

Washington County



Community College
Calais, Maine
Discover Choices • Create Success

**Approximate Cost
For One Year
(Tuition & Fees)**

In State
\$3,985.60

New Brunswick Residents
\$3,985.60

Out of State
\$7,672.60

New England Residents
\$5,832.70*

*See New England
Regional Students section
of the WCCC catalog.

Financial Aid is available
for students who qualify.
Approximately 85% of
WCCC students receive
some form of financial aid.

www.FAFSA.Ed.Gov

School Code: 009231

One College Drive
Calais, Maine 04619

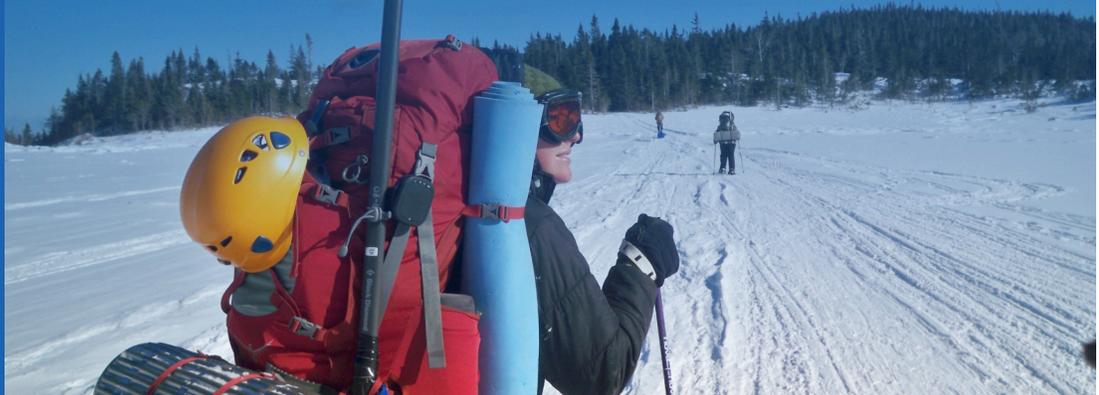
207-454-1000
1-800-210-6932



wccc.me.edu

Outdoor Leadership:

Adventure Recreation & Tourism



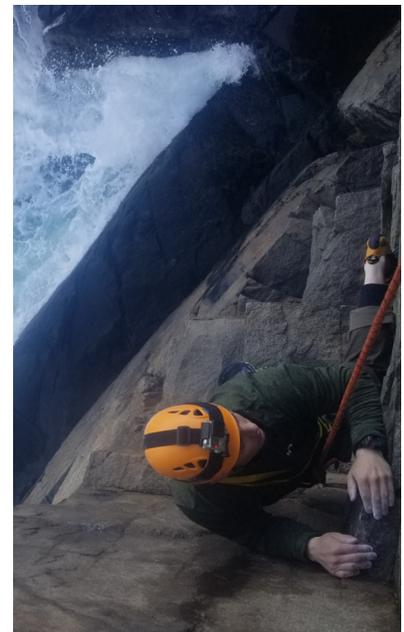
The Adventure Recreation and Tourism concentration of the Outdoor Leadership program at Washington County Community College was created in response to the increasing demand for qualified, trained outdoor specialists in the Adventure Tourism industry. The program provides practical, hands-on training in rock climbing, sea kayaking, mountaineering, backpacking, whitewater and flatwater canoeing, scuba diving, sailing, and a wide variety of other adventure activities. Students also obtain essential leadership and wilderness medicine skills through participation in various extended wilderness expeditions.

Maine's outdoor environment is the ideal place to study how Adventure Tourism is quickly becoming the fastest growing industry in the world. From paddling Maine's wild rivers, to kayaking the beautiful coast, the Adventure Recreation and Tourism program is well seated in the heritage and culture of all that Maine's natural environment has to offer.

