Outdoor Action Leader Training Program

How Do I Become An OA Leader?
Are you interested in leading a Frosh Trip for the Class of 2008? Complete your Leader Training this spring! OA’s Leader Training Program is considered one of the most comprehensive in the nation and has been used as a model by schools across the country. In the Leader Training Program participants develop skills in leadership, group facilitation, outdoor safety, first aid, and valuable wilderness travel skills. Don’t consider yourself outdoorsy? You don’t need to have any previous outdoor experience to become an OA Leader. We provide all the training you need to learn to lead and facilitate groups in the outdoors. We are looking for a diverse group of students, graduate students and staff who can provide leadership for incoming students. Upon successful completion of the program you are eligible to apply to lead OA trips.

Planning OA Leader Training into your Schedule
OA offers two complete sets of leader training each year. There is a fall semester training with the Leader Training Trip over Intersession and a spring semester training with the Leader Training Trip taking place during "Dead Week" after exams. You can mix and match when you take the various courses and workshops as long as you have completed all of the other requirements before going on your Leader Training Trip.
We encourage all students to take part in the leader training program and have worked out a schedule which we feel is most flexible for a broad range of students. If you are an athlete or have other regular commitments, it is still possible to participate if you plan carefully.

Religious & Observant Students
Outdoor Action makes every effort to schedule Leader Training activities so that they do not interfere with religious holidays and observances. Whenever possible, workshops are scheduled on Sundays after church and not on the Sabbath for Jewish students. For observant Jewish students, the 6-day trip typically includes a Friday or Saturday. There is usually a trip in May that goes out Sunday and is back before sundown on Friday. Please need to contact the OA office ahead of time and let us know of your needs.

Varsity & Club Sport Athletes
Many athletes become OA Leaders either to lead Frosh Trips or other trips during the year. Depending on your sport(s) you may have to plan very carefully for when you can complete the various Leader Training Requirements.

OA Leader Training Requirements
Over the past year Outdoor Action has been working on expanding the Leader Training Program. The goal is to provide leaders-in-training with all of the skills needed to effectively lead their own trips in the wilderness as well as lead Frosh Trips. We have developed a series of workshops to teach you all the essential skills of outdoor leadership. Below are the training requirements to become an Outdoor Action Leader. Many of these trainings are offered multiple times to allow flexibility to fit into your schedule.

• HEART Wilderness First Aid and CPR Training
HEART (Health Education and Rescue Training) Wilderness First Aid is an intensive course that covers patient examination and evaluation, body systems and anatomy, wound care, splinting, environmental emergencies, and backcountry medicine. Hands-on simulations provide first-hand training in treating patients. This is an excellent course taught by experienced Wilderness First Responders and Emergency Medical Technicians and is *highly recommended* to anyone traveling in the outdoors. Adult CPR certification by American Red Cross is included. This class fulfills the First Aid requirement for OA Leader Training (other first aid courses do as well, contact the OA Office for more information.) **Course fee:** $89 leaders-in-training, $100 students, $120 faculty/staff.

*Section A* (Monday and Wednesday class, 7:30 - 10:30 PM)
CPR: Mon., 2/9
First Aid Classes: Wed. 2/11, Mon. 2/16, Wed. 2/18, Mon. 2/23, Wed. 2/25, Mon. 3/1
Final Exam: Wed., 3/3

*Section B (Tuesday and Thursday class, 7:30 - 10:30 PM)
CPR: Tues., 2/10
First Aid Classes: Thurs. 2/12, Tues. 2/17, Thurs. 2/19, Tues. 2/24, Thurs. 2/26, Tues. 3/2
Final Exam: Thurs. 3/4

*Section C (Monday class, 7:30 - 10:30 PM)
CPR: Mon., 3/1
First Aid Classes: Mondays - 3/22, 3/29, 4/5, 4/12, 4/19, 4/26
Final Exam: Mon. 5/3

- **Facilitator’s Workshop**
Facilitating positive group interaction and teamwork requires excellent listening and observation skills and a set of activities and techniques to guide people through personal growth and development. This workshop will train OA leaders and others who work with groups in specific techniques for effective team building and group facilitation through fun games and activities. This is a hands-on, experiential workshop. Be prepared to have fun!

