

# THE COMPASS



Nova Scotia Outdoor Leadership Development Program  
Box 487 1601 Lower Water St. - 5th floor  
Halifax, N.S. B3J 2R7

## Winter 2010



### Mission of the Nova Scotia Outdoor Leadership Program

Founded in 1979, the Nova Scotia Outdoor Leadership Development Program aims to enhance the quality and quantity of outdoor leaders in Nova Scotia through a comprehensive, experiential leadership development process.

Managed by the Physical Activity, Sport and Recreation responsibility centre of the Nova Scotia Department of Health Promotion and Protection, the NSOLD program engages some of Nova Scotia's best outdoor specialists in the delivery of its programs.

It's time to Take The Roof Off Winter! Join Recreation Nova Scotia, the Nova Scotia Department of Health Promotion and Protection and their partners for the TTROW winter active campaign. Visit

[www.TakeTheRoofOffWinter.ca](http://www.TakeTheRoofOffWinter.ca) to sign up as a supporter and get ideas on organizing activities in your community.

New this year is a TTROW Facebook group where members can add photos and events. Sign up today and help Nova Scotians of all ages improve their health and quality of life by being outdoors and active this winter!

The Becoming an Outdoors Woman program knows how to Take The Roof Off Winter. There will be a Winter BOW Workshop in February 2010. Learn all about it on page 2. Also in this addition of the Compass is an article on how Nova Scotia high schools are embracing and supporting outdoor education through new courses and resources.

Finally, don't forget to read the 'Upcoming Events and Training Opportunities' for what's happening outdoors in the next few months.

To submit an article or course promotion, contact Sandra Fraser at 424-5481, [frasersx@gov.ns.ca](mailto:frasersx@gov.ns.ca)

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**Health Promotion  
and Protection**

## ***Are you looking for an outdoor adventure?***

***-Submitted by Pam Grace, BOW NS Coordinator***

Join us at the 2010 Winter Becoming an Outdoors-Woman® Nova Scotia workshop!

Preparations for the Winter 2010 Becoming an Outdoors-Woman® (BOW) Nova Scotia workshop are underway. The workshop will be held February 19-21, 2010 at the Gaelic College of Celtic Arts and Crafts in St. Ann's, Cape Breton.

### ***Who Comes to BOW?***

The workshop is primarily aimed at women but it is an opportunity for anyone 18 years or older to learn outdoor skills – skills usually associated with hunting and fishing, but useful for many outdoor pursuits. The age range for women attending the Nova Scotia BOW workshops is 18–75 and they have varied backgrounds and interests. They participate in the workshops for a variety of reasons. Some come for a weekend away, others for a chance to try something new and to meet like-minded people who share their interest in the outdoors. Some come to challenge themselves outside of their comfort zone or to overcome a personal fear. All come for the fun and camaraderie.

### ***About the Classes***

Participants will select three half-day classes from a range of class offerings. All classes are offered at an introductory level to provide women with the opportunity to try out new activities and to provide information on how to pursue these activities after BOW. Class sizes are small from 9-12 participants. Instructors are enthusiastic and knowledgeable, and many have volunteered with BOW since it began in Nova Scotia in 1997. All equipment is provided.

Winter BOW classes include:

***Cooking with Wild Edibles***  
***Ice Fishing***  
***Nature Connections***  
***Winter Birding***  
***Winter Day Outings***

***Cross Country Skiing***  
***Geocaching***  
***Nature in Winter***  
***Wilderness Navigation***  
***Winter Emergencies***

***Nature Photography***  
***Scouting for Wildlife***  
***Trapping***  
***Winter Camping***  
***Winter Woodsy***

We look forward to seeing you at the 2010 Winter BOW!

### ***For more information please contact:***

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## The Landscape of Outdoor Education within Nova Scotia's High School Physical Education

- Submitted by Natalie Flinn, Active Healthy Living Consultant NS Department of Education

It is widely understood that outdoor education offers youth a host of physical, mental, social, and spiritual health benefits, and is a powerful medium that often empowers youth to play a personal role in sustaining the earth's natural resources.

Youth across Nova Scotia have the opportunity to experience newly introduced high school physical education courses where outdoor education is featured prominently. Physical Education 10 comprises four modules, one of which is devoted entirely to outdoor pursuits. Within this module, students are actively engaged in and introduced to a range of outdoor pursuits, based on student interest and teacher expertise. These pursuits range from snowshoeing to surfing and students are expected to develop proficiency in skill and technique for the pursuit experience. Practicing minimal impact techniques is another important component to experiencing outdoor pursuits.

Physically Active Living 11 is another new course whereby students are provided with the opportunity to experience and reflect upon engagement in physical activity in an outdoor setting. Students are expected to become familiar with community and provincial resources within the built and natural environment that promote physically active outdoor experiences.

Physical Education Leadership 12 is yet another course offered in many schools throughout the province which provides students with the opportunity to develop and enhance their leadership skills in such a way that they in turn can lead physically active experiences among their peers and younger school-aged children, some of which can take the form of outdoor pursuits. Outdoor experiences such as hiking, archery, rock climbing, navigation, mountain biking, surfing, camping, walking, running, canoeing, and sea kayaking are just some of the pursuits that students may experience within the above mentioned course offerings.

