

# A Guide Service for Saint Michael's College

The Adventure Sports Center is a student led, learner-focused organization dedicated to providing opportunities for outdoor enjoyment.

### **Programs Include:**

- ♦ Hiking
- ◆ Canoeing

♦ Mountain Biking

◆ Snowshoeing

◆ Rock Climbing

◆ River Kayaking

- ◆ Sea Kayaking
  - - ◆ Ice Climbing
- **♦** Mountaineering
- **♦** Backcountry Skiing and Snowboarding
- ◆ Lift-Served Skiing and Snowboarding

### These Programs are for:

- ◆ Anyone looking to explore what Vermont has to offer.
- ◆ People who have never had the opportunity for these experiences.
- ◆ Those looking to broaden or deepen their outdoor skills.
- ◆ Everyone who wants to learn to lead or teach others in the outdoors.

### On any trip you'll get:

- ◆ An Inclusive, Supportive environment for experiencing and learning.
- ◆ State-of-the-Sport instruction from peers and working professionals.
- ◆ Top-of-the-line technical equipment and outdoor clothing.
- ◆ Opportunities to challenge yourself.

Beyond Day One

If you are interested in something beyond a single day experience, the Adventure Sports Center has opportunities for you.

The **Mountain Leader Course (p. 5)** is open to all who wish to learn more about venturing into the wilderness on their own or as a group leader. Learn what to bring, how to find your way, what to do if things don't go as planned and much more.

Adventure Sports Center Instructors are highly motivated, trained and driven by their enthusiasm for introducing others to Adventure Sports. Instructors have all taken the Mountain Leader Course, applied to and completed the Instructor Training Program (p 5).

The Adventure Sports Center is an endorsement partner with the Undergraduate Professional Endorsement Program (p. 5) providing professional training and certification opportunities as well as facilitating the opportunity to earn an Endorsement in Adventure Sports Coaching.

The Sugarbush Pass Program (p. 8) offers Saint Michael's College undergraduate students access to unrivaled skiing and snowboarding opportunities with full season passes starting at just \$115.

The \$75 Learn to Ski and Ride (p. 8) program is an amazing way to find a lifelong passion.

For less than the cost of a 1-month membership, students have 8 months of access to **Petra Cliffs** Indoor Climbing Center (p. 6).

Extended programs over breaks include opportunities to backpack in the Grand Canyon, Rock Climb in Utah, Sea Kayak in South Carolina and much more.



- ◆ Working in partnership with other campus organizations devoted to diversity.
- ◆ Reducing participation barriers through access to instruction and equipment.
- ◆ Fostering a welcoming environment.
- ♦ Informing the campus population of the opportunities available.



# Adventure Sports Center Instructors

ASC Instructors are motivated 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**.

Instructors develop technical, leadership and coaching skills while gaining real-life experience in risk-management and decision-making working with diverse individuals. They engage in servant leadership, placing the well-being and experience of the group above their own personal desires. The skills and knowledge developed serve them post-graduation in fields ranging from healthcare to high finance as they strive to improve the world we all inhabit.

Additionally, instructors:

- ◆ Work closely with professional staff to facilitate individual development.
- ◆ Engage in non-program adventure experiences to further their own skills and knowledge.
- ◆ 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.

As a leader for the Adventure Sports Center I learned to gather and evaluate information. employ professional judgment and decision making and lead others in dynamic environments. This experience led to my success as a mountain guide and later, in the advanced studies of natural resource law and science which informs my work as the Policy Manager for the American Alpine Club. *My deep connection to our* climbing landscapes and communities began with my time at the ASC."

Taylor Lunea, '14





# **Learning More**

#### **Mountain Leader Course**

If you are interested in exploring the great outdoors on your own or taking others into the wilderness, this program is for you. Whether you've never hiked or have spent weeks carrying your home on your back, there is always something to learn.

The Mountain Leader Course includes:

- ♦ 3-4 Field training days
- ♦ -10 classroom sessions
- ◆ 2-day SOLO Wilderness-First Aid course

To learn more:

- ♦ Attend a short informational session early in the semester (see annual calendar for dates).
- ◆ Drop by the Adventure Sports Center Office on the ground floor of Alumni North.
- ♦ Email Adventuresports@smcvt.edu

The program begins during the third week of classes in the fall, so don't delay.

### **Instructor Training Program:**

The Adventure Sports Center relies on the professional and respected student and staff instructors. Completion of the Mountain Leader Course provides the opportunity to apply to join this incredible group.

