



## Adventure Learning Program & Outdoor Education Training

- ♦ Intro to program/overview of program (climbing, zip line, challenge courses, hiking, swimming, orienteering, Leave No Trace)
- ♦ activity
- ♦ Policies and Procedures
- ♦ Disabilities
- ♦ On-trail etiquette and duties
- ♦ Go for Hike and LNT activity!

### Role of the Volunteer

Assessment

Assist student during activity

Promote SAFETY and On-trail etiquette

### What to bring day of training

Comfortable closed toed shoes or riding shoes

Water

Sunglasses

Hat/visor

Sunscreen lunch

Snack

### What to carry day of event

Duct tape

Water

Snack

Tethers (if needed)

Sunscreen

Small pack

Rain jacket/fleece

### On-trail etiquette and duties

Stay on trail – no trail blazing

Step off trail for bikers or horses

Step off downhill side of trail when near horses or pack animals

Avoid loud voices especially around horses

Person headed uphill have the right of way

Don't feed or try to touch wildlife

Reststop while hiking

Go 200' from water or trail

Bury feces 6" deep

## **LEAVE NO TRACE ETHICS**

### **Plan Ahead and Prepare**

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups. Split larger parties into groups of 4-6.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

### **Travel and Camp on Durable Surfaces**

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.
- In popular areas:
  - Concentrate use on existing trails and campsites.
  - Walk single file in the middle of the trail, even when wet or muddy.
  - Keep campsites small. Focus activity in areas where vegetation is absent.
- In pristine areas:
  - Disperse use to prevent the creation of campsites and trails.
  - Avoid places where impacts are just beginning.

### **Dispose of Waste Properly**

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food, and litter.
- Deposit solid human waste in catholes dug 6 to 8 inches deep at least 200 feet from water, camp, and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

### **Leave What You Find**

- Preserve the past: examine, but do not touch, cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.

### **Minimize Campfire Impacts**

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

### **Respect Wildlife**

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

### **Be Considerate of Other Visitors**

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises

## Hiking and Backpacking for Beginners (Courtesy of www.REI.com)

To city dwellers, stepping into a wilderness setting for the first time is an entirely new, nearly foreign experience. Accordingly, take a few moments to acquaint yourself with some of the basic ground rules of outdoor exploration:

- **Wilderness lands are not theme parks.** Out here, there are no handrails, no water fountains, no flush toilets, no snack bars, no trash cans, no cheery attendants directing you to your next attraction. You are on your own, completely dependent on your individual skills, energy and knowledge. If you're careless, you could get hurt, or worse. If complete self-reliance is unappealing to you, think twice before you attempt an overnight trip.
- **Nature is utterly indifferent to your presence.** Roaring wind, searing heat, freak snowstorms, rockslides, idyllic summer afternoons, magnificent sunsets, revelatory moments of stillness and silence—the good and the bad of nature are both present in the backcountry, and it can be difficult to predict which face nature will reveal to you on any given day. The faint presence of danger is what gives backcountry exploration its distinctive appeal. Always be prepared for the unexpected.
- **Backcountry travel requires a change in thinking and behaving.** Wild lands are special, even sacred places. "The clearest way into the Universe," wrote author John Muir, "is through a forest wilderness." In this development-minded civilization, our remaining parcels of wilderness are treasures that should be approached with joy and a degree of reverence. Tread lightly as you travel. Avoid boomboxes, litter, commotion and other byproducts of urbanization. Wrote Muir: "Only by going alone in silence, without baggage, can one truly get into the heart of the wilderness. All other travel is mere dust and hotels and baggage and chatter."
- **Teach children to respect the land.** Kids might think it's entertaining to paint words on rocks or gouge initials into trees or cut switchbacks. Adults must be diligent to help children appreciate the fragile qualities of wilderness lands. Teach them to leave rocks, flowers and natural features undisturbed.
- **Pack out what you pack in.** That's a familiar old bromide that still rings true, right along with "Take only pictures, leave only footprints," and "Only you can prevent forest fires." In the wilderness, no one comes along and cleans up after you. You must take responsibility for all your actions. Leave no lasting impact on the land. Make sure people coming behind you can enjoy the same sensations of peacefulness and beauty that you experienced.

Other points to keep in mind:

- Stay on established trails; when traveling cross-country, choose to walk on rock or snow rather than soil.
- Camp in established campsite whenever possible.
- Dispose of human waste far from water sources and trails.
- Use a camp stove rather than building fires in order to minimize impact.
- Keep your food away from wildlife, and never feed animals intentionally; it alters their natural foraging habits.