The purpose of the Adventure Recreation and Tourism concentration is to equip students with a strong foundation in economic, cultural, and environmental studies related to the Adventure Tourism industry through a variety of challenging and engaging field experiences. This knowledge base allows students to make informed decisions while promoting environmental and cultural stewardship.

The Adventure Recreation and Tourism concentration balances theoretical knowledge with hands-on, practical skills enabling students to take effective leadership roles in planning, coordinating, and guiding recreational adventures.

Washington County Community College is an equal opportunity/affirmative action institution and employer. For more information; please call Tatiana Osmond, Affirmative Action Officer, at 454-1040



Program Certifications

Students have the opportunity to receive the following certifications:♣

Certifications Through Required Courses:

- Wilderness First Responder (WFR)
- American Canoe Association Level 3 (River Canoe)
- Leave No Trace Trainer
- National Association of Interpretation Certified Interpretive Guide
- US Sailing/American Red Cross Small Boat Sailing Certification
- Maine Snowmobile and ATV Safety Certificate
- Maine Boating Safety Certificate
- Paddle Canada Canoe certifications

Certifications Offered Through Elective Courses:

- Wilderness Emergency Medical Technician (WEMT) – elective
- Maine Recreational Guide License prep - elective
- Maine Sea Kayak Guide License prep - elective
- US Coast Guard Captain's License prep (Six Pack) - elective
- PADI SCUBA Open Water Dive Certification – elective
- Professional Climbing Instructor Association (PCIA) Climbing Wall Instructor

Future Certifications to be Offered:

- US Sailing/American Red Cross Level I Sailing Instructor Certification
- National Search and Rescue certification
- Maine Camp Trip Leader Certification (IFW)



Washington County Community College

Calais, Maine

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Notice of Essential Abilities for the Outdoor Leadership Program

The objective of the Outdoor Leadership program at Washington County Community College is to prepare students for employment in the outdoor industry. Careers in this industry require certain abilities. Therefore, successful completion of the experiential components of this program's curriculum requires many of those same abilities.

The following abilities are considered essential to this program:

- Breathe independently (i.e., not require medical devices to sustain breathing)
- Independently maintain sealed airway passages while under water
- Independently hold head upright without neck / head support
- Manage personal care independently in various challenging outdoor environments
- Manage personal mobility independently in various challenging outdoor environments
- Follow instructions and effectively communicate independently
- Independently turn from face-down to face-up and remain floating face up while wearing a properly fitted life jacket
- Get on / off or in / out of a watercraft independently
- Independently get out and from under a capsized watercraft
- Remount or reenter watercraft following deep water capsize independently
- Carry a 40 lb backpack over uneven terrain for up to 10 miles per day
- Paddle watercraft for up to 15 miles per day
- Maintain a safe body position while attempting skills, activities and rescues listed in the course syllabi, and have the ability to recognize and identify to others when such efforts would be unsafe given your personal situation

Consistent with the requirements of state and federal law, the College provides reasonable accommodations for students with documented disabilities. If you have a disability for which you believe you may need an accommodation, including any required to perform the above described abilities, please contact Elizabeth Sullivan, the college's Accessibilities Specialist, at 207-454-1000.

Associates in Applied Science - 65 credit hours

The purpose of the Adventure Recreation and Tourism concentration is to equip students with a strong foundation in economic, cultural, and environmental studies related to the Adventure Tourism industry through a variety of challenging and engaging field experiences. This knowledge base allows students to make informed decisions while promoting environmental and cultural stewardship. The Adventure Recreation and Tourism program balances theoretical knowledge with hands-on, practical skills enabling students to take effective leadership roles in planning, coordinating, and guiding recreational adventures.

Career Opportunities

Successful completion of the program qualifies graduates for a variety of positions in the adventure tourism industry including tour operator, parks interpreter, recreation coordinator, and registered Maine guide in sea kayaking, recreation, hunting, and fishing.

