



2020-2021



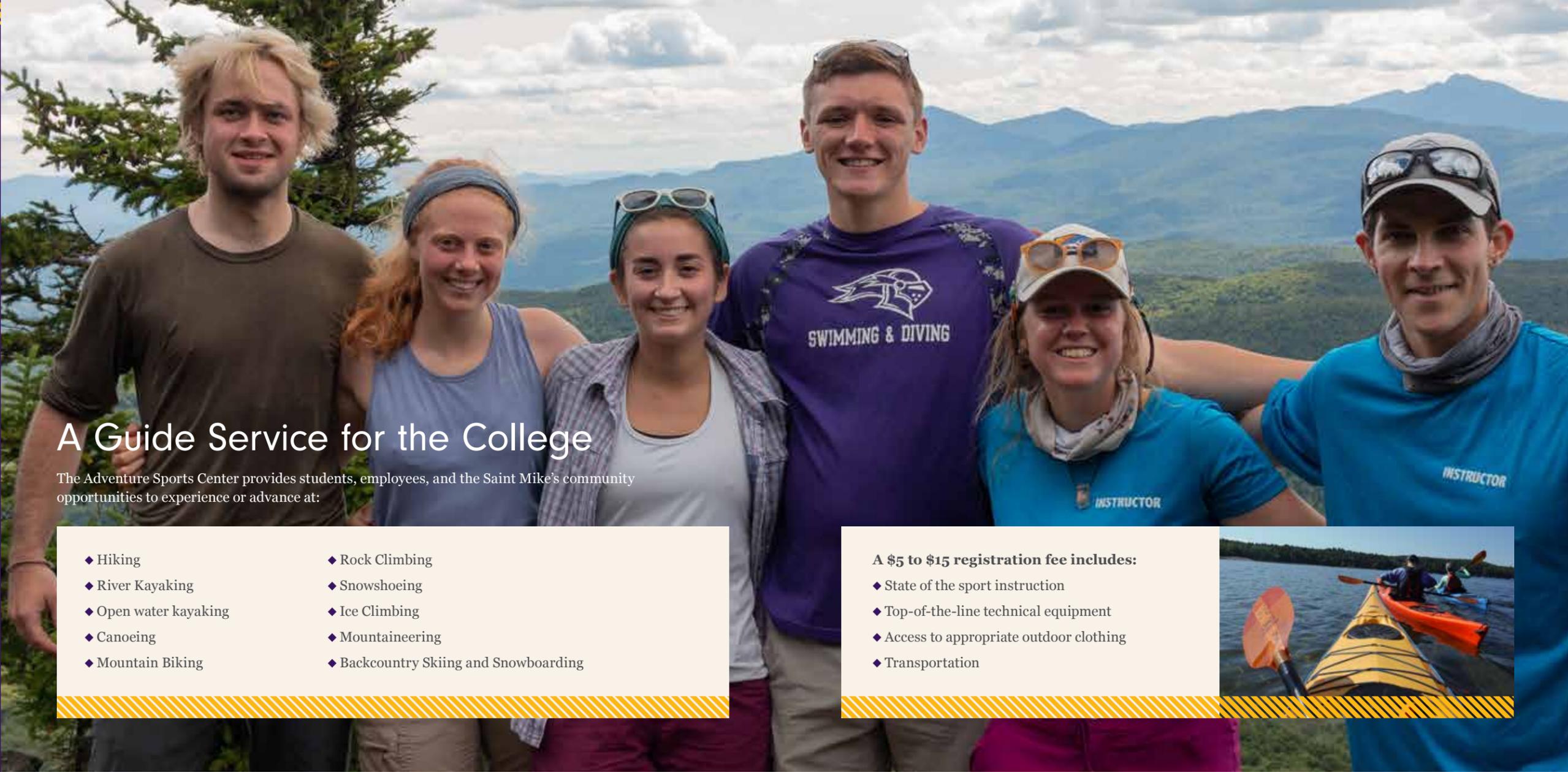
Guide to Adventure



*Where will your
adventure begin?*



The
Adventure Sports Center
SAINT MICHAEL'S COLLEGE



A Guide Service for the College

The Adventure Sports Center provides students, employees, and the Saint Mike's community opportunities to experience or advance at:

