

## OUTDOOR EDUCATION SCHEDULE – Grades 10 to 12

September 2023 -June 2024 (Edition5)

**Note: This class runs the entire school year September through June.**

For full credit all students are required to:

1. **Attend all scheduled 1.5 hr. long classes** (various dates see schedule) - lectures/demonstrations designed to give students the basics for success on trips and skill development sessions. Class topics may include: Outdoor clothing and equipment, Outdoor meals/cooking, Emergency planning (10 essentials), Nature awareness, Introduction to Rock Climbing /bouldering. Wilderness First Aid, Navigation – map reading, Knots and Tarps, Fire Lighting. **Students will choose between Wednesday after school or Thursday before school class time.**
2. **Participate in all scheduled skill sessions:** - Bike repair and maintenance, Kayaking rescue skills, Kayaking Safety and how to pack a kayak. Trip Equipment checks for the trips you plan to attend.
3. **Participate in 4 Day Trips (or 8 ½ day trips)** -Options may Include:  
 Rock Climbing Levels 1 and 2  
 Indoor Climbing  
 Kayaking Levels 1 and 2  
 Cycling – Urban Rail Trail and/or Kettle Vally Rail Trail  
 Wilderness First Aid- certification option  
 Cross country skiing 1 and 2  
 Snowshoeing
4. **Contribute to 2 Outdoor Ed. related community service projects/initiatives**  
 Brush Clearing at Nordic and Telemark cross country ski Trails.  
 Trail improvement/maintenance and park cleanup at Boucherie Bluffs
5. **Participate in at least one overnight trip** -Options may include:  
 Fintry - Introduction to camping  
 Winter camping  
 Ski touring  
 Sea Kayaking (Gulf Islands, Discovery Islands)  
 Backpacking (Juan De Fuca Marine Trail, Monashee Mountains),

**(Speak to Mr. Pontalti if any requirement cannot be met; where possible accommodations will be made.)**

For more information (equipment lists, food packing tips and more) please see Mr. Pontalti's Web Site: [trentpontalti.weebly.com](http://trentpontalti.weebly.com)

Outdoor Education Class Schedule 2023 version 1 the schedule below is a draft schedule; due to many variables *the schedule may need to change*. Currently the school district has yet to give the go ahead for all trips and activities planned but I do not anticipate any problems as all of the activities have been approved in past years.

Students and parents familiarize yourself with the schedule, it is the primary method for you to know when, where, and what is going on in outdoor ed this year.

I have highlighted trip form and **payment deadlines in yellow**. **Overnight Trip options are in green**. **Skill Sessions are in orange**. **½ day and full day trip options are in blue**, **regular classes are in purple**.

DATE/TIME	CLASS/ACTIVITY DESCRIPTION	COURSE REQUIREMENT	WHAT TO BRING/OTHER INFORMATION
<b>September 6 - Wednesday</b> 3:30 - 5:00 PM	Welcome Class Schedule and information Outdoor Clothing, Layering, Heat Loss, Equipment for first Trip/ Parent meeting Zoom link / Parent forms and Fees	<b>Class # 1</b> *must attend	Come prepared to be outside, bring a pen and note paper
<b>September 7 -Thursday</b> 7:15 - 8:45 AM	Welcome Class Schedule and information Outdoor Clothing, Layering, Heat Loss, Equipment for first Trip/ Parent meeting / Parent forms and Fees	<b>Class # 1</b> *must attend	Come prepared to be outside, bring a pen and note paper
<b>SEPTEMBER 13 - Wednesday</b> 6:00 – 6:30 pm -I will stay on for questions until 7PM	<b>Parent Meeting</b> <b>ZOOM meeting: you will receive an email with Zoom Link on day of meeting.</b>	<b>Parent Information</b>	At least one parent or guardian and all students must attend
<b>SEPTEMBER 14 - Thursday</b>	<b>Deadline: Forms and fees due Fintry camping trip. Bring completed forms to Mr. Pontalti at break or during Lunch in portable 7.</b>	<b>Forms and Fees due</b>	Please pay using the Cash on line system and bring completed parent forms to Mr. Pontalti. See Mr. P's web site website for information and forms.
<b>September 15 – Friday</b> <b>12 noon – 7PM</b>	<b>Nordic Ski Trails -Firewood/ trail brushing</b>	<b>Community Service</b>	Bring a bag dinner, water bottle. Be prepared for all types of weather

