

Outdoor Leader Training (OLT) Outline

General Learning Outcomes

- Critical Thinking
- Creativity
- Collaboration
- Communication
- Global Responsibility

The program SLOs:

- Students will effectively teach diverse learners in front & backcountry settings.
- Students will finish OLT with a commitment to enhancing diversity, equity, and inclusion in the field of outdoor recreation & education.
- Students will facilitate successful group experiences & foster leadership in others.
- Students will articulate how outdoor education & leadership skills transfer to other disciplines.
- Students will integrate natural science, cultural history, land management, literature, and environmental studies into impactful place-based outdoor programming.
- Students will serve the community through visiting a local indoor rock-climbing facility and helping teach skills and develop climbing ability to youth climbers for a period of not less than four hours. A two-to-three-page reflection based on this experience is required.
- Students will serve the local conservation area through collecting and packing out trash they find in the activity area during a half day of community service.

Student Learning Outcomes:

At the end of this Training, students will be able to do the following:

- Learn all aspects of trip planning and implementation including rations, equipment needs, route planning, and emergency procedures.
- Demonstrate basic wilderness travel and camping skills such as navigation, hazard evaluation, campsite selection, equipment use & maintenance, and Leave No Trace.
- Discuss current issues related to land management and outdoor recreation.
- Apply outdoor leadership skills in a field-based setting including self-awareness, judgment and decision-making, risk management and methods to foster positive group dynamics.
- Develop effective outdoor teaching and presentation techniques. Students will use appropriate vocal and visual cues to deliver a presentation to a specific or targeted audience.
- Students will select, organize and use appropriate evidence or information to suit a specific or targeted audience.

Timeline	Content	Presenter/Instructor	Duration
	<p>8-day Backpacking Trip /LNT (Leave No Trace) Trainer Course- Remote setting</p> <ul style="list-style-type: none"> • Backcountry skills <ul style="list-style-type: none"> ○ Campsite Selection ○ Tent Site Selection ○ Clothing for Comfort • Pack packing/Gear orientation. <ul style="list-style-type: none"> ○ Proper Personal Gear ○ Group (team gear) Gear. • Hiking/Backpacking technique • Land Navigation (Maps-compass)/Time Control Plans/Route Description plans. • Backcountry Hygiene <ul style="list-style-type: none"> ○ Personal hygiene ○ Water treatment • Leave No Trace Camping principles: Each student will make a presentation based on these principles and spend half a day serving in the local conservation area by collecting and packing out 	<p>OA Program professional, OA student trip leader.</p>	<p>8 days</p>

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	<ul style="list-style-type: none"> trash. • Backcountry Weather anticipation • Stove and Cooking <ul style="list-style-type: none"> ○ Stove Safety/Operation ○ Kitchen Set-up ○ Cooking/Cleaning ○ Back Country Food Storage • Site Management/Positioning Orientation <ul style="list-style-type: none"> ○ Site Management Basics ○ Accident Dynamics ○ Leader Positioning ○ Leapfrogging technique • Risk Management/Emergency Orientation <ul style="list-style-type: none"> ○ Lightening Drill ○ Lost Hiker/Basic search and rescue ○ Messenger Teams ○ Emergency Response • Teaching Techniques for Outdoor Skills Orientation • Leader of Day (LOD)-Independent Travel • Reflection and transference: Students will have to write a reflection paper about personal excursion experience of 2-3 pages to be turned in when back in town. 		
OLT Class	<p>Meeting management OLT Overview and Expectations of SMU OLT participant. Pre-trip group orientation: Ice breakers, personal goals etc.</p>	OA Professional	2 hrs
Weekend	<p>Defensive Van Driving Red Cross CPR and First Aid</p>	OA Professional	10 hours
OLT Class	<p>Backpacking Stove trouble shooting and repair. Back country baking (Cinnamon rolls)</p>	OA Professional	1 hr. 1 hr.
OLT Class	<p>Climbing Wall: Basic Attendant Training</p>	OA Professional	2 hrs
OLT Class	<p>Group Dynamics Leadership styles Conflict resolution.</p>	OA Professional	2 hrs
Weekend	<p>Climbing Wall Instructor (CWI) Certification Course; Each student will prepare a presentation based on content from course and do a service project in a local indoor Climbing gym helping youth learn how to rock climb.</p>	OA Professional	16 hours
OLT Class	<p>Leadership: Self Awareness, Goal setting Back country nutrition, food ID and rations</p>	OA Professional	1 hr. 1 hr.
Weekend	<p>OLT Rock site management</p>	OA Professional	15 hrs.
OLT Class	<p>Trip Planning Teaching methods</p>	OA Professional	1 hr. 1 hr.
12 Hrs	<p>OA rental shop On Job peer Training</p>	OA Peers	12 hours
OLT Class	<p>Rental shop policies/ guidelines overview and scenarios.</p>	OA	2 hours

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Weekend	(Wilderness First Aid) WFA course	Wilderness Medicine Institute	16 hrs.
OLT Class	Diversity, Outdoors and Leadership	OA professional	1 hr.
OLT Class	Legal Issues in Outdoor Recreation University Risk Management and Outdoor Programs	SMU Legal SMU Office of Risk Management	1 hr. 1 hr.
Weekend	OLT American Canoe Association Canoe Training	American Canoe Association	16 hours
Weekend	OLT ACA Kayak Training	Kayak Instruction, Inc.	16 hours