- ◆ Hiking
- ◆ River Kayaking
- ◆ Open water kayaking
- ◆ Canoeing
- ◆ Mountain Biking
- ◆ Rock Climbing
- ◆ Snowshoeing
- ◆ Ice Climbing
- ◆ Mountaineering
- ◆ Backcountry Skiing and Snowboarding

A \$5 to \$15 registration fee includes:

- ◆ State of the sport instruction
- ◆ Top-of-the-line technical equipment
- ◆ Access to appropriate outdoor clothing
- ◆ Transportation



The Sugarbush Pass Program (p. 14) provides students and employees with full-season access to Sugarbush Resort. For those interested in learning to ski or snowboard, the Adventure Sports Center partners with Sugarbush Resort to offer the **Learn to Ski / Ride Program** (p. 14).

Students may also access a highly discounted access pass to the **Petra Cliffs Indoor Climbing Center** (p. 12) located just a few miles from campus.

Adventure Sports and COVID-19

The nature of Adventure Sports involves being in proximity with other individuals. The Adventure Sports Center is analyzing the recommendations of various organizations and following the guidance of the college to continue to provide our services to the community. There will be dynamic operational changes from years past, and we will communicate these new procedures throughout the programming year.

In light of the uncertainty regarding COVID-19 the Adventure Sports Center will not be offering extended travel programs during 2020-2021, but we look forward to offering extended hiking, paddling, and climbing programs again.

Beyond the Fundamentals

The Adventure Sports Center offers opportunities for students and employees to further their personal outdoor and leadership skills beyond single day experiences.

For those interested in exploring the outdoors on their own or leading others, the **Mountain Leader Course** (p. 4) may be just what you are looking for.

Adventure Sports Center Instructors (p. 6) are highly motivated, trained and driven by their enthusiasm for introducing others to Adventure Sports. All current instructors have taken the **Mountain Leader Course**, applied to and completed the **Instructor Training Program** (p. 4).

A Certificate in Adventure Sports Coaching (p. 4) formalizes the development of outdoor professionals by combining the skills and knowledge attained through the Mountain Leader Course, National Certifications, the Coach as Educator course, as well as a logbook of leading and instructing.

The Adventure Sports Center offers **Professional Training Opportunities** (p. 5) opportunities through a variety of providers as well as long-term opportunities for participants to continue their development in technical disciplines.



Development Opportunities

Mountain Leader Course

This 8-week training program provides participants the opportunity to develop the baseline skills to take oneself and others into the outdoors. The skills and knowledge gained can be applied to a variety of professional and recreational opportunities. The course includes classroom sessions, field day as well as a Wilderness First Aid Course.

This course begins the second week of classes, **September 9th** and will require a short online application.

To find out more:

- ◆ Attend an informational session Wednesday, September 2nd or Thursday, September 3rd.
- ◆ Swing by the office on the ground floor of Alumni North
- ◆ Email jtaylor5@smcvt.edu.

Instructor Training Program

Graduates of the Mountain Leader Course can apply to the Instructor Training Program and will be selected based on a number of criteria.

The Instructor Training Program includes:

- ◆ 2 day Leave No Trace Trainer program
- ◆ Wilderness First Responder
- ◆ Winter Mountain Leader January 13-16, 2021
- ◆ Ongoing classroom sessions in coaching and risk management

The Certificate in Adventure Sports Coaching

If you are interested in working in Adventure Sport and/or the Outdoor Recreation field, the Certificate in Adventure Sports Coaching formalizes an appropriate development process. Combining the Mountain Leader Course, the Coach as Educator Course, national body awards and certifications, a logbook of practical experience, and a professional web-based portfolio, graduates are prepared to work in a variety of outdoor pursuits.

For additional information on the CASC program, please drop by the Adventure Sports Center, or email twright@smcvt.edu.