DATE/TIME	CLASS/ACTIVITY DESCRIPTION	COURSE REQUIREMENT	WHAT TO BRING/OTHER INFORMATION
September 20 - Wednesday 3:30 - 5:00 PM	Stoves/outdoor cooking/menu ideas Fintry Trip Details	Class # 2 *must attend	Come prepared to be outside, bring a pen and note paper
September 21 - Thursday 7:15 - 8:45 AM	Stoves/outdoor cooking/menu ideas Fintry Trip Details	Class # 2 *must attend	Come prepared to be outside, bring a pen and note paper
September 28- 30 Thursday 2 PM - Saturday 1:30PM	<b>Fintry Campout</b> Introduction to Outdoor Education: Team Building, Clothing and Equipment, Nature awareness, hiking, tents tarps, sleeping bags and pads	Overnight Trip	Must pay on line, and return completed parent form to Mr. Pontalti
October 4 - Wednesday 3:30 – 5:30 PM	Bike Maintenance & Repair Bike Checks	Skill Session *must attend	Come prepared to be outside, bring a pen and note paper. <b>BRING Your Bike</b>
October 4 - Wednesday	Deadline: Forms and Fees for Rail Trail and KVR bike Trips	Forms/Fees due bring completed parent forms to Mr. Pontalti.	Please pay using the Cash online system. See Mr. P's web site website for information and forms.
October 12 <sup>th</sup> Thursday 12 noon – 7:30PM	<b>Community Service ProjectTelemark Cross Country Ski Trails</b> Trail maintenance/brush clearing.	*must attend (plan to attend one of the two sessions)	Bring loppers from home, a bag dinner, and a water bottle. Be prepared for all types of weather
October 19 – Thursday 12:00-7:00 PM	<b>Rail Trail - Bike Day Trip</b> Cycle from Lake Country to Vernon	Day Trip	See list on Mr. Pontalti's Web site
October 25 - Wednesday 9:00AM -6:00PM	<b>KVR Myra Canyon Bike Trip</b> June Springs rd to McCullough Lake	Day Trip	See Mr. Pontalti's Web site for more information and forms
November 1 – Wednesday 3:30 – 5:30PM	<b>Low Ropes Challenge course</b> Part 1	Class # 3 *must attend	Meet at Outdoor Ed Room
November 2 – Thursday 7:15 – 8:45 AM	<b>Low Ropes Challenge course</b> Part 1	Class # 3 *must attend	Meet at Outdoor Ed Room
November 8 – Wednesday 3:30 – 5PM	<b>Low Ropes Challenge course</b> Part 2	Class # 4 *must attend	Meet at Outdoor Ed Room
November 9 – Thursday 7:15 – 8:45 AM	<b>Low Ropes Challenge course</b> Part 2	Class # 4 *must attend	Meet at Outdoor Ed Room

DATE/TIME	CLASS/ACTIVITY DESCRIPTION	COURSE REQUIREMENT	WHAT TO BRING/OTHER INFORMATION
<b>November 15 – Wednesday</b> 3:30 – 5PM	<b>Wilderness First Aid</b> Scene Survey and Primary Survey	<b>Class # 5</b> *must attend	Meet at Outdoor Ed Room. Come prepared to be outside.
<b>November 16 – Thursday</b> 7:15 – 8:45 AM	<b>Wilderness First Aid</b> Scene Survey and Primary Survey	<b>Class # 5</b> *must attend	Meet at Outdoor Ed Room Come prepared to be outside
<b>November 22 – Wednesday</b> Lunch time	Planning for Newfoundland Trip Fundraiser brain storm	<b>Those interested in kayaking and hiking in Newfoundland</b>	Meet in the outdoor ed room at the start of lunch.
<b>November 22 – Wednesday</b> 3:30 – 5PM	<b>Wilderness First Aid</b> Secondary Survey	<b>Class # 6</b> *must attend	Meet at Outdoor Ed Room. Come prepared to be outside.
<b>November 23 – Thursday</b> 7:15 – 8:45 AM	<b>Wilderness First Aid</b> Secondary Survey	<b>Class # 6</b> *must attend Students sign up for Outdoor thrifty Santa	Meet at Outdoor Ed Room. Come prepared to be outside.
<b>November 29 - Wednesday</b> 3:30 – 5:00 PM	<b>Wilderness First Aid</b> Hypothermia Wrap	<b>Class #7</b> *must attend	Meet at Outdoor Ed Room Come prepared to be outside
<b>November 30 - Thursday</b> 7:15 – 8:45 AM	<b>Wilderness First Aid</b> Hypothermia Wrap	<b>Class #7</b> *must attend	Meet at Outdoor Ed Room Come prepared to be outside
<b>December 6 – Wednesday</b> 3:30 - 5PM	<b>Wilderness First Aid</b> Stretcher building and carries. Outdoor Thrifty Santa gift drop off	<b>Class #8</b> *must attend Students sign up for Outdoor thrifty Santa	Meet at Outdoor Ed Room Come prepared to be outside
<b>December 7 -Thursday</b> 7:15 – 8:45 AM	<b>Wilderness First Aid</b> Stretcher building and carries. Outdoor Thrifty Santa gift drop off	<b>Class #8</b> *must attend Students sign up for Outdoor thrifty Santa	Meet at Outdoor Ed Room Come prepared to be outside

