

Winter BLAST (Blue Lake Adventure Skills Training)



You are about to embark on a journey of adventure, leadership development and personal growth. Throughout this 8-day program, you will experience what it's like to be part of a dynamic and energetic team. You will develop winter outdoor technical and safety skills, and receive training and workshops in winter camping and survival, back-country safety, cross-country skiing, snowshoeing, snow shelter building, risk management and more! All participants will also receive certification in Avalanche Skills Training Level 1 from the Canadian Avalanche Association.

Winter BLAST will teach you new ways to approach problems and overcome challenges through participation in various initiatives and recreation activities. With top-notch program facilitators and an exceptional outdoor setting, the Winter BLAST program will undoubtedly be a life-changing experience for all!

FULL SCHOLARSHIPS AVAILABLE! Apply Now— Space is limited. For more information, or to obtain an application form contact the Blue Lake Forest Education Society at 250-426-3676 or by E-mail at info@bluelakecentre.com



A Few Words

Strong leadership skills are vital components of social communication and valuable building blocks for establishing positive communities. Youth not only represent our future leaders but also possess incredible skills and attributes that can be implemented through involvement in current initiatives. Winter BLAST has been developed with the vision of helping youth realize their potential and fast tracking them into leadership positions within their communities. This program fosters development of critical thinking, problem solving, self-esteem, team-work, conflict resolution, communication, independence, and group management. Participants will emerge from this program with a newfound sense of independence and maturity as well as a "tool-box" full of skills that can be utilized to succeed in future endeavors.

This is an advanced leadership program with a strong outdoors component. The winter technical skills associated with this program are not beyond any participant possessing some previous outdoor experiences providing that all participants are willing to challenge themselves and demonstrate an enthusiastic attitude towards learning.

Winter BLAST Schedule 2010

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
M O R N I N G		Wake-up	Wake-up	Wake-up	Wake-up	Wake-up		
		Morning Challenge	Morning Challenge	Morning Challenge	Morning Challenge	Morning Challenge		Wake-up
		B-fast Duties	B-fast Duties	B-fast Duties	B-fast Duties	B-fast Duties		B-fast
	Meet at Blue Lake Office (Cranbrook)	Avalanche Skills Training Level 1	Avalanche Skills Training Level 1	Cross Country Ski	LESSON Snowshoeing & Navigation	Pre-trip Final Prep.	Wake-up	Camp site clean & Pack-up
Depart for Camp	LESSON Snow shelters & Kitchen building			Depart from Camp		B-fast	Morning Ski	
					Navigation Challenge	Travel to back-country campsite		Departure
A F T E R N O O N	Lunch/Duties	Lunch/Duties	Lunch/Duties	Lunch/Duties	Lunch/Duties	Lunch	Lunch	Arrive at Trailhead
	Ice Breakers	Avalanche Skills Training Level 1	Avalanche Skills Training Level 1	LESSON Snow shelters & Kitchen building cont.	LESSON Risk Management & Winter Safety	Arrive at campsite	Leadership Challenge	Lunch
	BLAST overview & expectations							Final Debrief
	LESSON Cross-Country Skiing		Leadership Challenge		Leadership Challenge	Snow shelter building & Camp Set-up	Activity Choice	Pack & Depart Blue Lake
				LESSON Self Care & Injury Prevention				
E V E N I N G	Dinner/Duties	Dinner/Duties	Dinner/Duties	Dinner/Duties	Dinner/Duties	Dinner	Dinner	Arrive at Blue Lake Office
	Leadership Games	Free Time	Free Time	Free Time	Free Time		Free Time	
	LESSON Winter Camping	Avalanche Skills Training Level 1	LESSON Winter Camping Cont.	Trust Activities	Trip Planning & Prep.	Relax/Free Time		
	Journal/Reflection		Journal/Reflection	Journal/Reflection		Journal/Reflection	Journal/Reflection	
	Campfire & Debrief	Campfire & Debrief	Campfire & Debrief	Campfire & Debrief	Campfire & Debrief	Campfire & Debrief	Campfire & Debrief	

Leadership and learning are indispensable to each other

~John F. Kennedy~



Winter BLAST Team Leaders



BLAST staff are highly qualified, dedicated leaders that have a great deal of experience leading a variety of programs and back-country trips.