Professional Training Opportunities

The Adventure Sports Center is proud to offer professional training and certification opportunities through a variety of providers. These trainings are open to members of the college community and the public.

Hosted organizations include:

- ◆ American Canoe Association
- ◆ American Mountain Guides Association
- ◆ Bike Instructor Certification Program
- ◆ British Canoeing
- ◆ SOLO Wilderness Medicine
- ◆ Leave No Trace

Wilderness Medicine

The Adventure Sports Center is pleased to host SOLO Wilderness Medicine Courses.

Wilderness First Aid

This intensive, hands-on two-day course introduces participants to the basics of patient care in a wilderness environment. Successful completion results in a SOLO WFA certification.

Wilderness First Responder Review

This two-day course will refresh the skills and knowledge of currently certified Wilderness First Responders and Wilderness EMT's).

Wilderness First Responder

This course is the standard for professionals in adventure sports and useful for recreationalists. A mix of classroom and active scenarios encompass patient assessment, management and prevention.

Drop by the office, call the Adventure Sports Center at 802.654.2614, or email wwidlund@smcvt.edu for more information on these programs.

“If not for the Adventure Sports Center, I would not have immersed myself in kayaking, hiking, & mountain biking during my college career. The program allowed me access to a variety of equipment and sports that I had been unfamiliar with. Not only was I able to participate in those activities, but I completed certifications and training through the program that allowed me to teach other members of the community. I was also able to form strong bonds with fellow instructors that I still hold onto today. The Adventure Sports Center gave me access, support and fun, both during and after college.” **Bridget McElroy, '17**

Adventure Sports Center Instructors

Our student and employee instructors are driven by their enthusiasm for Adventure Sports and their desire to share those experiences with others. All instructors matriculated through the **Mountain Leader Course** and were selected to participate in the **Instructor Training Program**. They are tasked with planning, organizing and executing technical and non-technical programs for their peers, professors and other college community members.

Instructors develop technical, leadership and coaching skills while gaining real-life experience in risk-management and decision making. They work with diverse individuals in a multi-dimensional leadership model.

Additionally, instructors:

- ◆ Have access to professional staff to facilitate individual development.
- ◆ Have access to state of the sport equipment through our outfitter and relationship with equipment manufacturers.
- ◆ Participate in subsidized certification training from professional organizations such as: the American Canoe Association, American Mountain Guides Association, the Bike Instructor Certification Program, and others.
- ◆ Become part of a network of hundreds of Adventure Sports Center instructor alumni and professional staff.

“

Because I was part of the Adventure Sports Center, I am a strong, motivated and respected leader. It is probably the most important chapter of my life that's contributed to my success in leadership within the workforce and the female movement.”

Christin “Teddy” Oram, '09



Essential Eligibility Criteria

All learners in adventure sport programming at Saint Michael's College are required to meet the Essential Eligibility Criteria (EEC) outlined below. In addition, expedition programming and some technical skills instruction may require additional program specific criteria.

PLEASE NOTE it is important that you carefully read through the essential eligibility criteria (EEC) and self-assess. Make sure that you ask for clarification for anything you are unsure of. Some of the EEC will be assessed by ASC instructors at the start of the program because they are critical for managing risk and providing a more enjoyable program.

General Essential Eligibility Criteria (EEC)

- ◆ Each LEARNER must complete an Adventure Sports Center Participant Agreement and Health Information Release.
- ◆ Each LEARNER must be able to manage all personal care independently including, but not limited to, hydration, nutrition and temperature management for the duration of the program.
- ◆ Each LEARNER must be able to perform sport specific mobility independently for the duration of the program.
- ◆ Each LEARNER must be able to move effectively in rugged, uneven and/or unstable terrain found in backcountry environments.
- ◆ Each LEARNER must be able to put on all sport specific personal protective equipment independently and effectively wear the equipment for the duration of the program.
- ◆ Each LEARNER must be able to respond to visual and verbal commands.
- ◆ Each LEARNER must be able to communicate effectively with potential obstacles and background noises such as wind, rapids, waves, and cliffs.
- ◆ Each LEARNER must possess the agility, balance, coordination and fitness to accomplish discipline specific tasks.

