



## River Expedition Skills MAST 169 Mountain Adventure Skills Training Program

### Course Outline

COURSE IMPLEMENTATION DATE: September 2016  
OUTLINE EFFECTIVE DATE: September 2020  
COURSE OUTLINE REVIEW DATE: March 2025

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#### GENERAL COURSE DESCRIPTION:

This course will introduce the students to multi day large group river expedition guiding skills. Topics include menu planning, shopping, packing and cooking for a large group. Students will utilize group cooking equipment and food safety and handling techniques. Planning, packing, set up of group paddling equipment, various style of craft, safety gear, personal gear packing and storage in crafts. The students will execute a large group multi day expedition.

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**Program Information:** This course is not required for completion of the MAST certificate

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**Delivery:** This course is delivered face-to-face

**COTR Credits:** 2

**Hours for this course:** 30 hours

#### Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	30
Other Contact Hours	
<b>Total</b>	30

#### Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-job Experience	
Formal Work Experience	
Other	
<b>Total</b>	

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**Course Outline Author or Contact:**

Sarah Osberg, MAST Program Coordinator/Instructor

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Signature

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**APPROVAL SIGNATURES:**

Department Head  
Erin Aasland Hall  
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Dean of Business and University Studies  
Darrell Bethune  
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Department Head Signature

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Valid from: September 2020 – March 2025

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Education Council Approval Date

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**COURSE PREREQUISITES AND TRANSFER CREDIT:**

**Prerequisites:** MAST 144, MAST 145, MAST 166 or 167

**Corequisites:** None

**Flexible Assessment (FA):**

Credit can be awarded for this course through FA  Yes  No

Learners may request formal recognition for flexible assessment at the College of the Rockies through one or more of the following processes: External Evaluation, Worksite Assessment, Demonstration, Standardized Test, Self-assessment, Interview, Products/Portfolio, Challenge Exam. Contact an Education Advisor for more information.

**Transfer Credit:** For transfer information within British Columbia, Alberta and other institutions, please visit <http://www.cotr.bc.ca/Transfer>

Students should also contact an academic advisor at the institution where they want transfer credit.

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## Textbooks and Required Resources:

None

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Please see the instructor's syllabus or check COTR's online text calculator <http://go.cotr.bc.ca/tuition/tCalc.asp> for a complete list of the currently required textbooks

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## LEARNING OUTCOMES:

Upon the successful completion of this course, students will be able to:

- Demonstrate the skills required for organizing and guiding a multi day river trip;
  - Understand River Safety procedures for large groups;
  - Design and execute a menu for a large group;
  - Demonstrate an understanding of the equipment requirements for large groups on the river; and
  - Proficiently set up a camp kitchen for a large group.
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## COURSE TOPICS:

- Equipment, outfitting required for group river travel
- Enhance previously learned strokes and skills
- Rescue procedures for large groups
- River hydrology, Safety talk and river hazard identification
- Introduction to river scouting for multi craft river travel
- River running skills
- Trip leader responsibilities

*See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.*

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## EVALUATION AND ASSESSMENT (Face to Face Delivery):

Assignments	% Of Total Grade
Students are evaluated on performance of stated learning outcomes to a proficient level to complete the course.	100%
Demonstrated progression in river hazard management	
Demonstrated progression in paddling skills, river reading	
Demonstrated quality food planning, preparation, handling and clean up	
Demonstrated effective teamwork, communications, initiative for learning	
Demonstrated personal organization and professionalism	

*Please see the instructor syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments, and use of electronic aids.*

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**EXAM POLICY:**

Students must attend all required scheduled exams that make up a final grade at the appointed time and place.

Individual instructors may accommodate for illness or personal crisis. Additional accommodation will not be made unless a written request is sent to and approved by the appropriate Department Head prior to the scheduled exam.

Any student who misses a scheduled exam without approval will be given a grade of "0" for the exam.

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**COURSE GRADE:**

<b>COM</b>	Completed to defined standard
<b>NCG</b>	No Credit Granted

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**ACADEMIC POLICIES:**

See [www.cotr.bc.ca/policies](http://www.cotr.bc.ca/policies) for general college policies related to course activities, including grade appeals, cheating and plagiarism.

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**COURSE CHANGES:**

Information contained in course outlines is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment, and marketing needs. The instructor will endeavour to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.