Program Educational Outcomes

Upon completion of the Associate in Applied Science Degree in the Adventure Recreation and Tourism Concentration, the graduate is prepared to:

1. Demonstrate understanding of the knowledge, technical skills and credentials necessary to work in various facets of the adventure tourism industry.
2. Demonstrate understanding of and apply knowledge concerning personal and group safety and conscientious stewardship of the heritage and the environment.
3. Demonstrate leadership in varied and diverse situations.
4. Demonstrate ability to support adventure-based and nature-based outdoor recreation activities.
5. Demonstrate eligibility to take several tests for licensure related to the adventure recreation and tourism industry.

Student Competencies

- A. Core competencies:
1. Understand, interpret, and apply knowledge of ecology, geology, and culture in variety of field settings
 2. Effectively market and advertise a small tourism-based business
 3. Understand the scope and history of the tourism industry
 4. Identify and understand current issues that affect the adventure tourism industry
- B. Interpersonal Competencies
1. Understand the importance and effectiveness of collaborative efforts within the business community
 2. Apply leadership skills to promote positive group dynamics
 3. Facilitate group learning
 4. Apply an understanding of environmental ethics in a variety of outdoor environments
 5. Make decisions based on an understanding of personal and industry code of ethics
 6. Develop customer service and hospitality skills
 7. Demonstrate proficiency of public speaking skills and dissemination of information
- C. Professional Competencies
1. Develop a professional business plan
 2. Identify and develop standard of safety appropriate to the activity or business
 3. Understand legal, liability and risk management issues in the industry
 4. Plan and organize adventure tours
 5. Develop, promote and deliver tourism packages
 6. Demonstrate ability to develop outdoor recreation programming
 7. Demonstrate ability to teach skills to others
- D. Outdoor Technical Competencies:
1. Demonstrate the skills required to plan and conduct outdoor recreational activities in
 - b. Sea kayaking
 - c. Canoeing
 - d. Backpacking
 - e. Winter travel & mountaineering
 - f. Sailing
 - g. Rock climbing
 2. Demonstrate mastery of the following skills essential to outdoor recreational activities:
 - a. Outdoor Cooking
 - b. Camp craft
 - c. Navigation (land and sea)
 - d. Cold Weather survival
 - e. Leave No Trace Principles

Program Outline

Associate in Applied Science
Outdoor Leadership w/concentration in
Adventure Recreation & Tourism
63 Credit Hours

Semester 1

Course #	Course Name	Credits
ADV105	Intro to Sea Kayaking	1
ADV119	Wilderness Expedition Skills I	4
ADV141	The Maine Environment I	1.5
ADV114	Ropes Course Facilitation	2
PFT100	Physically Fit for Duty	1
MATXXX	Math Elective - MAT112 or above	3
ENG101	English Composition	3
FYE100	First Year Experience	1
	<i>Total</i>	16.5

Semester 2

Course #	Course Name	Credits
ADV121	Wilderness Expedition Skills II	4
ADV115	Outdoor Leadership	3
EMS114	Wilderness Advanced First Aid	1.5
ADV175	Internship/Practicum	3
ADV142	The Maine Environment II	1.5
ADV125	Tourism Seminar -OR-	3
ADV260	Foundations of Outdoor Therapy	3
	<i>Total</i>	16

Semester 3

Course #	Course Name	Credits
ADV226	Adventure Programming	3
BUSXXX	Business Elective	3
HIS115	Maine History	3
PHI114	Environmental Ethics	3
ADVXXX	Adventure Rec Elective	3
	<i>Total</i>	15

Semester 4

Course #	Course Name	Credits
ADV250	Capstone	3
EMS116	Wilderness First Responder Bridge	1.5
CMJ224	Search and Rescue	1
XXX	Any 4-Credit Lab Science Elective	4
COM200	Environmental Interpretation	3
ADVXXX	Adventure Rec Elective	3
	<i>Total</i>	15.5

Outdoor Leadership



Required Equipment List

Fall/Spring 2022-23

As a student in the ADV119 and ADV121 courses, you will need the equipment listed below as well as other minor equipment. We have tried to minimize this list as much as possible, as we are aware that this equipment can be very expensive. Please keep in mind, however, that if you purchase quality equipment, you are likely to get many years of use out of each item. If you are not sure what brand/models to purchase, wait until you arrive at WCCC in the fall to purchase these items, as we will be covering what to look for in quality outdoor gear. Just **make sure to come to school in the fall with the financial resources necessary to purchase your gear** soon after the fall semester begins.