Annie "Tales" Hamar- Annie has been involved with camps and Adventure Programming for more than 10 years. She has spent a great deal of time developing and facilitating leadership and team-building programs for youth. She is currently the Camp Director for the Blue Lake Forest Education Society.



Qualifications:

- Bachelor of Recreation Management with specialization in Outdoor Recreation
- Occupational First Aid Level 3
- 9 years of trip-leading experience
- Avalanche Skills Training Level 1
- National Lifeguard Service (NLS)

Matthew "Chido" Ferguson - Matthew has 8 seasons of professional outdoor experience. He has a passion for working with young people in wilderness environments. He grew up in Canada's Eastern Arctic learning winter travel and survival skills from Inuit Peoples.



Qualifications:

- Wilderness First Responder
- Avalanche Skills Training Level 1
- 6 years trip leading experience
- Adventure Recreation Diploma
- Bachelor of Tourism Management with Adventure Studies Degree

Dan "Magma" Moe- Dan has been living and loving winter since he came into this world. Skis are an extension of his feet and winter shelters are his second home. He has worked with Blue Lake, Wildsight and Kimberley High-school in running winter out-trips. He is currently taking the Mountain Adventure Skills Training Program at the College of the Rockies.



Qualifications:

- Occupational First Aid Level 3
- Avalanche Skills Training Levels 1 & 2
- Enrolled in the MAST program
- National Lifeguard Service (NLS)
- 3 years trip leading experience

At Winter BLAST Learn To...



During this 8-day winter technical skill and leadership development program you will gain:

- Certification in Avalanche Skills Training Level 1 from the Canadian Avalanche Association
- Trip preparation and winter camping skills
- Cross-country skiing and snowshoeing experience
- Backcountry safety skills
- Snow Shelter building
- Risk Management
- And More!



A challenging and rewarding experience, Winter BLAST will help you develop skills in:

- Advanced Leadership
- Teambuilding
- Group management
- Communication
- Problem Solving
- Conflict Resolution
- Critical thinking
- Confidence
- Independence



SCHEDULE:

Days 1 to 5: These days will be spent at the Blue Lake Centre where you will learn necessary technical and safety skills required for winter camping in the back country. You will become part of a tight-knit group through participation in various team-building exercises and lessons, and develop leadership skills.

Day 2 and 3 Participants will receive certification in Avalanche Skills Training Level 1 from the Canadian Avalanche Association

Day 6 and 7 The group will leave the Blue Lake Centre and ski and snowshoe to a back-country destination. You and your group will set up camp, construct a snow shelter and settle into winter camping.

During the 3 days spent in the back-country, you will have the opportunity to apply the skills learned earlier in the week, and gain valuable leadership skills.

Day 8 will involve breaking camp and traveling back to the trailhead where you will participate in a final wrap-up and discussion before departure.

FULL SCHOLARSHIPS AVAILABLE!

Back-Country

The back-country portion of this program will take place on a predetermined route. This route is classified as Low-Risk, making it a safe, and stable winter camping environment.

BLAST Sponsors:



WINTER BLAST 2010

FULL SCHOLARSHIPS AVAILABLE!

APPLY NOW! Space is limited

Contact Blue Lake for an application form or download from the Blue Lake Website:

www.bluelakecentre.com

Participants will be selected based on their interest in developing their leadership & winter backcountry safety skills, as well as their potential to have a positive impact on their communities as a result of the program.

All interested participants must submit an application form to Blue Lake by

Monday February 15th.

Those selected will be notified by February 19th

For More Information or to Request an Application Contact:

Blue Lake Forest Education Society

Box 759

Cranbrook, BC

V1C 4J5

Phone: 250-426-3676

TF: 1-888-328-9998

Fax: 250-426-3933

Email: info@bluelakecentre.com



Presents...

Winter BLAST

Blue Lake

Adventure

Skills

Training

For ages 15 to 18

March 6th-13th, 2010

Website: www.bluelakecentre.com

Phone: 1-888-328-9998