Paddlesports

In addition to the criteria listed in the General EEC above:

- ◆ Each Learner must be able to swim effectively while wearing a sport-specific, well-fitted Life-Jacket.

- ◆ Each Learner must be able to enter and exit a kayak/canoe and maintain a balanced and upright position independently. This is to be completed without adjuncts.
- ◆ Each Learner must be able to perform a “wet-exit” from a capsized kayak (w/spray deck) or canoe effectively.

Day Hiking/Trekking/Climbing/Wilderness Medical Training

In addition to the criteria listed in the General EEC above:

- ◆ Each Learner must be able to carry a day pack weighing up to 25 pounds, or a multi-day backpack weighing up to 50 pounds, up to a distance of 10 miles in rugged terrain over the course of a day independently.

Backcountry Skiing/Ski Mountaineering

In addition to the criteria listed in the General EEC above:

- ◆ Each Learner must be able to ski or ride proficiently in intermediate terrain that is ungroomed and gladed.

Mountain Biking

In addition to the criteria listed in the General EEC above:

- ◆ Each Learner must be able to ride (i.e. pedal, steer, and brake) and maintain a balanced position on a trail/mountain/cross-country specific bicycle on off road (non-paved), rugged and uneven terrain for a distance of up to 5 miles.
- ◆ Each Learner must be able to ride with a small pack up to 10 pounds on off road (non-paved), rugged and uneven terrain for a distance of up to 5 miles.



Hiking

The mountains, hills and valleys of Vermont offer a myriad of hiking opportunities. From a long day on Mount Mansfield to a few hours stroll through Nebraska Notch, the Adventure Sports Center offers ways to explore at many levels. The \$5 trip fee includes transportation, guides, and any clothing or equipment you might need to borrow. Exact trip locations will be determined by instructors at the beginning of each semester. All participants must meet the Essential Eligibility Requirements on page 7.

Half Day Hikes

These trips leave a little later and offer a more relaxed opportunity to explore. Groups will cover less than 5 miles and can expect to be back on campus mid-afternoon. Destinations include Stowe Pinnacle with its incredible views or Sterling Pond atop Smugglers Notch.

Full Day Hikes

These longer experiences are appropriate for experienced hikers and those who have never set foot on a trail. Expect at least 4 miles with some uphill and downhill over a longer day. Don't worry, you'll be back for dinner. From the summit of Camel's Hump or the lookout tower on Mt Belvidere, you'll get to experience the grandeur Vermont has to offer.



Paddlesports

Complementing the mountains of Vermont are the lakes and rivers. A \$15 fee includes instruction, clothing, equipment and transportation. No experience is necessary for any program; however all participants must meet the Essential Eligibility Requirements on page 7.

Fundamentals of Open Water (Sea) Kayaking

Enjoy a day of paddling on one of Vermont's lakes while you develop paddling techniques and safety skills.

Fundamentals of River (Whitewater) Kayaking

Vermont's iconic rivers offer fantastic opportunities for beginners and experienced paddlers alike.

Fundamentals of Canoe Touring

Canoeing provides a great way to explore the local rivers while developing lifelong paddling skills.





Mountain Biking

Fundamentals of Trail (Mountain) Biking

If you are interested in trying, or furthering, your off-road riding skills, these trips are for you. A top of the line bike, helmet, instruction and transportation are yours for the day for \$15. While no mountain biking experience is necessary, all participants must meet the Essential Eligibility Requirements on page 7.

Rock Climbing

Fundamentals of Rock Climbing (outdoors)

Learn the basics of climbing movement and safety in a relaxed and fun atmosphere. No experience is necessary, and the \$15 trip fee covers instruction, equipment, clothing and transportation. All participants must meet the Essential Eligibility Requirements on page 7.

Petra Cliffs Pass

Our partnership with Petra Cliffs Climbing Center gains 8 months of access to this state of the sport indoor facility for a reduced rate of \$75. Located a short 15-minute drive from campus there is climbing for all ability levels.





