

WIC PRE-COURSE ASSIGNMENTS 2026

All pre-course assignments are due **June 28, 2026** (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

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).

2. Theory Lesson Plan

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

WIC Lesson Assignments		
Lessons	Students	
Canoe Design and Construction	Clara	Cleo
Canoe History	Charlotte	Leif
Canoe Repair and Maintenance	Nora	Bronwyn
Moosonee and Moose Factory	Xander	Ezra
Navigation	Ketih	Emma
Risk and Crisis Management	Norman	Zach
Social Dynamics on Trip	Rufus	Jack
Weather Interpretation and Forecasting	Max	Ryleigh
Waterborne Pathogens and Purification	John	Edith
Flora and Fauna of the Missinaibi	Alexa	Brynn
Nutrition on Extended Wilderness Trips	Amara	Brodie
Black Bears	Cedar	Justice
Tides	Cecilia	Malcolm

**** 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?

Waterborne Pathogens and 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.

Flora and Fauna of the Missinaibi

Outline some of the flora (plants) and fauna (animals) that you may see while traveling the Missinaibi. Is there anything unique to this area? Show examples.

Navigation

Describe what hand railing is (following the shore line and picking out landmarks). Describe how to calculate time and distance and triangulation. Demonstrate taking a bearing and how to use map and compass (big world-small world and vice versa)

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.

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?

Paddles and PFD

Lesson details should include the various types and styles of canoe paddles and PFDs; You may even find some interesting history and trivia.

Tents and Tarps

Types of tarps and tents design features. Discuss the common construction materials and their benefits or limitations, care and maintenance. Proper set up should be included in your lesson too.

Wilderness First-Aid

Discuss the difference between “standard” and “wilderness” first aid training. Introduce some of the basic first aid skills required in a remote setting.