Item	Available to rent/borrow from OAC	When Needed (Sem.Week)	Approx. Cost
Polypropylene Undergarments (long underwear)	No	1.2	\$50
Warm Pants (fleece, wool, or softshell) such as Black Diamond Winter Alpine Pant	No	1.4	\$40-150
Warm Fleece Shirt/Pullover/Jacket (such as Patagonia R1 pullover)	No	1.2	\$30-150
Waterproof/Breathable Pant Shell such as <i>Marmot Precip</i> pants	No	1.2	\$80-180
Waterproof/Breathable Jacket Shell such as: <i>The North Face Venture</i> or <i>Marmot Precip Jacket</i>	No	1.2	\$80-120
Winter Hat (fleece or wool)	No	1.4	\$20-30
Warm Synthetic Socks (wool, etc – several pairs)	No	1.4	\$10-30 ea
Warm Synthetic hooded “Puffy” Coat such as: <i>Marmot Calen Hoody</i> or <i>North Face Thermoball</i> or <i>Patagonia Nano Puff</i> jackets	No	2.1	\$150-200
Winter Gloves (waterproof)	No	2.1	\$50-\$100
0 to -20 Degree Winter Sleeping Bag (not down) such as: <i>Mountain Hardwear Laminina Z Torch</i>	Yes	1.4	\$200-300
Insulated Ground Pad (closed cell foam or Thermarest)	No	1.4	\$30-85
Internal Frame Backpack-approx. 65-75 liter capacity such as: <i>Osprey Argon 70</i> or <i>Gregory Baltoro 75</i>	Yes	1.10	\$100-\$300
Daypack	No	2.2	\$30-\$100
Mess Kit – including fork/spoon/spork	No	1.4	\$30-\$80
Camp Cooking Pot set – must include 1-quart cooking pot (may be combined with mess kit)	No	1.4	\$30-\$100
2 1-liter Widemouth Water Bottles – must be Nalgene or other similar durable unbreakable plastic bottle with a wide mouth	No	1.2	\$12 ea
Hiking Boots (broken in–get early and wear all summer if possible) – medium weight - will be carrying 40 lb pack	No	1.10	\$80-180
Compass (Silva Type 7 or equivalent)	No	1.2	\$12-15
2 Drybags (for sleeping bag & clothes, 30 liter capacity)	Yes	1.2	\$20-30 ea
Headlamp (LED recommended)	No	1.4	\$20-50
PFD for sea kayaking/canoeing	Yes	1.2	\$50-150
Closed toed water shoes such as <i>NRS Paddle Wetshoes</i> (no crocs or flip-flops)	No	1.2	\$35-120
Waterproof watch with alarm	No	1.4	\$10-\$50
Wetsuit or Drysuit	Yes	1.2	\$200-1000
Rock climbing shoes (not required)	Yes	2.6	\$75-150

Where are they now?

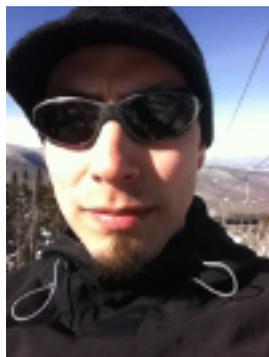
Adventure Recreation and Tourism alumni give their stories...