Winter Hiking

Winter brings new opportunities to explore Vermont's woods and mountains. All required equipment and clothing, as well as transportation and guides are included in the \$5 trip fee. All participants must meet the Essential Eligibility Requirements on page 7.

Half Day Hikes

These hikes are perfect for those looking at a slightly later start to the day but still interested in exploring the mountains in winter. Covering less than five miles over a few hours a trip might explore Nebraska Notch or trek to the summit of Snake Mountain.

Full Day Hikes

These longer days will travel at least 4 miles and cover more terrain. From the summit of Mt Abe to the top of Mt Mansfield, enjoy a solid day of travel.

Ice Climbing and Mountaineering

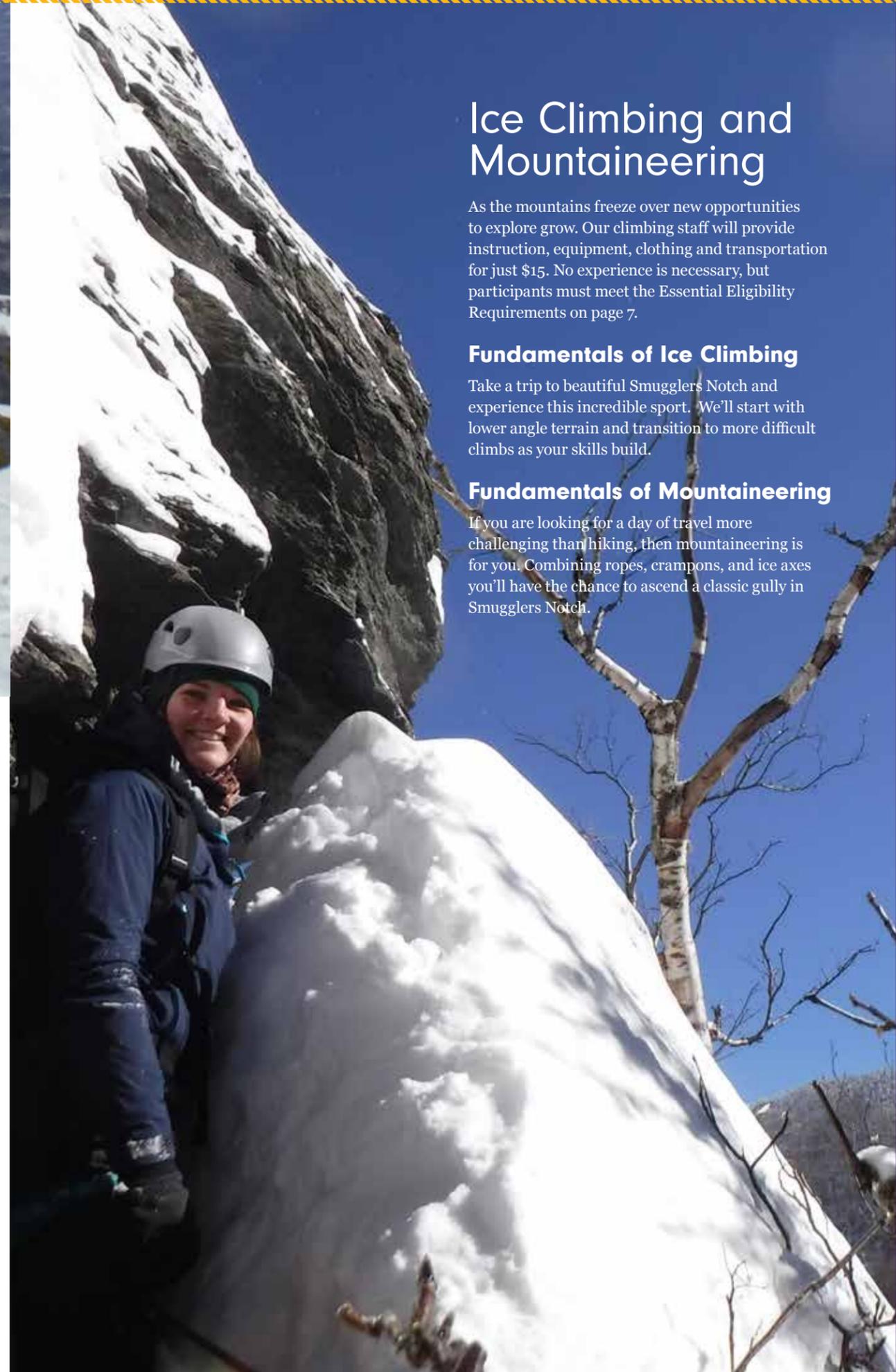
As the mountains freeze over new opportunities to explore grow. Our climbing staff will provide instruction, equipment, clothing and transportation for just \$15. No experience is necessary, but participants must meet the Essential Eligibility Requirements on page 7.

