



# Guide to Adventure



*Where will your  
adventure begin?*



The  
**Adventure Sports Center**  
SAINT MICHAEL'S COLLEGE

The Adventure Sports Center is a student focused and led organization dedicated to providing opportunities for outdoor recreation and enjoyment.



**These Programs are for:**

- ◆ Those looking to explore the outdoors in Vermont.
- ◆ Anyone who has never had the opportunity for these experiences.
- ◆ Beginners and those looking to broaden or deepen their outdoor skills.

## Fall Programs

### Hiking

The mountains, hills and valleys of Vermont offer a myriad of hiking opportunities. From a long day on Mount Mansfield to a short 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 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 paddle through rapids.

### On any trip you'll get:

- ◆ An inclusive, supportive environment for experiencing and learning.
- ◆ State-of-the-sport instruction from student-instructors and working professionals.
- ◆ Top-of-the-line technical equipment and outdoor clothing.
- ◆ Opportunities to challenge yourself.



## Winter Programs

### 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.

### 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 and comfort level 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.

### 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.



Scan here to check out this year's schedule.



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## Beyond Day One

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

The **Mountain Leader Course (p. 6)** 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. 8)** 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. 8)**.

**Extended programs** over breaks include opportunities to backpack in the Grand Canyon, rock climb in Utah, sea kayak in South Carolina and much more. These programs are advertised and enrolled in September each year.



## 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 completed 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 while working with diverse individuals.

They apply the Saint Michael's College Ethical Leadership principles as they engage in servant leadership, placing the well-being and experience of the group above their own personal desires. The skills and knowledge developed as instructors serve them in fields ranging from healthcare to high finance as they strive to improve the world around them.

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.
- ◆ Can gain certifications from professional organizations such as; the American Canoe Association, American Mountain Guides Association, the Bike Instructor Certification Program and others.
- ◆ Join a network of hundreds of Adventure Sports Center instructor alumni and professional staff.



*The Adventure Sports Center has played a crucial role in shaping my life by getting me involved with a community of amazing friends with whom I can share my affinity for the great outdoors. My time at ASC has been instrumental in helping me grow as a person, while I also honed my leadership and climbing skills. Being an instructor encouraged me to explore the picturesque parts of Vermont and helped me connect with nature and people in meaningful ways."*

**Swapnil Jhajharia, '24**



## 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
- ◆ 7-10 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](mailto: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 our professional and respected student and staff instructors to lead and teach others in the outdoors. Completion of the Mountain Leader Course provides the opportunity to apply to join this incredible group.

The Instructor Training Program includes:

- ◆ Early return winter skills training in January.
- ◆ SOLO Wilderness First Responder training after finals conclude in May.
- ◆ Skills and coaching development in technical disciplines.



## Additional Opportunities

### 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 many weekends. Pass purchases END the first week of December.

### PetraCliffs Climbing Pass

The PetraCliffs climbing pass allows access from September to May for less than the cost of a month pass. Bouldering, top roping and lead climbing are all available. Purchase this pass at the Adventure Sports Center office on the Ground Floor of Alumni North.





## Professional Development 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
- ◆ American Institute for Avalanche Research and Education
- ◆ Bike Instructor Certification Program
- ◆ Leave No Trace
- ◆ SOLO Wilderness Medicine

## Professional Credentials and Endorsement in Adventure Sports Coaching

The Undergraduate Professional Credential and 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 not just 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 professional outdoor credentials and a Professional Endorsement in Adventure Sports Coaching. Contact [twright@smcvt.edu](mailto:twright@smcvt.edu) for more information.



## 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

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](mailto:wwidlund@smcvt.edu) for more information about these programs.