School boards across the province are highly supportive of outdoor education. The Active Healthy Living consultants positioned in each of the eight school boards, have been extremely supportive in providing professional development to teachers, and in providing resources in the form of equipment to schools based on teacher requests. Mountain bikes have been purchased, as have archery equipment, canoes, and core camping equipment. Dedicated teachers have devoted countless hours to writing grants both for school board initiated funding and Nova Scotia Teacher's Union available funding which in turn provides rich outdoor experiences for their students. Rural schools make wonderful use of nearby natural environments across all seasons, and youth reap the health benefits. University partners are also highly supportive in the promotion of outdoor education within their pre-service and graduate level physical education programs.

A new textbook developed to address health literacy among youth was designed to support Physical Education 10 and Physically Active Living 11 content. *Active Healthy Living: Physical Education in Nova Scotia* highlights outdoor physical activity experiences that youth may wish to engage in and features full page descriptions of supportive programs such as NSOLD and BOW. Most importantly, Nova Scotia organizations that promote physically active outdoor experiences beyond school instructional time are promoted. Indeed, the goal of physical education curriculum at the high school level is to promote being active beyond school life and this textbook is a first of its kind in Nova Scotia that explicitly makes this connection.

Will Nova Scotia see a last child in the woods? With the continued devotion of and passion towards outdoor education by physical educators and supportive administration in Nova Scotia schools, I would say that stakeholders and supporters for the promotion of outdoor education in this province should be congratulated for their efforts in playing a profound role in supporting schools in the active engagement of outdoor pursuits.

## Upcoming Events &amp; Training Opportunities

**NSOLD Wilderness Survival** January 23 – 24, 2010 Antigonish/ New Glasgow/ Pictou County Register online at [www.nsold.ca](http://www.nsold.ca)

**Banff Mountain Film Festival** January 26 & 27, 2010 Empire Theatres Park Lane Contact: The Trail Shop [info@trailshop.com](mailto:info@trailshop.com) or 902-423-8736.

**Surfboard Building Course** January 23 – 30, Bloomfield Centre, Halifax REGISTER NOW! Contact Heather Kelday at 902-423-7284 or email [heather@seaschool.org](mailto:heather@seaschool.org)

**NSOLD Wilderness Survival** January 29 – 31, 2010 Gittens Lodge, Bible Hill \$65 (\$55 for students) Contact: Dave Comeau [davidc@sstl.com](mailto:davidc@sstl.com) or call 902-465-3888 ext. 137.

**Cross-Country Skiing** February 6, 2010 10:00 AM to 3:00 PM Gully Lake Wilderness Area Contact: Oliver Maass at 902-424-2123 or [maassoc@gov.ns.ca](mailto:maassoc@gov.ns.ca).

**WildernessAid Fundraiser** February 6 2010 Uniacke Estate Museum Park Contact: Laura Saar at [saarlaura@gmail.com](mailto:saarlaura@gmail.com) or visit [www.smues.ca](http://www.smues.ca) for more info.

**NSOLD Wilderness Survival** February 6 – 7, 2010 Guysborough County Register online at [www.nsold.ca](http://www.nsold.ca)

**Tour de Bloc Bouldering Competition** February 13, 2010 Ground Zero Dartmouth, NS Contact: [info@tourdebloc.com](mailto:info@tourdebloc.com)

**Becoming an Outdoors Woman (BOW) Winter Workshop** February 19 -21, 2010 Gaelic College of Arts and Crafts, St Anns Cape Breton Contact: [bowns@gov.ns.ca](mailto:bowns@gov.ns.ca) or call 902-424-5832.

**March Break Take it Outside Youth Backcountry Trip** March 14 – 18 Headwaters Wilderness, Sherbrooke Lake. Contact: [heather@seaschool.org](mailto:heather@seaschool.org) or call 902-423-7284.

**NSOLD Emergency Procedures** April 3, 2010 Antigonish/New Glasgow/Pictou County Register online at [www.nsold.ca](http://www.nsold.ca)

**NSOLD Wilderness First Aid** April 16 – 18, 2010 Antigonish/New Glasgow/Pictou County Register online at [www.nsold.ca](http://www.nsold.ca)

**Halifax Search and Rescue Eco-Endurance Challenge** May 1-2, 2010 Visit [www.hrsar.ca/e2c/index.htm](http://www.hrsar.ca/e2c/index.htm) for more info.

**NSOLD Natural Interpretation** - May 8, 2010 Antigonish/New Glasgow/Pictou County Register online at [www.nsold.ca](http://www.nsold.ca)

**Wilderness & Remote First Aid and Wilderness & Remote First Responder** Ongoing – For a complete listing contact Blair Doyle at 902-222-0868 or 902-434-9122 or email [adventure@hfx.eastlink.ca](mailto:adventure@hfx.eastlink.ca) Website: [www.wrfa.ca](http://www.wrfa.ca)

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<http://gov.ns.ca/hpp/pasr/nsold.asp>