

Search & Rescue Amazing Race

Experiential and Team Building Program



PEAKS
CAMPUS



Livingstone
Range
SCHOOL DIVISION



Search and Rescue Amazing Race - Experiential and Team Building Program

This is an amazing opportunity for students to develop team building, communication, and self-regulatory skills. Students will work in teams and face the pressures of accomplishing as many challenges as they can in a given amount of time (~1.5 hours). The intention of this programming is to build community within classrooms and deepen relationships amongst peers through a fun and play-based approach. Here at PEAKS, we believe that teaching our students to learn and develop new skills based on where they live is half the outcome. The other half is giving students the opportunities to discover purpose, roles and feeling a sense of value and belonging in their community.

- **Grades:** 7-12
- **Dates:** Available during all seasons.
- **Duration:** 1.5 - 2 hours. 1-2 lessons of preparation and skill development ahead of the amazing race.
- **Where:** PEAKS Campus, or another location per discussion.

***If you have interest or have any questions about this program, please contact [PEAKS Campus](#)**

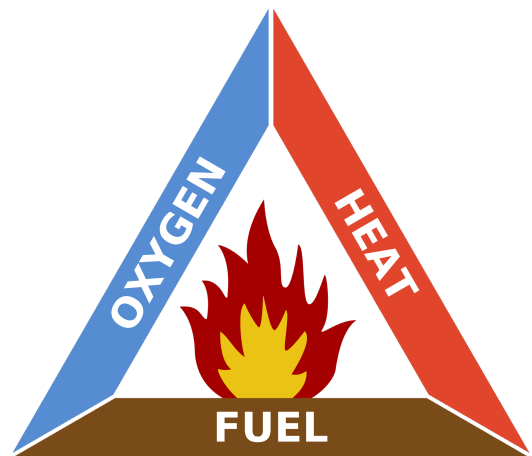
Post Experience Survey: <https://forms.gle/oDWrnqckKgv5uxwBU6>

*Must be completed by all teachers, supervisors and students.

Learning Objectives & What to Expect

This edition of the amazing race will challenge students to operate in a team and learn the importance of efficient strategies and roles. Only in teams will the stations be accomplished effectively in a timely manner. Students' responsibilities will mirror those of search and rescue operations which are to work quickly and efficiently to locate, treat, and remove their patients from a scene as safely as possible. The following list of learning objectives we aim to accomplish:

1. Orienteering (map/compass)
 - a. Compass management
 - b. Landmarking
 - c. Pacing
 - d. Buddy system
2. Archery
3. First Aid Treatment
 - a. Treating a Dislocated Shoulder or Broken Collarbone with Limited Supplies.
 - b. Mild Hypothermia
 - c. Frostbite
 - d. Heat Exhaustion
 - e. Heat Stroke
 - f. Types of Carries
 - i. 4-Hand Seat
 - ii. 2-Hand Seat
 - iii. Fireman's carry
 - g. Build a stretcher
4. Keeping a patient warm.
5. Efficient Fire building
 - a. What supplies to carry in your pack.
 - b. Broom Method



Search and Rescue Amazing Race

Grades 7-12

- c. Jenga Method
- d. Fire starters
- e. How to use a Flint & Steel
- 6. Shelter building
 - a. Knot tying
 - b. Structural integrity and strength
 - c. Understanding location, weather conditions/patterns
- 7. Edible plants and food
- 8. How to signal for help
- 9. What to bring when in the backcountry to stay safe

This event is done in teams of roughly 5-7. The team who completes the most stations at the end of 1.5 hours will win the Amazing Race. Stations can be created based on anything PEAKS offers and what students have learned beforehand. Stations are subject to change dependent on the group, duration, weather, and learning objectives. All materials will be provided unless otherwise discussed.

PEAKS Campus utilizes the following Alberta Education competencies as guiding principles to student education:

CRITICAL THINKING

COMMUNICATION

PROBLEM SOLVING

COLLABORATION

MANAGING INFORMATION

CULTURAL AND GLOBAL CITIZENSHIP

CREATIVITY AND INNOVATION

PERSONAL GROWTH AND WELL-BEING

Click [Curricular Links](#) for more information or contact [PEAKS CAMPUS](#).