

SUMMER SESSION 2002 INFORMATION SHEET

**REM 123 - ADVANCED RIVER CANOEING AND CAMPING**

**REM 417 - OUTDOOR RECREATION LEADERSHIP PRACTICUM**

A. This course will be taught from May 13 - May 24. The first two days of the course will consist of morning and afternoon sessions (9:00 am to 5:00 pm) on the UMM campus and the remaining time will be one continuous field experience on the Upper St. John River.

B. This trip will be almost entirely on North Maine Woods land. The fee to use this land is \$30.00/student. The instructor will obtain seasonal day use permits from North Maine Woods ahead of the departure time.

C. Part of the course will be on planning a menu and purchasing food for the 10-day trip. Each student should plan to contribute \$80 for purchasing food. The other costs are the same as regular UMM Summer Session/Intercession fees for a three-credit course plus an additional \$80 to cover the cost of transportation and equipment use.

D. All writing supplies should be picked up beforehand, as they will not be available on the river. Consideration should be given to obtaining a waterproof book bag in which to store notebooks and handouts while on the river.

E. The group will be responsible (under advisement of the instructor) for making up their own equipment list and filling it from UMM and personal equipment. This applies to emergency equipment also. Each student should be able to supply all the items listed on the back of this sheet.

F. North Maine Woods will be providing maps of the area. Some sporting stores have USGS maps available for the upper Saint John River. The USGS maps for this area are Baker Lake, Beaver Pond, Clayton Lake, Seven Island, Round Pond, Rocky Mountain, and Allagash.

G. Students desiring fly-fishing or spin casting instruction or desiring to fish for personal recreation must obtain a Maine resident or non-resident fishing license. Resident fishing licenses will cost \$21.00, and may be obtained from Coffin's True Value store. Temporary non-resident fishing licenses will be available at \$40 for 15 days and \$36 for 7 days. NO ONE WILL BE PERMITTED TO FISH WITHOUT A VALID FISHING LICENSE. Instruction will be given in fly-fishing and spin casting. Rods, reels, tackle, and bait must be supplied by the student. A suggested list of fishing tackle will be available.

H. Students are encouraged to register as soon as possible as--to maintain course quality--the course will be limited to sixteen students. Recreation Management students will have first priority. Students will be ranked according to the number of courses they have taken with students with the most completed credit hours receiving first priority in taking the course.

## PERSONAL EQUIPMENT

\_\_\_\_ Sleeping bag warm enough for temperature down to freezing  
\_\_\_\_ Small foam sleeping pad  
\_\_\_\_ Heavy wool shirt/light jacket (fleece sweater, etc.)  
\_\_\_\_ Rain suit (jacket and trousers)  
\_\_\_\_ Long sleeve flannel shirt, woolen sweater  
\_\_\_\_ Sweatshirt or long sleeve undershirt  
\_\_\_\_ Pair of loose fitting wool trousers  
\_\_\_\_ Dungarees or spare trousers  
\_\_\_\_ Two pair of long underwear  
\_\_\_\_ Three pair of heavy socks (at least one wool)  
\_\_\_\_ Handkerchiefs/bandanas  
\_\_\_\_ Sneakers (or pair of boots for use around water)  
\_\_\_\_ Hiking boots or moccasins (for camp)  
\_\_\_\_ Brimmed hat (sun and rain protection)  
\_\_\_\_ Wool hat  
\_\_\_\_ Gloves or mittens  
\_\_\_\_ Swim suit  
\_\_\_\_ Towel, washcloth, soap  
\_\_\_\_ Toilet kit (toothbrush, paste, comb, etc.) toilet tissue  
\_\_\_\_ Flashlight, spare batteries and bulb  
\_\_\_\_ Waterproof matches  
\_\_\_\_ Pocket knife  
\_\_\_\_ Compass  
\_\_\_\_ Insect repellent  
\_\_\_\_ Sun cream  
\_\_\_\_ Sun glasses  
\_\_\_\_ Extra prescription glasses (string or strap for glasses)  
\_\_\_\_ Cut offs/shorts

### OPTIONAL ITEMS:

Binoculars  
Camera and film  
Fishing tackle

### OPTIONAL TEXTBOOKS:

Walking Softly in the Wilderness by John Hart  
Canoeing by Gordon Grant

### SUMMARY OF COST:

	Instate	Outstate
-Tuition	\$327.00	\$825.00
-Transportation cost	80.00	80.00
-Food	80.00	80.00
-North. Me. Woods pass	30.00	30.00
-fishing license	<u>21.00</u>	<u>40.00</u>
-TOTAL	\$538.00	\$1055.00

## COURSE SYLLABUS

**TITLE:** River Canoeing and Camping

**NUMBER:** REM 123

**INSTRUCTORS:** Richard Scribner  
Robert Scribner

**CREDITS:** 3

**PREREQUISITES:** There are no course prerequisites, although REM 121 and REM 122 would be very beneficial to a student taking this course. Evaluation of a student's experiences and expertise will be done early in the course. Adjustment of the course to the different ability levels of the students will be made so that the course will benefit both the beginning and the advanced students.