Jessica Kowalski, Class of 2012



Jessica transferred into the Adventure Recreation and Tourism program from the Liberal Studies program at WCCC. She immediately became passionate about rock climbing and started frequenting our indoor rock climbing wall, and developed her skills to obtain her Climbing Wall Instructor certification through WCCC's Professional Climbing Instructor Association Certification course as a second-year student. She continued on to work as a Climbing Instructor at our climbing wall as a second-year student. After graduation, she attended Unity College where she has recently graduated with her Bachelor's Degree in Adventure Based Environmental Education. While at Unity, Jessica worked at their climbing wall and led the college's summer orientation trips. Since graduating she has worked for Rustic Pathways in New Orleans, LA as a Program Leader, The Leadership School at Camp Kieve as an Outdoor Educator, and as a Wilderness Therapy Guide at Summit Achievement in Stow, Maine. Jessica states, "Adventure Rec gave me the leadership skills I needed to be confident in the field and a healthy drive for new knowledge and adventure." She recently accepted a full-time position at Evo Rock and Fitness in Portland, Maine. You can hear more of Jess' story on our YouTube channel

Ben Stevens, Class of 2010



Since graduation from WCCC's Adventure Recreation and Tourism program, Ben has had a number of adventure-based positions, ranging from working as an Emergency Medical Technician (EMT), to working at Eastern Mountain Sports, to working as a Trip Leader and Guide with the Maine Outdoor Education Program. Ben says, "The leadership and people skills I learned at WCCC are applicable to just about any job you do, and it is one of those things that gets noticed while working with others." Currently, Ben is working at Acadia Hospital as a Psychiatric Technician, as well as a Guide at Northwoods Ranch and Retreat in Newport, Maine where he works with at-risk young men in wilderness settings. Ben says he is excited to be working directly with the owner of this new start-up adventure therapy company. Ben states the owner "was looking for someone that was competent to bring clients out into the woods safely, but would also be able to handle some of the clients' behavioral or psychological issues." In addition, Ben has also just started his own arborist business, and is planning on attending the Graduate

Jonah Bloom, Class of 2006



Since his graduation from the Adventure Recreation and Tourism program, Jonah has worked as a Raft Guide for North Country Rivers in Bingham and served as a Recreational Safety Coordinator for Maine's Department of Inland Fisheries and Wildlife. Jonah is currently working as the manager of Lake Parlin Lodge and Cabins near Jackman, Maine. His daily duties at Lake Parlin Lodge include year-round trail maintenance for hikers, cross-country skiers, and snowmobilers. In addition, his day includes greeting visitors, managing the lodge's restaurant and cabins, and renting snowmobiles and other outdoor recreation equipment for use on their trails.

Scott Newton, Class of 2005



Scott began his whitewater career as a summer intern for North Country Rivers in Bingham, Maine. After graduating, he quickly moved up the ranks there as a Trip Leader and River Manager. He is now the Head of Operations, a year-round, salaried position. He says he feels lucky "doing the things I love: rafting, snowmobiling, ATVing, hunting, and fishing... all with a liveable income." His future plans are to continue using his education from WCCC to one day own North Country Rivers or start his own business.

Lisa Leighton, Certificate Program, Class of 2011



Lisa says, "Since my education at WCCC, more fantastic opportunities have been thrown my way than I can count. I received my Maine Guide license, worked as a Trip Leader and Guide for Maine Outdoor Education Program, and began working with our own local business. I took all my education that I received and applied it to running a business harvesting and processing kelp and selling it to another Maine based business who sells our product worldwide." Lisa is also a contractor for the Department of Marine Resources (DMR), where she collects scientific data for urchins, scallops, and/or lobsters depending on the season. She feels that the DMR was impressed by her knowledge of the local ecosystem and tourism industry. She says that a real bonus for them was that she had received all her safety training while at WCCC and could go to work immediately. In her spare time, she works on her family's commercial fishing boat harvesting whelks, kelp, and scallops. She says, "The knowledge and skills that I learned in the Adventure Recreation program