

## WIC PRE-COURSE ASSIGNMENTS 2024

All pre-course assignments are due **June 29, 2024** (aka. The first barn day of WIC). If you have any questions about the pre-course assignments, please contact the Gould Lake Office at [outed@limestone.on.ca](mailto:outed@limestone.on.ca)

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### 1. Resume with Cover Letter

Please write (or update) your resume and create a cover letter directed toward gaining employment at Gould Lake Outdoor Centre as either a trip leader or a support staff (food and equipment) or both! Don't forget to include a copy of your certifications and trip log with your resume (as an attachment).

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### 2. Theory Lesson Plan

Plan example and template are available under Pre-Course Assignments on the Wilderness Instructor Course page at [www.gouldlake.ca](http://www.gouldlake.ca) or by clicking [here](#).

WIC Lesson Assignments	
Lessons	Students
Canoe Design and Construction	Oliver
Canoe History	John Angus
Canoe Repair and Maintenance	Asha
Moosonee and Moose Factory	Maya
Navigation	Arthur
Risk Management	Blair
Social Dynamics on Trip	Elizabeth
Weather Interpretation and Forecasting	Mitchell
Crisis management	Spencer
Water Purification	Nathan
Tides	Madeline
Nutrition on Extended Wilderness Trips	William
Black Bears	Levon

**\*\* Your lesson should be between 15-30 minutes.\*\***

## **WIC LESSON TOPIC SPECIFICS**

### **Canoe History**

James Bay and the Missinaibi River were major fur trade routes. Discuss the history of the canoe during this period and how it has shaped the lives of the people in this region.

### **Canoe Design and Construction**

Discuss the major principles of canoe hull design and the influence of these factors on canoe performance. The types and properties of common canoe construction materials and advantages and disadvantages of various canoe designs and types of construction as related to the canoe's use.

### **Canoe Repair and Maintenance**

Discuss minor repairs (small tear or puncture, broken thwart or seat) to ABS canoes. Also, good care of canoes (when loading, launching, portaging, and securing at night) should be covered.

### **Weather Interpretation**

Discuss cloud formations, wind changes, and air pressure changes and how this might indicate probable weather forecasts.

### **Crisis Management**

Discuss examples of the various search and rescue procedures involved in wilderness tripping as well as evacuation routes, procedures, and plan. Management of the group during a "crisis" situation and evacuation should also be discussed (pros and cons of "splitting the group"). Also, the use of emergency signals should be reviewed.

### **Moosonee and Moose Factory**

Discuss the people of the area, the present and the past. Discuss the pros and cons of living in a northern community. Include what you think as a tourist visiting the area are some of the historical and interesting places to go.

### **Tides**

Discuss what tides are and how they work. How could they influence our travel to the mouth of James Bay?

### **Water Purification**

Discuss why we need to treat our water and what is available for treating water, how it works, and pros and cons of different treatment methods.

**Trip Leadership**

Discuss appropriate leadership styles and procedures related to wilderness canoe tripping situations. As well, discuss dealing with communications within the group, morale problems and positive reinforcement.

**Risk Management**

Discuss what “risk management” is. What is involved in this process? What practices have been done while preparing for this wilderness trip.

**Social Dynamics on Trip**

How to be a positive member of a group. Discuss some of the social problems that can come up when living together on trip, their cause, avoidance, and possible resolutions.

**Nutrition on Extended Wilderness Trips**

What are the main considerations that should be taken when planning the menu and food options for an extended canoe trip? How do the caloric demands of a canoe trip differ from everyday life? What are recommended sources of nutrition and how can they be safely brought and stored while on an extended trip?

**Black Bears**

Describe the physical, social, and behavioural characteristics of black bears. Discuss how to be “bear aware” while travelling through areas that have a known black bear population. Please note, the purpose of this lesson is to encourage a growth of knowledge and respect for the animal – not to bestow a sense of fear.