



ALGONQUIN COLLEGE IN THE OTTAWA VALLEY OUTDOOR ADVENTURE PROGRAM

PROGRAM READINESS CAMP AGENDA

Sunday, Monday – May 15 & 16, 2011 or May 22 & 23, 2011

(Hosted at Wilderness Tours, for directions please visit www.wildernesstours.com)

SUNDAY:

Arrive no later than 11:30 a.m.

- 11:00 - 12:00 Noon** Sign in and register at Reception Desk - Rafters
- 12:00 p.m.** Lunch and Opening Comments – Rafters Restaurant
- 12:45 p.m.** Pick up wetsuits and change.
- 1:30 p.m.** Bus departs for raft trip – break into groups
- 2:00 p.m.** Rafting on the Ottawa River – Swimming evaluation
- 6:30 p.m.** Return from raft trip – Return your wetsuits
- 6:45p.m.** Time to use facilities
- 7:15 p.m.** Dinner – Rafters Restaurant
- 8:30 p.m.** Group work – Case study/preparation/presentation - Rafters

MONDAY:

- 6:30 a.m.** Breakfast – Rafters Restaurant
- 7:15 a.m.** Intro to rappelling/ sizing for all equipment
- 8:30 a.m.** **Group A & B:** Mini-duathlon (bike, run)
Group C & D: Tower climb/rappelling, Personal interview
- 10:30 a.m.** Switch activities
- 10:45 a.m.** **Group C & D:** Mini-duathlon (bike, run)
Group A & B: Tower climb/rappelling, Personal interview
- 1:00 p.m.** Lunch – Rafters Restaurant
- 1:30 p.m.** Submit personal essay/Closing Remarks – Rafters Restaurant

PROGRAM READINESS CAMP ACTIVITIES

Eligible applicants who have been invited to the Program Readiness Camp will be evaluated in a number of challenging, but fun activities. This will help us determine an applicant's physical fitness level, comfort level with swift-moving water, moderate heights, and teamwork and leadership abilities.

The camp includes:

- Four meals (vegetarian option available)
- Transportation to and from activity sites
- Rafting
- Use of equipment*
- Use of Wilderness Tours facilities
- All Program Readiness Camp activities

SUPPLIES REQUIRED FOR PROGRAM READINESS CAMP

There will be a variety of physical and group activities so you should pack accordingly. Please include the following supplies:

- Sleeping bag
- Tent
- Footwear for rafting/swimming that won't fall off in water (sport sandals or old running shoes; flip flops or Croc type footwear is inappropriate)
- Running shoes for Duathlon
- Appropriate clothing for cool weather conditions
- Swimsuit
- Bicycle helmet (if you already own one)
- Wool or fleece sweater
- Shell or windbreaker
- Towel and toiletries
- Sunblock/insect repellent

***Note:** All activity equipment is supplied. Participants will be required to use an assigned Wilderness Tours life jacket.



Program Readiness Camp Statement and Policies

In order to learn the skills necessary to become an effective leader in the Outdoor Adventure Industry, we believe that individuals must perform beyond the limits of a mere participant and assume a greater degree of risk and challenge.

In the activities involved, there is an element of inherent risk, which is beyond human control. Although we go to great lengths to manage these risks, we cannot assume responsibility for participant's safety or loss of personal equipment.

A signed liability release is required of all Program Readiness Camp participants before the Camp begins. A parent/guardian release must be completed for minors (under 18 years of age).

Applicants will not be able to participate in the Program Readiness Camp unless Algonquin College receives a signed liability release waiver prior to the Camp.

1. Alcohol

- A zero tolerance policy in place. There will be no consumption of any alcohol while participants are at the Program Readiness Camp.**

2. Drugs

- A zero tolerance policy in place.**

3. Smoking

- No smoking is allowed at any time during any Program Readiness Camp activities.**
- No smoking is allowed in vehicles or near equipment.**