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# 2019 CANOE PROGRAM PARTICIPANT GUIDE

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# WHAT TO EXPECT

- Fun!
- Outdoor teambuilding activities
- Insider tips on how to be successful at WCU
- Introduction to camping skills
- Introduction to canoeing
- Camping on your own private island
- Did we mention fun?!



# MEET YOUR GUIDES!

## Steve Sassaman



Associate Director of  
Campus Recreation

**Major:** Graduated with a Master of Education Degree in Higher Education from Abilene Christian University and a Graduate Certificate in Outdoor Education from the National Outdoor Leadership School

**Certifications:** American Canoe Association Level 2 Kayaking Instructor & Level 4 Swift Water Rescue, American Mountain Guide Association Climbing Wall Instructor, American Red Cross CPR/AED/First Aid Instructor Trainer, Leave No Trace Master Educator, Wilderness First Responder

**Favorite Thing About WCU:** The amazing students I get to interact with everyday and the many opportunities they have to grow as leaders.

**WCU Involvement:** Climbing Team and Outdoor Club Advisor, Green Dot Facilitation Team, Student Leadership Project Team, Sustainability Advisory Council

## Mikayla (Mik) Dieter

Trip Guide



**Major:** Secondary English Educations

**Certifications:** American Red Cross Wilderness and Remote First Aid & CPR/AED for Pro Rescuer, Leave No Trace Trainer

**About Mik:** Loves to write and is working on first children's book. She enjoys the whole town of West Chester and getting to meet new people all over campus.

**WCU Involvement:** Alternative Spring Break Leader and Writing Center

# ESSENTIAL ELIGIBILITY CRITERIA

The Outdoor Adventure Pursuits (OAP) program of West Chester University is a student-centered and driven program whose purpose is to engage students in meaningful experiential education opportunities by utilizing a variety of outdoor activities, trips, and excursions. These programs will develop participants' commitment to the campus community, encourage healthy living, and help them gain confidence in their ability to lead. In order to best enhance this experience, our program is open to all who are able to meet the following essential eligibility requirements listed below. Accommodations may be made as long as it does not compromise the health or safety of staff members or other participants or significantly alter the fundamental learning outcomes of the program.

## General Requirements

- Have the cognitive ability to discern all instructions of OAP staff
- Effectively communicate ideas on a group and individual level
- Properly wear and use all required safety equipment designated by the OAP staff
- Be able to effectively notify OAP staff and participants of potential hazards, personal distress, or other emergency situations
- Be able and willing to equally share in group responsibilities such as tent set up, campsite clean-up, and cooking
- Contribute to a safe learning environment-no inappropriate verbal or physical behavior is tolerated for any reason
- If taking prescription medications, be able to maintain proper dosage by self-medicating without assistance from others
- Have an average level of fitness including the agility, endurance and strength necessary to complete the chosen activity
- Perform necessary self-care in a remote outdoor environment, including maintaining adequate nutrition and hydration, maintaining proper body temperature by dressing appropriately for weather conditions, and maintaining personal hygiene
- Act in a manner consistent with the 7 principles of Leave No Trace Outdoor Ethics ([www.Int.org](http://www.Int.org))



## Canoeing and Paddling

- Meet all general requirements listed above
- Successfully demonstrate paddling strokes and explain their purpose
- Be able to reliably steer a canoe with a partner
- Understand and convey necessary information which includes being able to clearly communicate at a distance of up to 50 meters
- Be comfortable swimming with a PFD in moving water
- Have a moderate degree of comfort swimming without a PFD
- Be able to inspect canoer's PFD (when applicable)
- Reliably and independently perform simple technical tasks such as basic strokes (front, back, and C-strokes), getting in and out of a canoe without the direct supervision of a staff member



# THE LEAVE NO TRACE SEVEN PRINCIPLES

1

## PLAN AHEAD AND PREPARE

Know the regulations and special concerns for the area you'll visit. Prepare for extreme weather, hazards, and emergencies. Schedule your trip to avoid times of high use. Visit in small groups when possible. Consider splitting larger groups into smaller groups. Repackage food to minimize waste. Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

2

## TRAVEL AND CAMP ON DURABLE SURFACES

Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow. Protect riparian areas by camping at least 200 feet from lakes and streams. Good campsites are found, not made. Altering a site is not necessary. In popular areas: Concentrate use on existing trails and campsites. Walk single file in the middle of the trail, even when wet or muddy. Keep campsites small. Focus activity in areas where vegetation is absent. In pristine areas: Disperse use to prevent the creation of campsites and trails. Avoid places where impacts are just beginning.

