

**OUTDOOR PROGRAM: OVERVIEW & SCHEDULE, 2017-2018****OVERVIEW:**

This program is intended to provide students with opportunities for developing outdoor recreational skills and interests. The trips and activities are open to all students in both Middle and Upper schools. The trips are open to both experienced and novice participants; we are a school and we seek to teach our students how to enjoy these activities safely and confidently. While students can earn PE credit for participation, as described below, there is no need to enroll in a class. Credit (or half credit) can be earned simply by participation in enough outdoor activities in any given term. The outdoor program will expose students to many of the following kinds of activities and skills: hiking, biking, camping, rock climbing, alpine (downhill) skiing, Nordic (cross-country) skiing, canoeing, kayaking, orienteering, snow cave and igloo building, camp cooking, and outdoor safety. Because we will be visiting areas that are highly susceptible to human impact, we will stress and practice environmental ethics and minimum impact camping.

**GOALS:**

Enhancement of camping and outdoor skills so that living outdoors in all conditions is a pleasurable experience, not just a matter of survival.

Development of life-long recreational skills and practices that are safe and ecologically sound.

Fostering awareness of group needs, strengths, weaknesses and dynamics.

**EARNING CREDIT:**

Credit earned in this course counts as physical education credit and helps satisfy the two-year PE requirement. To earn full credit for the course in any trimester, each student must attend scheduled information sessions and must earn five (5) days' worth of outing experience in that term. Each trip will be rated as to the number of days experience it will provide (see schedule below). As a rule, day trips are "1 day," overnight trips are "2 days," night ski trips are "0.5 day."

It is possible to earn half credit in a given term and make up the missing half credit in the term immediately following. Or one can simply earn a half credit that term; there is no penalty in doing so, and it has no impact on your GPA.

We usually offer 5 - 7 outings per trimester (and some after-school outings such as Friday night skiing), and students desiring full credit will usually need to participate in 3-4 trips per term. A schedule of trip dates and activities for the year appears below. Please note these dates and plan to participate in at least 5 days' worth of outings if you would like full credit for a given trimester.

**Expectations for Outdoor Program Participants:**

- Attendance at information sessions prior to trips (schedule To Be Determined).
- Attendance at specially scheduled training sessions for particular trips; these sessions are rare and are scheduled as needed around student schedules.
- Participation in trips offered on weekends as described above (and in the schedule below).
- Payment of trip fees designed to cover the cost of transportation and campground fees where appropriate. The fee will usually range from \$20.00 to \$50.00 per trip, with the average around \$30.00. Financial assistance is available.
- Agreement to abide by the school guidelines and policies for school functions and activities, as set forth in the student handbook.
- Preparation for each outing in terms of needed equipment, food, resources as explained in the information sheet for each trip. Minimally, this will involve bringing the "TEN ESSENTIALS" (see below) on each outing.

**[see next page]**

## TEN ESSENTIALS (to be brought on every wilderness outing)

Plan for cold, wet, windy weather, and hope for sun! ! !

1. Navigation (map & compass; map to be supplied by trip leaders)
  2. Sun protection (sunglasses and sunscreen)
  3. Insulation (extra clothing)
  4. Illumination (headlamp/flashlight with extra batteries and bulb)
  5. First-aid supplies (for personal use: band-aids, Tylenol, etc.)  
[The trip leaders should have a record of any required medications.]
  6. Fire starting supplies (waterproof matches/lighter/candle)
  7. Repair kit and tools (pocket knife, etc.)
  8. Nutrition (extra food)
  9. Hydration (extra water)
  10. Emergency Shelter (tent/plastic tube tent/garbage bag)
- Also recommended: Whistle, for emergency use only.

## OUTING SCHEDULE FOR TRIMESTER 1

Sept. 22 - 24: Hiking and Camping at Mount St. Helens  
[Value: 2 days]  
Depart School 4:00 PM Friday; return about 6:00 PM Sunday.

Sept 30 - Oct 1: Alpine Backpacking Trip: Ingalls Pass/Mt. Stuart Area  
[Value: 2 days]  
Depart School 7:00 AM Saturday; return by 6:00 PM Sunday.

October 7: Biking through the Snoqualmie Pass Tunnel  
[Value: 1 day]  
Depart 8:00 AM Saturday; return about 6:00 PM on same day.

October 28: Day Hike in Alpine Lakes area  
[Value: 1 day]  
Depart 8:00 AM Saturday; return about 6:00 PM on same day.

Nov. 4 - 6: Overnight Cycling Trip in the San Juan Islands.  
[Value: 2 days]  
Depart school 8:00 AM Saturday; return c. 5:00 PM Monday.

## OUTING SCHEDULE FOR TRIMESTER 2

NOTE: Friday night downhill ski trips will begin when possible.  
[Value: ½ day]  
Depart from School at 3:50 PM; return to school at 11:30 PM.

December 2: Lake Union Kayaking  
[Value: 1 day]  
Meet at Northwest Outdoor Center (2100 Westlake Ave N)  
at 9:30 AM Saturday; parental pick-up at NWOC about 3:30 PM.  
**[see next page]**

## OUTING SCHEDULE FOR TRIMESTER 2 (continued)

- January 6: Cross-Country Skiing at Snoqualmie Pass  
[Value: 1 day]  
Depart School 8:00 AM Saturday; return about 4:30 PM on same day.
- Jan. 12 - 15: Mt. Baker Igloo Trip (snow shelters and skiing)  
[Value: 2 days]  
Depart 1:00 PM Friday; return 4:00 PM Monday.
- January 20: Cross-Country Skiing at Snoqualmie Pass  
[Value: 1 day]  
Depart School 8:00 AM Saturday; return about 4:30 PM on same day.
- February 10: Snowshoeing at Snoqualmie Pass  
[Value: 1 day]  
Depart School 8:00 AM Saturday; return about 4:30 PM on same day.
- March 3: Geocaching Day Trip  
[Value: 1 day]  
Depart School 9:00 AM Saturday; return about 3:00 PM.

## OUTING SCHEDULE FOR TRIMESTER 3

- March 17: "Round the Sound" Cycling Day Trip *[During the two-week Summits]*  
[Value: 1 day]  
Depart School 8:00 AM Saturday; return about 6:00 PM.
- April 21 - 23: Olympic Coast Backpacking Trip  
[Value: 2.5 days]  
Depart School 8:00 AM Saturday; return about 6:00 PM on Monday.
- May 5 - 6: Rock Climbing Trip in the Leavenworth Area  
[Value: 1 day]  
Depart School 2:00 PM Saturday; return about 8:00 PM on Sunday.
- May 12: Day Hike in I-90 Corridor  
[Value: 1 day]  
Depart School 8:00 AM Saturday; return about 6:00 PM.
- June 1 - 3: Kayaking and Camping Trip (destination to be determined)  
[Value: 2 days]  
Depart School 4:00 PM Friday; return about 7:00 PM on Sunday.