**Sunday, 4/4/2004 - 1:00 - 7:00 PM Location TBA.**

- **Leadership & Group Dynamics Workshop**
One of the greatest challenges of being a group leader is learning how to lead and motivate a group, and how to use group experiences to promote self-exploration and learning. This workshop is designed to teach OA leaders and others how to effectively lead groups. This is a hands-on, experiential based workshop so be prepared to be active.

**Sunday, 4/18/2004 - 1:00 - 7:00 PM, Carl Fields Center, Liberation Hall**

- **Leader Training Course**
Leading a group on a backcountry trip requires extensive training in wilderness camping skills. The Leader Training Course (LTC) is designed to teach all the wilderness skills necessary to lead multi-day backpacking trips. The course meets one evening a week and includes workshops on route planning, equipment preparation, wilderness travel techniques, map and compass, outdoor cooking, and minimal impact camping. Trip participants will learn how to run a wilderness trip by planning all aspects of the trip, including route, food, and equipment. Participants are required to attend all classes. The text for the course will be the *Backpacker’s Field Manual*, written by Outdoor Action.

**Section A** – Mondays, 7:30 – 10:30 PM (Except where noted)
Monday, 3/29 – Equipment, Clothing & Layering
Monday, 4/5 – Route Planning & Knots
Monday, 4/12 – Map Reading & Stoves
  - Friday, 4/16 3:30 - 5:30 PM – Navigating with a Compass or
  - Saturday, 4/17 1:00 - 3:00 PM – Navigating with a Compass or
  - Sunday, 4/18 1:00 - 3:00 PM – Navigating with a Compass
Monday, 4/19 – Leave No Trace Camping & River Crossing
Monday, 4/26 – Outdoor Safety Management & Protocols
Monday, 5/3 – Emergency Response and Evacuation, Judgment & Decision Making

**Section B** – Tuesdays, 7:30 – 10:30 PM (Except where noted)
Tuesday, 3/30 – Equipment, Clothing & Layering
Tuesday, 4/6 – Route Planning & Knots
Tuesday, 4/13 – Map Reading & Stoves
   Friday, 4/16 3:30 - 5:30 PM – Navigating with a Compass or
   Saturday, 4/17 1:00 - 3:00 PM – Navigating with a Compass or
   Sunday, 4/18 1:00 - 3:00 PM – Navigating with a Compass
Tuesday, 4/20 – Leave No Trace Camping & River Crossing
Tuesday, 4/27 – Outdoor Safety Management & Protocols
Tuesday, 5/4 – Emergency Response and Evacuation, Judgment & Decision Making

Section C – Wednesdays, 7:30 – 10:30 PM (Except where noted)
Wednesday, 3/31 – Equipment, Clothing & Layering
Wednesday, 4/7 – Route Planning & Knots
Wednesday, 4/14 – Map Reading & Stoves
   Friday, 4/16 3:30 - 5:30 PM – Navigating with a Compass or
   Saturday, 4/17 1:00 - 3:00 PM – Navigating with a Compass or
   Sunday, 4/18 1:00 - 3:00 PM – Navigating with a Compass
Wednesday, 4/21 – Leave No Trace Camping & River Crossing
Wednesday, 4/28 – Outdoor Safety Management & Protocols
Wednesday, 5/5 – Emergency Response and Evacuation, Judgment & Decision Making

• Leader Training Trip
The final part of OA Leader Training is the Leader Training Trip, a 6-day backpacking trip which pulls together all of the skills you have been learning all semester. During the trip participants will be Leaders-of-the-day and in charge of the group practicing skills. **Trips:** For students signing up early, simply sign up for the standard Saturday - Thursday trip. Once the spring exam schedules have been posted, students can request to change their trip dates.

**Thursday, 5/20/2004 - Tuesday, 5/25/2004** - for those who need to be back before Reunions
**Sunday, 5/23/2004 - Friday, 5/28/2004** - for those who have Saturday exams

• Mini-Van Driver Training
OA Leaders are strongly encouraged to become authorized van drivers. You must complete an online course and quiz on driving mini-vans. Drivers must also complete a 30-minute road test. To gain access to the online course and schedule a road test see the Public Safety Web Site (http://web.princeton.edu/sites/publicsafety/FleetSafety.htm).