Fundamentals of Ice Climbing

Take a trip to beautiful Smugglers Notch and experience this incredible sport. We'll start with lower angle terrain and transition to more difficult climbs as your skills build.

Fundamentals of Mountaineering

If you are looking for a day of travel more challenging than hiking, then mountaineering is for you. Combining ropes, crampons, and ice axes you'll have the chance to ascend a classic gully in Smugglers Notch.





Skiing and Riding at St. Mike's

Sugarbush Ski Pass

Sugarbush ski area boasts over 100 trails, 28 glades, 3 terrain parks and 2600 feet of vertical terrain offering opportunities for skiers and riders of all abilities and interests. The Sugarbush passes provide a full season's worth of access, and Saint Michael's offers bus transportation most weekends.

Pass Options

Value Pass: \$85

Provides unlimited access to Mt Ellen and week-day access to Lincoln Peak for less than the cost of a day ticket. Early and late season access to Lincoln Peak is also included.

Premium Pass: \$150

Unlimited access to Lincoln Peak and Mt Ellen as well as 50% off lift tickets to 2020/2021 Mountain Collective Resorts.

Add Mad: \$200

Add Mad River Glen to a Premium Pass for an additional \$50.

Learn to Ski and Ride

Want to learn how to ski or snowboard? Stay tuned to the AdSports and Sugarbush email distribution lists to find out more about this opportunity.

Sugarbush Bus

Looking for a free ride to the Mountain? The Adventure Sports Center sponsors a bus almost every Saturday that leaves St. Mikes at 9 am. Swing by the Adventure Sports Center to sign up.

Backcountry Ski and Ride

Are you ready to leave the lifts behind? Learn to skin uphill and route-find your way back down. Please refer to the Essential Eligibility Requirements on page 7 regarding pre-requisites. Alpine touring skis or a splitboard, clothing, equipment and instruction are all included in the \$15 program fee.

Program Registration

You can register for any Adventure Sports programs by visiting the office on the ground floor of Alumni North. Our programs fill up fast, signups are on a first-come, first served basis and require payment of trip fees to hold a space.

- ◆ Monday and Tuesday: 9 am - 4 pm
- ◆ Wednesday and Thursday: 10 am - 2 pm
- ◆ Friday: 9 am- noon
- ◆ Appointments available outside of these hours

E-Mail List

Stay up to date on offerings by subscribing to our email list. Every week we will send out an up to date listing of upcoming programs as well as information on the Sugarbush Pass. You can access it from the “Mailing Lists” page on your SMC Portal. Consider registering for the “AdSports” list and the “Sugarbush” lists.

Equipment Rental and Usage

Any equipment or technical clothing that is necessary for our programs is available as a part of the trip fee. Unfortunately, due to COVID-19 considerations, non-trip rentals will not be available for the 2020-2021 year.

Contact Us

Any questions you may have can be answered by calling the Adventure Sports Center at 802.654.2614, visiting our website at www.smcvt.edu/adventure or simply dropping by our office on the Ground Floor of Alumni North.

Follow us on Instagram @smcadventure and “Like” the Saint Michael’s College Adventure Sports Center on Facebook.

Saint Michael’s College

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