DATE/TIME	CLASS/ACTIVITY DESCRIPTION	COURSE REQUIREMENT	WHAT TO BRING/OTHER INFORMATION
<b>December 13 – Wednesday</b> 3:30 – 5:00 PM	<b>Wilderness First Aid</b> Fractures, Sprains, Strains Decorating for Santa Outdoor Thrifty Santa gift drop off	<b>Class #9</b> *must attend	Meet at Outdoor Ed Room Come prepared to be outside
<b>December 14 – Thursday</b> 7:15 – 8:45 AM	<b>Wilderness First Aid</b> Fractures, Sprains, Strains Decorating for Santa Outdoor Thrifty Santa gift drop off	<b>Class #9</b> *must attend	Meet at Outdoor Ed Room Come prepared to be outside
<b>December 20 – Wednesday</b>	Forms and Fees due for Cross Country skiing sessions	<b>Deadline Forms and fees due</b>	See Mr. Pontalti's web site for parent forms and fees
<b>December 20 – Wednesday</b> 3:30 – 5:30 pm	<b>Outdoor Thrifty Santa</b> Slide show and treats Winter trip details and equipment needs.	<b>Class #10</b> *must attend	Meet at Outdoor Ed Room
<b>January 10 – Wednesday</b>	Forms and Fees due for Winter Camping Trip	<b>Deadline Forms and fees due</b>	See Mr. Pontalti's web site for parent forms and fees
<b>January 17 – Wednesday</b> 3:30 -5PM	<b>Winter Trip Equipment Checks</b>	<b>Mandatory if attending trip</b>	Meet at Outdoor Ed Room See Mr. Pontalti's website for Equipment List
<b>January 19 – Friday</b> 4 -7:45 PM	Telemark Cross country skiing	<b>½ Day Trip</b>	Telemark ski trails Meet at Outdoor Ed Room See Mr. Pontalti's website for Equipment List
<b>January 24 – Wednesday</b> 3:30 -5PM	<b>Winter Trip: Ski/Snowshoe</b> Toboggan outfitting	<b>Mandatory if attending trip</b>	Meet at Outdoor Ed Room See Mr. Pontalti's website for Equipment List
<b>January 31 -Wednesday</b>	Forms and Fees due for indoor climbing sessions	<b>Deadline Forms and fees due</b>	See Mr. Pontalti's web site for parent forms and fees
<b>February 7 – Wednesday</b> 3:30 – 7:00 pm	<b>INDOOR ROCK CLIMBING</b>	<b>½ Day Trip</b>	Beyond The Crux Meet at Outdoor Ed Room See Mr. Pontalti's website for Equipment List

DATE/TIME	CLASS/ACTIVITY DESCRIPTION	COURSE REQUIREMENT	WHAT TO BRING/OTHER INFORMATION
<b>February 8-10<sup>th</sup> Thur.-Sat.</b>	<b>Winter Camping Trip</b>	3 Day Trip	See Mr. Pontalti's Web site for more information and forms
<b>February 14 – Wednesday</b> 3:30 – 7:00 pm	<b>INDOOR ROCK CLIMBING</b>	½ Day Trip	Beyond The Crux Meet at Outdoor Ed Room See Mr. Pontalti's website for Equipment List
<b>February 21 – Wednesday</b> 3:30 – 7:00 pm	<b>INDOOR ROCK CLIMBING</b>	½ Day Trip	Beyond The Crux Meet at Outdoor Ed Room See Mr. Pontalti's website for Equipment List
<b>February 28 – Wednesday</b> 3:30 – 7:00 pm	<b>INDOOR ROCK CLIMBING</b> Beyond The Crux	½ Day Trip	Meet at Outdoor Ed Room See Mr. Pontalti's website for Equipment List
<b>March 8– Wednesday</b>	Forms and Fees due for Kayak Rescue 50% of Kayak Trip Fee due – <b>nonrefundable</b>	<b>Deadline Forms and fees due</b>	See Mr. Pontalti's web site for parent forms and fees
<b>March 6 -Wednesday</b> 3:30-5PM	<b>Kayak</b> Introduction/parts and fitting a kayak/ safety equipment. Packing a kayak	Skill Session <b>*Must Attend</b>	Meet at Outdoor ed. room
<b>March 7- Thursday</b> 7:15 – 8:45 AM	<b>Kayak</b> Introduction/parts and fitting a kayak/ Safety Equipment/Packing a Kayak	Skill Session <b>*Must Attend</b>	Meet at Outdoor ed. room
<b>March 15 – Friday</b> 8:00 – 10:30 pm	<b>Kayak rescue skills</b>	Skill Session <b>*Must Attend 1</b>	<b>Meet at Johnson Bentley Pool</b> See Mr. Pontalti's website for Equipment List
<b>March 15– Wednesday</b>	Forms and Fees due for Kayak Lake skills – <b>nonrefundable</b>	<b>Deadline Forms and fees due</b>	See Mr. Pontalti's web site for parent forms and fees
<b>April 3 – Wednesday</b> 2 sessions 9:00AM-11:30 AM 12:30 – 3PM	<b>Kayak Okanagan Lake</b> Paddling Skills Level 1	½ Day Trip	Details and Equipment list posted on Mr. Pontalti's website
<b>April 5 – Friday</b> 2 sessions 9:00AM-11:30 AM 12:30 – 3PM	<b>Kayak Okanagan Lake</b> Paddling Skills Level 1	½ Day Trip	Details and Equipment list posted on Mr. Pontalti's website