## The 10-Plus Essentials

The 10 Essentials are all about peace of mind. During a routine backcountry trip you may have no need for several of these items. But if something unexpected occurs, you don't want to be caught without them—they could even save your life. Here are the components of a one-stop emergency-preparedness kit every wilderness traveler should carry, even on short trips:

1. Map (in a watertight case)
2. Compass (plus an optional GPS receiver)
3. Extra clothing (men's, women's, kids')
4. Extra food and water
5. First-aid kit
6. Headlamp or flashlight (with extra batteries)
7. Matches (storm proof, or in a watertight container)
8. Fire starter
9. Knife (or multi-use camp tool)
10. Sunglasses

The original "10 Essentials" list began appearing in mountaineering literature in the 1950s and '60s, but contemporary environmental factors have prompted the addition of sunscreen and a water filter. Our list now also includes a GPS receiver as an option to consider. In recent years GPS units have emerged as worthwhile navigational tools that complement (though do not replace) a map and compass.

We have also added a whistle, believing it is a crucial security item to keep handy when exploring unpredictable terrain. If you get in trouble (say you slide into a crevasse or ravine) and need to audibly signal someone, a whistle will last far longer than your vocal chords. Our last item, a food-storage device (such as a bear canister), is now required in some western parks and wilderness areas and is very helpful in any area where animals are known to seek out human food.

**Tip:** Make a printout of this list and stash it with your gear. Use it as a checklist before you head out on any excursion on wild lands.

**MAP:** A topographic map should accompany you on any trip that involves anything more than an impossible-to-miss footpath or well-populated nature trail. Handout maps, the simplistic kind you pick up at visitor centers or entrance stations, do not show the kind of topographic details necessary for route finding. If you stray off the trail, or need to locate a water source, such one-dimensional maps are just about useless. In such situations, a topographic map is essential. You also need to understand how to interpret the information it presents.

**COMPASS:** It's easy to get disoriented in the backcountry. A compass, combined with map-reading skills, can help you stay on course. Will GPS receivers make compasses obsolete? Not likely. Standard GPS units cannot indicate which direction is north, and while some high-end GPS receivers now include electronic compasses, a traditional compass weighs next to nothing and does not rely on batteries. If you travel regularly in the wilderness, you should seriously consider taking a class to learn navigation techniques in detail.

**EXTRA CLOTHING:** Conditions can abruptly turn wet, windy or frigid in the backcountry. It's important to carry an additional layer (or two) of clothing in your pack. If you're lost, extra clothing may get you through the night. A wool or fleece cap weighs little and is a fine heat-retainer on cold nights. Extra socks are a true blessing if your original pair become soaked. Depending on the conditions, consider carrying a fleece jacket or pile sweater, a waterproof shell or even a compressible parka. Cotton items, which become useless when wet, make poor backup items. Another idea: Pack an ultralight space blanket for emergencies.

**EXTRA FOOD AND WATER:** Always pack at least one extra day's worth of food. It can be as simple as a freeze-dried meal, but it's even smarter to include no-cook items: extra energy bars, nuts, dried fruits and jerky. The process of digesting food helps keep your body warm, so on a cold night it's smart to munch some food before bunking down—but never leave animal-attracting leftovers in your tent.

**FIRST AID:** Pre-assembled first-aid kits take the guesswork out of building a kit on your own, although most people "personalize" such kits to suit individual needs. Any kit should include moleskin (for blisters), adhesive bandages of various sizes, several gauze pads, adhesive tape, disinfecting ointment, over-the-counter pain medication, pen and paper. Latex gloves also deserve consideration.

**HEADLAMP OR FLASHLIGHT:** A good light source is invaluable in the backcountry. Picture yourself trying to hustle off a mountain in dwindling light, or trying to set up camp as the last bit of blue drains from the sky. It's smart to carry replacement bulbs and batteries, even a backup lamp or flashlight. Headlamps allow you to keep your hands free during any activity and are usually a backpacker's first choice for a light source. Keep your light in an easily accessible section of your pack; check it once in a while to see if it has become inadvertently switched on.

**MATCHES:** Matches headed into the backcountry should be the waterproof variety, or they should be stored in a waterproof container. Take plenty and make an extra effort to keep them dry. Convenience-store matchbooks are often too flimsy and poorly constructed to be trusted for wilderness use. Save yourself some frustration and tote reliable matches on every trip. Don't rely only on mechanical lighters, which sometimes fail.

**FIRE STARTER:** As the name implies, fire starter is an element that helps you jump-start a fire. The ideal fire starter ignites quickly and sustains heat for more than a few seconds. Possible candidates: dry tinder tucked away in a plastic bag; candles; priming paste; heat "nuggets" are convenient and reliable fire-starting products. Even lint trappings found in a clothes drier can work.