*I can definitively say that there are few collegiate programs that offer true, consequential, leadership positions such as what the Adventure Sports Center offers to SMC students. As an instructor I gained the skills to pursue higher level outdoor activities, the likes of which I would not have without this program. My time as an instructor stood out to prospective employers and highlighted the leadership and group management skills that saw me to successful employment numerous times.”*

**Kyra Payne '15**



# 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.

# Details

## 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.

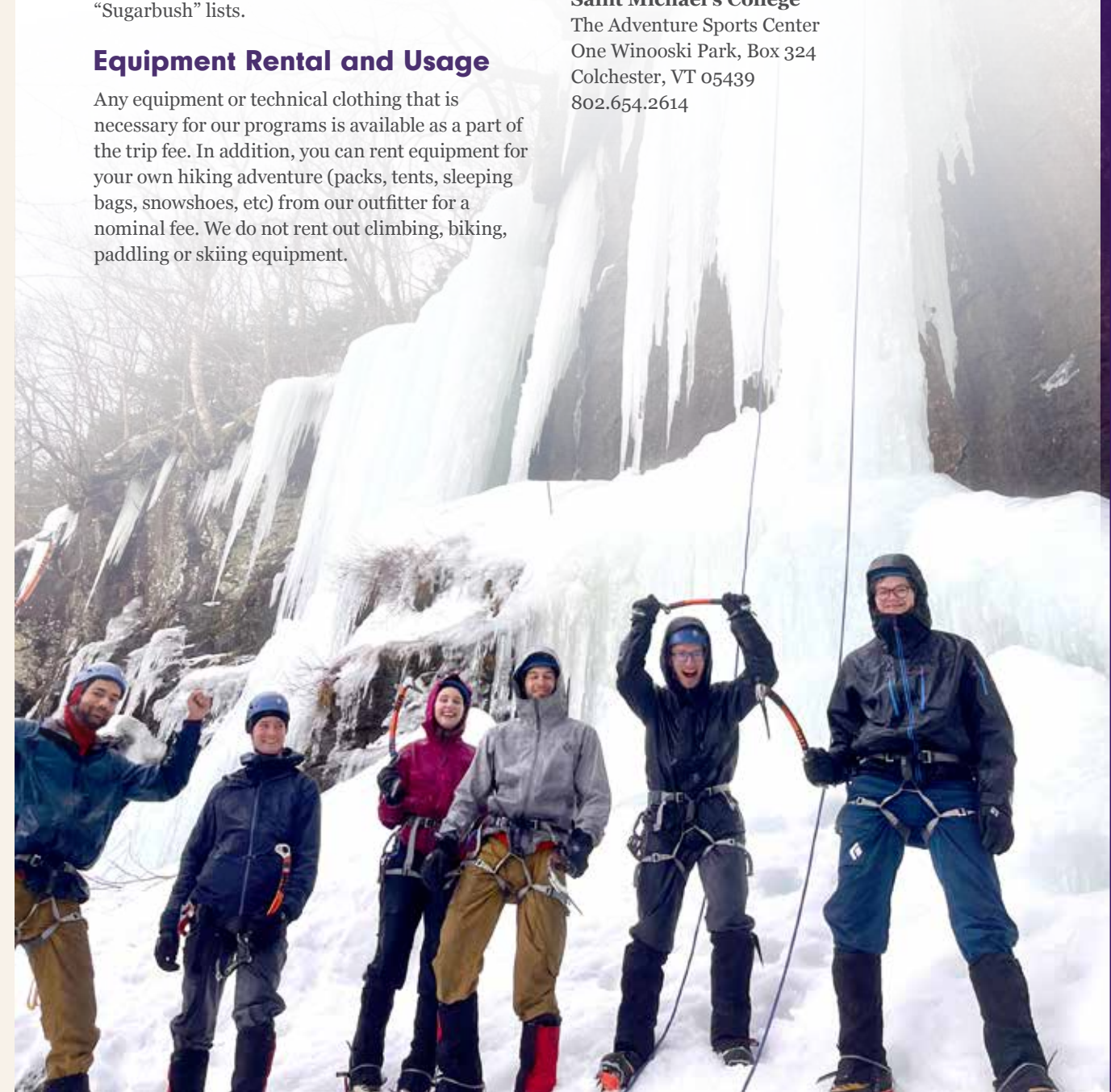
## Contact Us

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/](http://smcvt.edu/student-life/student-activities/adventure-sports-center/)
- ◆ Call us at 802.654.2614
- ◆ Email us at [Adventuresports@smcvt.edu](mailto:Adventuresports@smcvt.edu)

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

**Saint Michael's College**  
The Adventure Sports Center  
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802.654.2614



*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.*



The Adventure Sports Center seeks to address the historical inequity of outdoor recreation by:

- ◆ 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.