DATE/TIME	CLASS/ACTIVITY DESCRIPTION	COURSE REQUIREMENT	WHAT TO BRING/OTHER INFORMATION
<b>April 9 – Tuesday</b> 2 sessions 9:00AM-11:30 AM 12:30 – 3PM	<b>Kayak Okanagan Lake</b> Paddling Skills Level 1	½ Day Trip	Details and Equipment list posted on Mr. Pontalti's website
<b>April 13 – Wednesday</b>	Kayak Trip 100% fees due	<b>Deadline</b>	See website for information
<b>April 17 – Wednesday</b> <b>1:00PM – 5:30PM -book a time for your gear check</b>	Kayak Trip Equipment Checks	<b>Mandatory if on a kayak overnight trip</b>	Details and Equipment list posted on Mr. Pontalti's website
<b>April 23 – Tuesday</b> 3 sessions 9:00AM-11:30 AM 12:30 – 3PM 3:45 -6PM	<b>Kayaking Level 2</b> Okanagan Lake	½ Day Trip	Details and Equipment list posted on Mr. Pontalti's website
<b>May 1,2,4 – Wednesday, Thursday, Saturday</b>	Fund Raiser -Newfoundland 2026	Planning and implementation	See Mr. Pontalti for details
<b>May 2 – Thursday</b>	Forms and Fees due for Rock Climbing and for the Back Packing Trip	<b>Deadline Forms and fees due</b>	See Mr. Pontalti's web site for parent forms and fees
<b>May 6<sup>th</sup> - 12<sup>th</sup> - Monday thru Sunday</b>	<b>SEA KAYAK TRIP</b>	7 Day Trip	Please see Mr. Pontalti's website for information
<b>May 22 – Wednesday</b> 3:30 – 5:00 pm	Back Packing Trip Equipment checks	*mandatory if on hiking trip	Meet at Outdoor Ed Room
<b>May 28 – Tuesday</b> 2 sessions 9:00AM-11:30 AM 12:30 – 3PM	<b>Rock Climbing</b> Level 1 Boucherie Bluffs	½ Day Trip	Meet at Outdoor Ed Room

<p><b>May 31 – Friday</b>  <b>3:15 – 7:30PM</b></p>	<p><b>Community Service Project:</b>                  Park Cleanup &amp; Improvement Boucherie Bluffs</p>	<p><b>*must attend</b>                  (plan to attend one of the two sessions)</p>	<p>Meet at Outdoor Ed Room</p>
<p><b>DATE/TIME</b></p>	<p><b>CLASS/ACTIVITY DESCRIPTION</b></p>	<p><b>COURSE REQUIREMENT</b></p>	<p><b>WHAT TO BRING/OTHER INFORMATION</b></p>
<p><b>June 5 - Wednesday</b>                  2 sessions 9:00AM-11:30 AM                  12:30 – 3PM</p>	<p><b>Rock Climbing Level 1</b>                  Boucherie Bluffs</p>	<p>½ Day Trip</p>	<p>Meet at Outdoor Ed Room</p>
<p><b>June 15 – Saturday</b>                  9AM -5PM</p>	<p><b>Rock Climbing Level 2</b>                  Skaha Bluffs</p>	<p>Day Trip</p>	<p>Meet at Outdoor Ed Room</p>
<p><b>June 19 – June 23rd</b>                  Tuesday thru Saturday</p>	<p><b>Backpacking Trip</b>                  Juan De Fuca Marine Trail</p>	<p>5 Day Trip</p>	<p>See teacher web site for more information.</p>