**KNIFE OR MULTI-TOOL:** Knives or multi-tools are handy for gear repair, food preparation, first aid, making kindling or other emergency needs. A basic knife should have at least one foldout blade (more likely two), one or two flathead screwdrivers, a can-opener and (though some people will call this a luxury) a pair of foldout scissors. The more complex your needs (if, for example, you are leading an inexperienced group), the more options you may want in your knife or tool.

**SUNGLASSES:** Indispensable. Some medical studies suggest that sunlight and ultraviolet (UV) rays may play a role in cataract development. Yet protection is so simple: Put on a pair of protective glasses when spending large amounts of time outdoors, particularly above treeline, to reduce your exposure to UV light. Your goal: Select lenses that absorb 97-100% of UVA and UVB radiation. Wraparound lenses keep light from entering the corners of your eyes and are great choices for the high country. Glacier glasses are a must for mountaineers who run the risk of snowblindness on days of bright glare.

**SUNSCREEN:** The Mayo Clinic recommends applying sunscreen with an SPF of 15 or higher 15 minutes before you go into the sun. The clinic also advises the use of sunscreen-fortified lip balm. If you swim or sweat a lot, use water-resistant sunscreens and reapply every 2 to 3 hours. Don't leave the trailhead without it. Use SPF 30 or higher if possible.

**WATER FILTER/PURIFIER:** Rushing streams and alpine lakes appear to contain the clearest, freshest water on earth. Yet sometimes they harbor microscopic pathogens that, if you ingest them, could leave you feeling nauseous for weeks. You have three defensive strategies: boiling, chemical treatment or straining the water through a mechanical filter or purifier. Filters and purifiers do the job with minimal fuss.

**WHISTLE:** The sound of a whistle travels farther than your voice. Plus, blowing a whistle in an emergency won't exhaust your vocal chords. It's smart to attach a lanyard to your whistle, then tie it to a D-ring or some other portion of a shoulder strap on your pack. Thus if you fall (and perhaps pin one of your arms) you won't have to dig far to get it up to your mouth.

**BEAR-RESISTANT FOOD CONTAINER:** Black bears in some regions of the western United States, particularly the Sierra Nevada range in California, search out human food with remarkable vigor and persistence. In some areas use of a bear-resistant food container is mandatory. Even in areas where such containers are not required, wildlife managers often still recommend their use.

**FINAL THOUGHT:** You need to bring one other item—knowledge—in order to benefit from the gear on this list. Just having a compass in your pack or a map in your pocket will be of no value to you unless you **understand how to use them**. As one veteran search-and-rescue leader put it, "People talk about the 10 Essentials, but the most important essential is between your ears."

## ROCK CLIMBING TERMINOLOGY

These terms are used when two people are “top roping”. This is what we will be typically seeing throughout the summer.

### **Anchor:**

Point where the rope is secured to the rock with either fixed bolts, rocks, trees or non-fixed gear to provide protection against a fall.

### **ATC:**

Air Traffic Controller. A popular belaying and rappelling device which, when used in conjunction with a locking carabiner, provides a safety brake on the rope.

### **Belay:**

Safety technique in which a stationary climber provides protection, by means of ropes, anchors and braking devices, to an ascending partner.

### **Belay Device: Gri Gri**

A forged metal device of various configurations through which a climbing rope is threaded and then linked to a carabiner in order to provide friction to brake a fall.

### **Carabiner:**

Forged aluminum or steel devices of various shapes (oval, D-ring, etc.) with a spring-loaded gate through which a climbing rope can be threaded. The most basic all-around tool on a climber's rack, they are used variously for such activities as belaying, rappelling, prusiking and clipping into safety anchors. (Common usage: "Biner").

### **Harness:**

A strong belt made of nylon webbing with leg and/or chest loops used to secure the climber to the rope and to provide a repository for gear.

### **Locking Carabiner:**

A carabiner whose gate can be screwed or locked tight for increased security.

### **"On Belay?"**

Question from a climber to verify that his or her belayer is ready to belay the climber.

### **“Climbing”**

Vocal signal from climber to belayer that climber is starting to climb.

### **“Belay’s on!”**

Vocal signal from the belayer to climber that the belayer is ready for the person to climb.

### **"Off Belay!"**

Vocal signal from a climber who has reached a safe stance and no longer requires protection from his or her partner.

### **Sling:**

A length of nylon webbing which is either sewn or tied into a loop and is used in conjunction with the rope and anchors to provide protection. Also called a runner.

### **Top Rope:**

A climbing rope that is anchored from above.

### **Webbing:**

Flat nylon tape or tubing used for slings.