The Instructor Training Program includes:

- ◆ Ongoing sessions in coaching and risk management.
- ◆ Early return winter skills training in January.
- ◆ 8-day SOLO Wilderness First Responder after finals end in May.

# Professional Endorsement in Adventure Sports Coaching

The Undergraduate Professional Endorsement Program at Saint Michael's College aims to provide you with opportunities to prepare yourself for the workforce, gain professional experience, and receive credentials in areas of interest–setting you up by setting you apart. Your success after graduation will depend on what you learned, but also on whether you can set yourself apart from other candidates. In conjunction with the Adventure Sports Center, you can earn a Professional Endorsement in Adventure Sports Coaching. Contact twright@smcvt.edu for more information.



### 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.

# **Rock Climbing**

Spend a day learning the basics of climbing movement and safety in a relaxed and fun atmosphere on one of our local cliffs. No experience is necessary.

# **Mountain Biking**

If you are interested in trying trail biking, or in furthering your riding skills, these trips are for you. While no mountain biking experience is necessary, you do need to know how to ride a bicycle.

# **Open Water (Sea) Kayaking**

Enjoy a day of paddling on one of Vermont's lakes while you develop techniques and safety skills. Take a journey along some of the most beautiful shorelines in the northeast.

# **River (Whitewater) Kayaking**

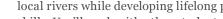
Vermont's iconic rivers offer fantastic opportunities for beginners and experienced paddlers alike. You'll learn how to maneuver in and out of current and try your hand at some rapids.

# **Canoe Touring**

Canoeing provides a great way to explore the local rivers while developing lifelong paddling skills. You'll work with other students and our instructors as you cruise downstream.

# **PetraCliffs Climbing Pass**

The PetraCliffs climbing pass allows access from September to May for only \$90. Boulding, top roping and lead climbing are all available. Purchase this pass at the Adventure Sports Center office on the Ground Floor of Alumni North.





Winter transforms Vermont's landscape and provides new and exciting ways to get outside. All programs include transportation, instruction, and any needed equipment or clothing.

### **Winter Hiking**

Winter introduces a whole new look to Vermont's woods and mountains. From the rocky summit of Camel's Hump to Sterling Pond's wooded landscape, there is something for everyone.

# **Backcountry Ski and Ride**

Are you ready to leave the lifts behind? Learn to skin uphill and route-find your way back down. While prior backcountry experience is not necessary, participants must be able to ski or ride ungroomed, intermediate gladed terrain.

# 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.

# 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.

Scan here to check out this year's schedule.







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# Extended Programs

Looking for a way to get away during a long break?

### Past programs have included:

- ◆ Rock Climbing in Utah, California and Mexico
- ♦ Sea Kayaking in Baja, South Carolina, and Wales
- ◆ Whitewater Kayaking in Ecuador
- ◆ Mountaineering in Ecuador
- ◆ Backpacking in the Grand Canyon
- $\blacklozenge$  Hiking in Big Bend National Park

Look for announcements in September concerning what trips are available for the upcoming year.

# 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 transportation most weekends. Pass purchases END the first week of December.

#### **Pass Options**

#### Value Pass: \$115

Provides unlimited access to Mt Ellen and weekday 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: \$200

Unlimited access to Lincoln Peak and Mt Ellen.

#### Add Mad: \$250

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? Get two full days of lessons, rentals and lift tickets for only \$75. Students that attend both sessions receive a season's pass. 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 or van almost every weekend. Prior registration at the Adventure Sports Center to sign up is required.



# 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
- ◆ Leave No Trace
- ◆ SOLO Wilderness Medicine

# 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 about these programs.



# **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 "wetexit" 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.

It is the mission of the Saint Michael's College Adventure Sports Center to enhance the liberal arts experience and contribute to the individual development of students through access to state of the sport outdoor pursuits training and co-curricular outdoor experiences.



### **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 (\$5-\$25 for day trip) to hold a space.

#### **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. In addition, you can rent equipment for your own hiking adventure (packs, tents, sleeping bags, snowshoes, etc) from our outfitter for a nominal fee. We do not rent out climbing, biking, paddling or skiing equipment.

#### **Contact Us**

If you have further questions:

- ◆ Drop by our office on the Ground floor of Alumni North.
- ◆ Visit smcvt.edu/student-life/student-activities/adventure-sports-center/
- ◆ Call us at 802.654.2614
- ◆ Email us at Adventuresports@smcvt.edu

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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