**GOAL:** This course is designed to prepare a student to lead a group of people on an extended canoeing trip down a wilderness river. The learning experiences in this course are designed to help students develop an awareness and appreciation of the Maine woods, and to enjoy it safely, while leaving it environmentally sound.

**COURSE CONTENT:** This course will include lectures and field experiences in the following areas:

1. Techniques on how to program learning and recreational activities in a wilderness setting; presentation styles will include skill development programs, challenge programs, nature study programs, and programs to develop historical appreciation of the St. John area.
2. Historical review of the upper Saint John Valley and River Driving techniques on Maine rivers.
3. Thorough understanding of all aspects of preparing for an extended wilderness trip.
4. Appreciation for Maine wilderness rivers and understanding the importance of preserving them.
5. Detailed inspection of the Saint John River from Baker Lake to Dickey.
6. Practical application of map and compass skills.
7. Practical application of Risk Management Planning.
8. Techniques in camping that will result in low impact to the environment.

(over)

9. Techniques for preparing food for large groups in the traditional Maine Guide style.
10. Development of canoe handling skills with paddles and poles.
11. Awareness of weather signs so as to make short range weather forecasts without scientific instruments.

**TEACHING METHODOLOGY:** This course will be divided into two parts. The first part will consist of two days of lectures and class work on the UMM campus. The second part of the course will consist of ten continuous days on the Saint John River. During this time, the field experiences will be continuous throughout the day. The lectures will be both planned and extemporaneous as learning situations arise.

Students will participate in a outdoor leadership role mode exercise. Pairs of students will be assigned a day in which they are responsible for guiding the group. This includes organizing and administering all the activities the group will be doing that day. They will also be assigned a second day in which they will be responsible for preparing the meals for the group. Students will be evaluated on their performances as group leaders (25%) and on a written field experience report (75%). The grading system for this course will be by letter grade for students majoring in Recreation Management or for those students using this course to fill a program requirement. Students taking this course as a general elective may request a pass/fail grade.

**ATTENDANCE POLICY:** Attendance will be mandatory on the first part of the course, in order to be able to handle the second part safely. Absences during the second part of the course will be handled immediately by organizing a search for the missing student.

**SPECIAL EQUIPMENT:** Most of the equipment will be furnished by UMM/ but students are urged to use their own equipment if it is acceptable. Each student will have to supply his or her own personal items as specified on the course information list list.

# **SAINT JOHN RIVER FIELD REPORT FORMAT**

The purpose of this assignment is to demonstrate your comprehension of the material covered in this course and to provide yourself with a complete set of reference notes for future use. You should initially take notes on all the material covered in the course outline and then generate a narrative report from these notes. The material may be gathered from lectures, demonstrations, personal experiences, discussions, and reference books, and handouts. I urge you to consult with each other, as team efforts are strongly encouraged to complete this assignment. Each student must turn in a report in his or her own hand writing to receive a grade. The report will be worth 75% of the course grade. The report will be due on May 24 2002.

## **Field Report Outline**

### **I. Hydrology**

- A. Water flow and current speed differentiation
- B. River Landmarks and the Art of Reading White Water
- C. River Hazards and Techniques for avoidance

### **II. River Boat Handling**

- A. Paddle strokes
- B. Poling techniques
- C. River Tactics
  - 1. Solo Canoe
  - 2. Double Canoe
- D. Instructing River Canoeing

### **III. Traditional Maine Guiding**

- A. Maine Guide Ethics and Philosophy
  - 1. Clients, guest, and big tips
  - 2. Our natural resources
- B. Risk Management
  - 1. Planning (see additional handout)
  - 2. River rescues
- C. Group Organization
  - 1. Canoeing
  - 2. Camping
- D. Programming and Leading Activities
  - 1. Skill development programs

E. Meal Service.

1. Menu preparation and food acquisition
2. Food storage and transportation
3. Outdoors cooking

**IV. Land Navigation**

- A. Map Reading and Trip Planning
- B. Compass Skills
- C. Lost, Unlost, and Lost Proofing

**V. Misc. Skills And Information**

- A. Keeping Tabs on the Weather
- B. B. Star Gazing
- C. C. Camp craft