3

## DISPOSE OF WASTE PROPERLY

Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter. Deposit solid human waste in catholes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished. Pack out toilet paper and hygiene products. To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

4

## LEAVE WHAT YOU FIND

Preserve the past: examine, but do not touch cultural or historic structures and artifacts. Leave rocks, plants and other natural objects as you find them. Avoid introducing or transporting non-native species. Do not build structures, furniture, or dig trenches.

5

## MINIMIZE CAMPFIRE IMPACTS

Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light. Where fires are permitted, use established fire rings, fire pans, or mound fires. Keep fires small. Only use sticks from the ground that can be broken by hand. Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

6

## RESPECT WILDLIFE

Observe wildlife from a distance. Do not follow or approach them. Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers. Protect wildlife and your food by storing rations and trash securely. Control pets at all times, or leave them at home. Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

7

## BE CONSIDERATE OF OTHER VISITORS

Respect other visitors and protect the quality of their experience. Be courteous. Yield to other users on the trail. Step to the downhill side of the trail when encountering pack stock. Take breaks and camp away from trails and other visitors. Let nature's sounds prevail. Avoid loud voices and noises.

# WHAT TO BRING?

- Positive Attitude
- 30-50L Backpack or duffel (we have limited van space so one bag limit) personal items will be stored in Group Dry bags during the trip
- 3 pairs of underwear (wool or synthetic recommended)
- 3 tops (wool or synthetic recommended)
- 2 pairs of athletic shorts
- 1 pair of pants for camping
- 1 hoody or puffy jacket (available to rent from ORC)
- 1 Waterproof Rain Jacket (Available to rent from ORC)
- 1 pair of closed toed active shoes suitable for hiking
- 1 Pair of water shoes with back strap (NO flip flops)
- 2 pairs of swimwear
- 1 towel (microfiber recommended)
- 20-40 degree sleeping bag (available from ORC)
- Sleeping Pad (available from ORC)
- Personal Eating Utensils
- Headlamp (Available from ORC)
- 2 32 oz water bottles
- Sunscreen
- Bug repellent
- Personal hygiene items
- Personal Snacks
- Cash for Souvenirs & last minute items





# SCHEDULE- DAY 1



## **1:00pm-2:00pm - Check in**

Meet at Struzbecker Health Science Center front door where our Guides will greet you and get checked in

## **2:00pm-4:30pm - Low Initiatives at Challenge Course**

## **4:45pm-6:00pm - Campsite Set Up and Cooking**

## **6:00pm-7:00pm - Dinner**

## **7:00pm-7:45pm - Leadership Journey Activity**

## **8:00pm-9:30pm - Night Orienteering Course**

## **9:30pm-10:30pm - Evening Reflection**

## **11:00pm - Lights Out**

# DAY 2

**7:30am-8:00am Breakfast**

**8:00am-9:00am - Break camp and load van**

**9:00am-6:00pm - Drive to First Campsite**

**5:00pm-6:00pm - Set Up Campsite**

**6:00pm-7:00pm - Dinner**

**7:00pm-9:30pm - S'more and free time**

**9:30pm- 10:30pm - Evening Reflection**

**11:00pm - Lights Out**





# DAY 3

8:00am-9:00am - Breakfast

9:00am-10:30am - Break camp and head to outfitter

10:30am-12:00pm - Load Canoes and travel to start

12:00pm-1:00pm - Lunch

2:30pm-4:00pm - Canoe to first Campsite

4:00pm-5:00pm - Set up camp

5:00pm -6:30pm- Dinner

6:30pm - 8:00pm Free Time

8:00pm - 9:00pm Reflection

10:00pm - Lights out



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## DAY 4-6

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8:00am-9:00am - Breakfast  
9:00am-4:00pm - Canoe to next site  
4:00pm-5:00pm - Set up camp  
5:00pm -6:30pm- Dinner  
6:30pm - 8:00pm Free Time/Skills session  
8:00pm - 9:00pm Reflection  
10:00pm - Lights out

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## DAY 7

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8:00am-9:00am - Breakfast  
9:00am-12:00pm - Canoe back to outfitter  
12:00pm-3:00pm - Lunch in town and time to explore  
3:00pm -5:00pm- Set up Camp  
5:00pm - 6:30pm Dinner  
8:00pm - 9:00pm Reflection  
10:00pm - Lights out

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## DAY 8

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8:00am-9:00am - Breakfast  
9:00am-10:30am - Break Camp  
10:30am-5:00pm - Drive back to West Chester  
5:00pm -6:30pm- Pick up and closing

