleece) for quick drying. <b>Ski gloves will wet-out under warmer condition and are too hard to dry.</b> A very light pair of gloves (like figure skating gloves) work well around camp or when hiking.
<input type="checkbox"/>	personal toiletries	<b>Basic essentials only.</b> No shampoo, deodorant, perfume etc. ...not needed.
<input type="checkbox"/>	the <i>10 Essentials</i>	Essential basic safety items recommended for hiking and camping (especially for any backcountry trips.) This will be discussed and studied in the first few weeks of class. <b>No purchases necessary for the start of the school year...</b>

### Optional Items

<input type="checkbox"/>	fleece tights	If you get cold, or during the winter season, an additional mid-layer for the lower body will be necessary.
<input type="checkbox"/>	rain hat / baseball cap	Not needed if you always carry a hooded shell jacket. A rain hat lets your upper body breath better than wearing a hood while hiking.
<input type="checkbox"/>	quick-dry pants	General use nylon, quick-drying pants are more comfortable than waterproof/breathable when it is not raining.
<input type="checkbox"/>	hiking socks x2	Comfortable, absorbent hiking socks: med weight; synthetic or wool. <b>No cotton.</b>
<input type="checkbox"/>	compression sack	Light-weight fabric compression sack used to compress sleeping bag/gear.
<input type="checkbox"/>	ultralight dry bag	Basic, ultralight, 10-20 L dry bag for hanging food in bear caches. <b>NOT</b> the traditional, heavy polyurethane style used for kayaking etc. Must be light for packing and backpacking